

52 reasons to carry a bandana in your CERT backpack

1. Head band – sweat protection
2. Head or neck wrap – sun protection
3. Emergency Sunglasses - Cover your eyes
4. Wash cloth
5. Towel
6. Pothead
7. Hand wrap - prevent blisters from repetitive work
8. Gloves - when surfaces are hot or dirty
9. First aid splint
10. Tourniquet
11. Wrap sprained ankle/wrist
12. Fill with ice and tie up to create an ice pack or cold compress
13. Strain sediment to pre-screen a water source to help prevent clogging your water filter
14. Breathing mask - cover your mouth and nose to protect from dust, smoke and pollen
15. Wipe dirt and sweat from your face and neck
16. Signal flag - Flag down rescuers in an emergency
17. Improvised bag
18. Rope
19. Sponge
20. Pressure bandage
21. Improve your grip on objects including wood and tools
22. Dog collar - if you find a stray that needs rescuing
23. Sling - to stabilize an injured joint
24. Hobo Bundle
25. Stuff to make an impromptu pillow
26. Dress a wound
27. Keep long hair out of your face or to tie hair into a ponytail
28. Personal A/C - Wet or wrap a few ice cubes in before tying around neck or wrist
29. Flyswatter - swat flies and other bothersome bugs (not wasps, they will only get MORE aggressive!)
30. Emergency tea or coffee filter
31. Napkin, plate or mini tablecloth
32. Tie items together
33. Equipment protection - cover your cell phone and radio to protect from the sun and dust
34. Baby aid – Cover baby's face to protect it from the elements. Use as a baby bib or emergency diaper.
35. Make a pocket to put small items in and tie to your belt
36. Make-shift bandage
37. Tie on your backpack as a unique identifier
38. Wipe your food, like the skin of fresh fruit and veggies, before eating
39. Emergency fuel for a fire (though you'll also need matches and a fuel source)
40. Cover food when its windy or to keep the bugs off
41. Hygiene - emergency feminine sanitary pad or toilet paper
42. Eye patch - fold into square to place over eye, tie second one around head to hold in place
43. Knee pad – fold and tie to fit around your knee. Provides extra cushioning
44. Emergency tissue - To blow your nose or cover your mouth when coughing or sneezing
45. Footwear insole – fold and position inside each shoe to avoid blisters; if you only have 1, rip it in half
46. Glass wipe - As a cleanser for your eyeglasses and cell phone screen
47. Foot protection - Wrap around feet in an emergency for someone caught barefoot on hot pavement
48. Hold a dislodged tooth
49. Mini-blanket - To protect when sitting on questionable surfaces
50. Tie your water bottle to your pack or belt
51. Wipe a dirty table/surface before or after using it
52. To avoid sunburn on the back of your neck, put it under your hat

