

ASRC RECOMMENDED CLOTHING

SUMMER

SHORTS + T-SHIRT - A PAIR OF TRACK SHORTS AND A THIN T-SHIRT ~~SHIRT~~ WILL ADD LITTLE ~~AND~~ WEIGHT TO YOUR PACK, BUT AN EXTRA CHANGE OF CLOTHES TO YOUR GEAR. REMEMBER PATCHES ON THE T-SHIRT.

WOOL UNDERWEAR - ~~PROBABLY THE LIGHTEST~~ ~~WEAR~~ CLOTHING YOU CAN CARRY - FOR PROBABLY THE BEST WARMTH/WEIGHT ~~AND~~ BULK RATIO OF ANY POSSIBLE "CHILLY WEATHER" CLOTHING

WOOL UNDERWEAR

- TRACK SHORTS
- T-SHIRT

- - TOPS
- - BOTTOMS

- JEANS
- LONG-SLEEVE SHIRT

(WOOL PANTS)

- UNDERPANTS
- FISHERNET

- RAIN PARKA
- RAIN PANTS

- WOOL SHIRT OR FIBERFILL VEST

- WINDSHIRT
- WOOL CAP
- WOOL GLOVES

JEANS + LONGSLEEVE SHIRT - FOR SUN, WIND + BRUSH PROTECTION. ALTHOUGH NO GOOD IN RAIN, TOUGH CLOTHES ARE USEFUL. IF IT'S RAINING, WEAR YOUR WOOL UNDERWEAR (WITH TRACK SHORTS OVER IT IF YOU'RE MODEST.)

(WOOL PANTS - OPTIONAL; FOR COLDER WEATHER)

UNDERWEAR - COTTON UNDERPANTS (NYLON JUST DOESN'T MAKE IT WHEN WET) AND A (POSSIBLY COTTON OR POLYESTER) FISHERNET T-SHIRT.

RAINGEAR - BEST COMBINATION IS A WATERPROOF RAIN JACKET OR GAGOLE (WHICH SHOULD HAVE GOOD VENTILATION WHILE WEARING A PACK) AND A PAIR OF RAIN PANTS OR CHAPS.

COLD WEATHER - SOME ADDITIONAL WARM GARMENT, (NOT DOWN!) PERHAPS A WOOL SHIRT, FIBERFILL PARKA/VEST, ETC. WOULD BE VERY NICE. ^{REQUIRED} TOO! FOR WINDY DAYS, A NYLON WINDSHIRT W/ HOOD IS GREAT, AND IT WEIGHS ALMOST NOTHING. YOU SHOULD ALWAYS CARRY A WOOL CAP AND GLOVES - THESE LIGHT ITEMS WILL MAKE A TREMENDOUS DIFFERENCE IN WARMTH.

(SUMMER CLOTHING, CONTO)

- 3 pr. LINER SOCKS
- 2 pr. RAGG SOCKS

SOCKS - SEVERAL PAIRS OF WOOL LINERS AND AT LEAST TWO PAIRS OF OUTER RAGG SOCKS. SUGGESTION - HOW ABOUT MAKING ONE PAIR KNICKER SOCKS? KNICKER SOCKS + SHORTS MAKE A NICE COMBINATION.

- BOOTS

BOOTS - MEDIUM WEIGHT, LUG SOLE MOUNTAIN CLIMBING BOOTS

- HAT.

HAT - A BASEBALL-CAP OR CRUSHER HAT IS NICE WHEN IT'S SUNNY.

• = REQUIRED. EITHER THIS ITEM OR AN EQUIVALENT IS NEEDED. (TO PASS THE EQUIPMENT INSPECTION)

* ADDITIONAL BIVOAC ITEMS:

STORM SHELTER/CAGOLE/
PART OF BACKPACK TENT

(DOWN BOOTIES) OPTIONAL

SLEEPING BAG +
ENSULITE PAD

FOOD, QUICK + HIGH
ENERGY

FIRST AID KIT + WHISTLE +
MATCHES + CORD ETC.

EACH PERSON SHOULD HAVE
THESE INDIVIDUALLY - WHAT IF
YOU GET SEPERATED FROM YOUR
PARTNER?

THE ABOVE IS EXCERPTED FROM THE BASIC MEMBERSHIP STANDARDS, AND SHOULD PROVE USEFUL TO YOU IN PLANNING YOUR CLOTHES FOR THE SDDS TRIP. I PLAN TO BRING THE ABOVE, BUT WITH ONE CHANGE - CORDUROY KNICKERS FOR JEANS. ALSO ONE ADDITION - I'M BRINGING BOTH A ^{LIGHT} WOOL SHIRT AND A FIBERFILL PARKA. AS FAR AS OTHER REFERENCES ON CLOTHING, BACKPACKER MAGAZINE HAS GOT A FAIRLY GOOD SECTION, AND MOVING OUT: TECHNIQUES FOR EASTERN BACKPACKERS BY HARRY ROBERTS IS GREAT.

THIS LIST IS CALLED "SUMMER" CLOTHING TO DIFFERENTIATE BETWEEN THIS AND A "WINTER" LIST. THIS LIST IS A MINIMUM FOR SUMMER ... ADD THINGS AND CHANGE ITEMS GRADUALLY FOR COLDER WEATHER.

SEE YOU AT THE SDDS!

1975

MINIMUM EQUIPMENT for ASRC TRAINEES

The following equipment is the absolute minimum you must have to participate in ASRC training sessions and operations. This equipment is for your safety and well-being, so make sure you have it all.

- RUCKSACK
- STORM SHELTER
- WATER
- MATCHES + CANDLE
- WHISTLE
- COMPASS
- FLASHLIGHT
- FOOD
- PARACHUTE CORD
- FIRST AID KIT
- METAL CUP + SPOON

IN RUCKSACK

A daypack big enough to carry comfortably the required equipment and other items you might wish to bring. Some form of emergency shelter from wind + rain: a plastic tarp, a tube tent, a storm shelter, or a cagoule.

Drinking water can be very important! Make sure you bring enough, and in in an unbreakable container. (~ 1 quart) In a waterproof case.

An emergency fire-starter

Loud! For emergency signals.

Orienteering type. for navigation.

For night travel. You also need spare bulbs and batteries, and a red filter. Use alkaline cells - ordinary Carbon-Zinc don't work in cold

weather. ~~Try to~~ get a headlamp instead of a flashlight if you have to buy one. Both high energy survival food (meat base); and quick energy (candy) for keeping you warm.

P-cord has zillions of uses. bring about 50' or so.

Make your own - don't buy a ready-made one. make one yourself.

For heating bouillon, tea, melting snow, etc.

→ OVER ←

Rockefeller
Badama

- BOOTS Medium-weight mountaineering boots with lug soles.
- WOOL SOCKS Both raggy socks and liners
- GOOD CLOTHING Depends on weather. For summer - jeans + t-shirt OK. For colder weather - wool pants + shirt + windbreaker.
- WOOL CAP 'Balacava' is best type. For warmth in winter or summer.
- LEATHER GLOVES For rope + litter work. Should have means for clipping onto carabiner.
- (HELMET) Rock climbing helmet - preferably orange. Best types MSR, Joe Brown
- FOUL WEATHER GEAR Raingear and extra warm clothing.

REQUIRED READING FOR ASRC TRAINEES

- * OUTDOOR LIVING by Tacoma Mtn. Rescue Unit. Basic survival text
 - * ORIENTEERING by Bjorn Kjellstrom. Map + Compass use
 - * FIRST AID + PERSONAL SAFETY by American Red Cross.
 - * MTN. SEARCH + RESCUE TECHNIQUES by W.G. May. Basic SAR text
- SUPPLEMENTAL READING
- * MTN. SEARCH FOR THE LOST VICTIM } by Dennis Kelly. The book on search techniques.
 - * MOVING OUT - TECHNIQUES FOR EASTERN BACKPACKERS } by Harry Roberts. Hiking + Equipment.
 - * WINTER HIKING + CAMPING } by the Adirondack Mtn. Club.
 - * EMERGENCY HANDLING AND TRANSPORTATION OF THE SICK + INJURED } Textbooks for E.M.T. (Emergency Medical Technician) course
 - * EMERGENCY CARE }
 - * MOUNTAINSERIES: FREEDOM OF THE HILLS } by The Mountaineers.