



Responding to a Mass Violence Incident: Developing a Personal “Go Kit”

Please note that this document offers recommendations for a variety of professionals who support victims of mass violence. While some of the tips may apply to all victim assistance professionals, others may only be relevant to a specific subset i.e. victims compensation professionals, court based victim advocates, community based victim advocates, etc.

When victim service professionals (VSPs) are contacted to work at a response center or family assistance center in the aftermath of a mass violence incident, it is helpful for them to be prepared with a “Go Kit” containing personal resources to enhance their comfort and safety, and to minimize their use of onsite resources. VSPs may be called upon to work long hours in a potentially stressful environment.

Suggestions for the contents of a personal “Go Kit” for VSPs*:

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| ⇒ Agency/organization identification card | ⇒ Emergency contact information (family, neighbor or friend) |
| ⇒ Any personal medication and/or wearable bracelet that indicates any personal allergies, illnesses, and/or medications | ⇒ Fanny pack, backpack or cross-body strap purse |
| ⇒ Bottle(s) of water | ⇒ Gum and mints |
| ⇒ Card for mass transportation | ⇒ Light jacket and/or shawl |
| ⇒ Cash/ATM card | ⇒ Notepad |
| ⇒ Cell phone | ⇒ Pain reliever |
| ⇒ Cell phone charger (portable and/or adapter) | ⇒ Pens/pencils |
| ⇒ Comfortable clothing with pockets | ⇒ Personal hygiene products |
| ⇒ Comfortable shoes | ⇒ Power snacks |
| ⇒ Credit card | ⇒ Small bottle(s) of hand sanitizer |
| ⇒ Drivers’ license or other government identification | ⇒ Tablet computer |
| | ⇒ Vitamins |
| | ⇒ Wet wipes or tissues |

*Recommendations for an “Agency/Organization Go Kit” are also available on the NMVVC website in the VSP Resources section.

NOTE: It’s helpful to “group inform” your family and friends that you are involved in a crisis response, and to not contact you for a specified period of time, as it is important to keep your cell phone line open. It is also helpful to send out a group text or email (or an e-communication to a trusted family member or friend who can share with others) about how you are doing as the day goes on.



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