

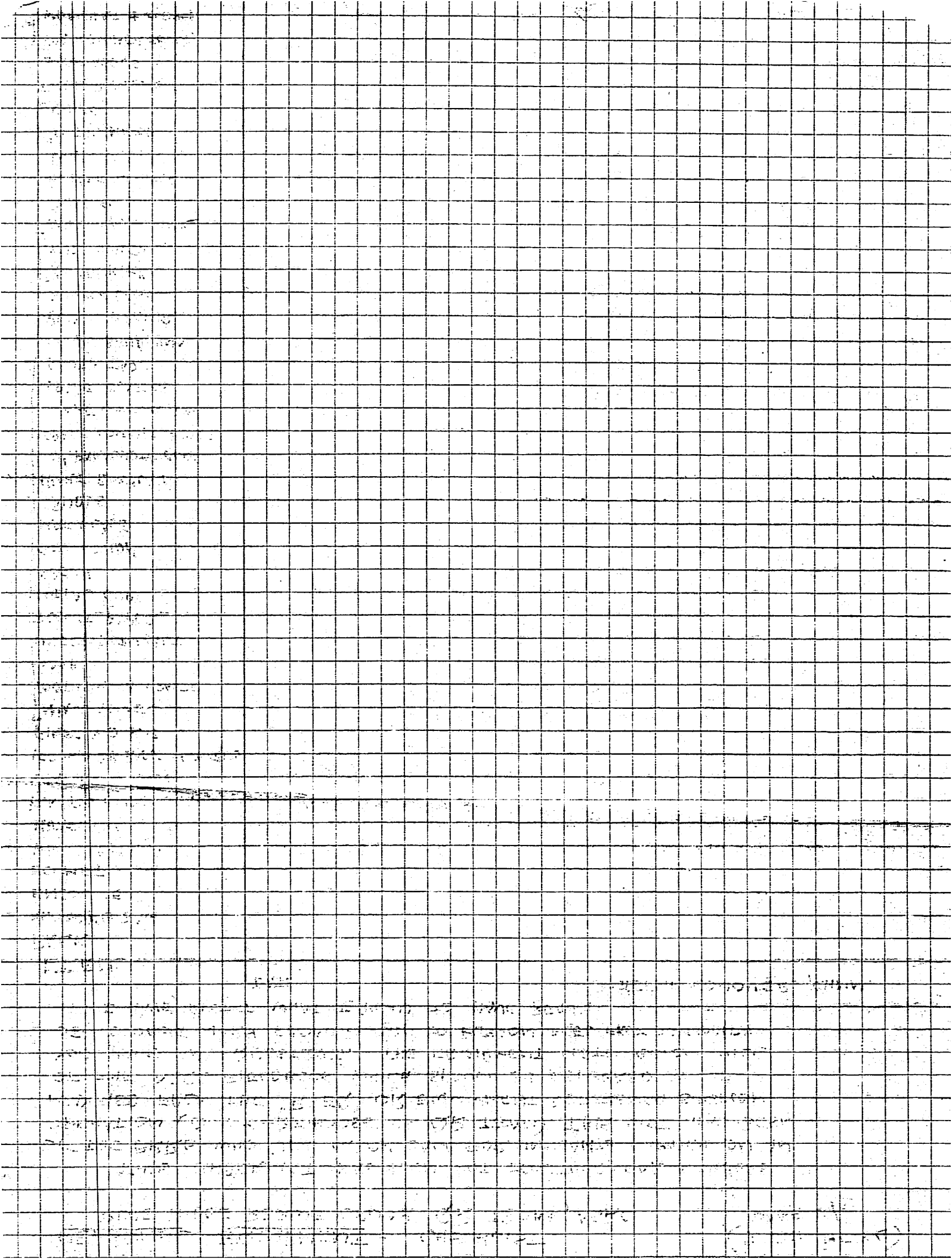
PERSONAL EQUIPMENT - CHECKLIST
BLUE RIDGE RESCUE GROUP QR TEAM, ASRC

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THIS CHECKLIST HAS BEEN PUT TOGETHER FOR MEMBERS OF THE BRRG WHO WILL BE ON CALL FOR IMMEDIATE DISPATCH ON AN OPERATION (QUICK-RESPONSE OR QR TEAM). THIS LIST HAS BEEN MODIFIED FROM THE "R-EQ" OR EQUIPMENT REFERENCE SECTION OF THE ASRC FIELDBOOK, WHICH SHOULD BE REFERRED TO IF YOU HAVE ANY QUESTIONS. THE EQUIPMENT LISTED BELOW WILL OF COURSE VARY FROM PERSON TO PERSON; FEEL FREE TO MODIFY IT. I HAVE LISTED WHAT I PLAN TO HAVE READY.

-KEITH CONOVER, CHMN.

ITEM	DATE
PACK	
SLEEPING BAG	
ENSOLITE	
HELMET	
WATER BOTTLE	
HEADLAMP	
PLASTIC BINOCULAR SACK	
LEATHER GLOVES	
100 mw CB RADIO + BATTERIES	
FIRST AID KIT	
SMALL TOWEL	
TOOTH BRUSH + PASTE	
SOAP	
INSECT REPELLANT	
TOILET PAPER	
METAL CUP	
SPOON	
SUN LOTION	
MATCHCASE	
CANDLE	
SPARE BOOTLACES	
50' PARACHUTE CORD	
SPARE CONTACT LENSES	
SPARE CONTACT CASE	
SPARE GLASSES	
CLOTH TAPE	
SPARE BANDANNA	
PENCIL + PAPER	
ZIPLOCK BAGS	
"REPAIR KIT"	
TWO DIMES	
VASELINE/CHAP-STICK	
COMPASS	
BUTANE LIGHTER	
WHISTLE	
"METAL MATCH"	
KNIFE	
FIELD RATIONS	
SUNGLASSES	
LEATHER KNICKER SOCKS	
WOOL HAT + GLOVES	



PERSONAL EQUIPMENT: CHECKLIST

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DEFINITELY SUBSTITUTE WHERE YOU CAN ... US AIR FORCE FLIGHT PANTS
INSTEAD OF WOOL KNICKERS, ETC.

SUMMER CLOTHING*

- UNDERWEAR (SHORTS)
- WOOL UNDERWEAR (BOTTOM)
- WOOL UNDERWEAR (TOP)
- FISHNET T-SHIRT
- + LIGHT LONG SLEEVE SHIRT
- + JEANS
- + TRACK SHORTS
- + T-SHIRT
- WOOL SHIRT
- WIND SHIRT
- + RAIN PONCHO
- DOWN BOOTIES
- 2 PR. LINER SOCKS
- + 2 PR. RAGG SOCKS
- BALACLAVA
- (SUN) HAT
- + LIGHT / MED. BOOTS

WINTER CLOTHING*

TAKE OUT ITEMS MARKED BY + .
ABOVE, AND ADD -

- WOOL SWEATER
- CAGOLE
- RAIN PANTS
- WIND PANTS
- WOOL KNICKERS
- 2 PR. KNICKER SOCKS
- 60/40 PARKA
- MILLAR MITTS
- LINERS
- DACHSTEIN MITTS
- MITTEN SHELLS
- MED./HEAVY BOOTS
- OVERBOOTS / SUPER GAITERS
- INSTEP CRAMPONS
- DOWN VEST

* I PLAN TO KEEP ALL THE CLOTHES LISTED IN A STUFF SACK BY MY PACK. I'LL PICK OUT WHAT I WANT TO WEAR, AND THE REST GETS THROWN IN THE PACK. THIS WAY I'LL ALWAYS HAVE ALL OF THOSE CLOTHES WITH ME; ALSO, THIS WAY I CAN BE STANDING SOMEWHERE IN MY BIRTHDAY SUIT (NAKED TO SOME OF YOU) AND BE READY TO GO AFTER BEING GIVEN MY PACK AND CLOTHES.

ANOTHER IDEA YOU MIGHT CONSIDER ... HAVING A QUICK BREAKFAST ALWAYS AVAILABLE FOR THOSE (TYPICAL) 30m CALLOUTS.

YOU WILL PROBABLY WANT TO MAKE THE TRANSITION FROM WINTER TO AND FROM SUMMER CLOTHES GRADUALLY. BUT ADD, DON'T TAKE AWAY CLOTHES ... IF YOU BRING YOUR WOOLIES AND LEAVE YOUR SHORTS ~~IT'S~~ IT'S BOUND TO HIT 90°.

