

APPENDIX B-1: SURVIVAL AND WILDERNESS TRAVEL SKILLS CHECKLIST

Version 1.1 July 1984

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This lists the activities a Trainee might need to complete to become competent at Basic-level survival and wilderness travel and to pass the survival and wilderness travel section of the Basic practical test. This is a guide, not a set of requirements. Most Trainees have sufficient experience to make at least a few of these items unnecessary. If you have performed the items many times more than is listed, just write "FAST" in the blocks. If you have performed the items just a few times in the past, write in your best approximation of the date. As you complete items, fill in the date.

The official reference is SMRG Module 1 and its attendant texts, except where ASRC or SMRG standards conflict with the texts. The final judge of correct technique in training sessions and in testing is the Group Training Officer. Italics indicate items not found in the ASRC Training Guide, but thought important by SMRG.

I. Equipment

Review several examples of each piece of equipment in terms of the qualities described; this may be done in an outfitter or by examining other members' equipment. Suggested reference: Mountaineering: Freedom of the Hills, Fourth Edition, Chapters Two, Three, and Four.

Table with 4 columns for dates and descriptions for Boots, Packs, Sleeping bags, Pads, Stoves, Bivouac shelters, and Outdoor foods.

II. Cross-country Travel

Suggested reference: Mountaineering: Freedom of the Hills, Fourth Edition, Chapters Six, Seven, Eight, and Ten.

Table with 4 columns for dates and a description for cross-country travel: / Hike at least 5 miles cross-country (off-trail) in a wilderness area (at least once in a middle Appalachian wilderness)

# SURVIVAL CHECKLIST

- +-----+-----+ / in summertime, 4 times.
- | | | < / Same 5 off-trail miles in fall or spring,
- +-----+-----+ \ at least once in a mid-Appalachian
- +-----+-----+ / wilderness.
- | | | < / Wade a rapidly-moving stream more than
- +-----+-----+ \ knee-deep using a staff for support.
- +-----+-----+ /
- | | | - Rig a safety belay for a river crossing.
- +-----+-----+ /
- +-----+-----+-----+-----+ / With a full SAR pack, climb fourth-
- | | | | | | | \ class rock using a belay rope.
- +-----+-----+-----+-----+ /
- +-----+-----+-----+-----+ / Climb an ascending trail with a full SAR
- | | | | | | | < pack with no rest stops for one hour
- +-----+-----+-----+-----+ \ (rest-stepping is permitted)

## III. Bivouacs

Suggested references: *Mountaineering: Freedom of the Hills*, Fourth Edition, Chapter Three, and *Surviving the Unexpected Wilderness Emergency*, Chapters Seven and Nine.

- +-----+ / Using the gear you normally carry in your pack for
- | | | < a search task in fall or spring, bivouac overnight
- +-----+ \ in the rain and come out able to work another day.
- +-----+ /
- | | | - Same, but on a night below freezing.
- +-----+ /
- +-----+ / Build an emergency shelter from materials that
- | | | < are found terrain such as the Blue Ridge, and
- +-----+ \ disassemble when done.
- +-----+ / Using the materials normally carried in your SAR
- | | | < pack, and after 24 hours of rain, build a fire.
- +-----+ \

## IV. Improvised Evacuations

Use each of the following to transport a person at least 100 meters (yes, it can be a small person). Suggested references: *Mountaineering: Freedom of the Hills* (Fourth Edition) Chapter Twenty, and the ASRC Mountain Rescue Manual.

- +-----+-----+ / 2-person linked-arms "chair" carry (several varia-
- | | | | | < tions will work)
- +-----+-----+ \
- +-----+-----+ /
- | | | | | - 2-person packstrap-and-pole carry
- +-----+-----+ /
- +-----+-----+ /
- | | | | | - Split coil "piggyback" carry
- +-----+-----+ /
- +-----+-----+ /
- | | | | | - Sling "piggyback" carry
- +-----+-----+ /
- +-----+-----+ /
- | | | | | - Rope stretcher
- +-----+-----+ /
- +-----+-----+ /
- | | | | | - Parka and pole stretcher
- +-----+-----+ /
- +-----+-----+ /
- | | | | | - Blanket and pole stretcher
- +-----+-----+ /

APPENDIX B-2: LAND NAVIGATION SKILLS CHECKLIST

Version 1.1 July 1984

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This lists the activities A Trainee might need to complete to become competent at Basic-level land navigation and to pass the land navigation section of the Basic practical test. This is a guide, not a set of requirements.

The official reference is SMRG Module 2 and, except where ASRC or SMRG standards supersede them, its attendant texts. The final judge of correct technique in training sessions and in testing is the Group Training Officer.

The ability to picture terrain from contour maps is one that may come readily or take months of work; therefore, this checklist makes no attempt to quantify the amount of work that would go into acquiring this talent. *Land Navigation Handbook: The Sierra Club Guide to Map and Compass* has an excellent introduction to reading contour maps.

**I. Map Symbols**

Find each of the following on a topographic map:

+-----+		Major Highway	+-----+		Jeep Trail
+-----+		Foot Trail	+-----+		Footbridge
+-----+		Power Transmission Line	+-----+		School
+-----+		Church	+-----+		Cemetery
+-----+		Water Storage Tank	+-----+		Cave
+-----+		Picnic Area	+-----+		Campsite
+-----+		Vertical Angle Bench Mark	+-----+		Spot Elevation
+-----+		Park or County Boundary	+-----+		Fence Line
+-----+		Depression/Sinkhole	+-----+		Road/Rail Cut
+-----+		Perennial Stream	+-----+		Intermittent Stream
+-----+		Falls	+-----+		Spring
+-----+		Marsh	+-----+		

Find each of the following on a topographic map:

+-----+		Knob	+-----+		Saddle
+-----+		Ridge/Spur	+-----+		Cliff
+-----+		Gully/Ravine	+-----+		Summit

**LAND NAVIGATION CHECKLIST**

**II. Edge Information**

Find the following information on a 7.5 minute series topographic quadrangle map:

Date of Field Check	Contour Interval
Magnetic Declination	UTM Grid Declination
Latitude Grid Ticks	UTM Grid Ticks
Names of Adjacent Maps	Scale

**III. Grid Systems**

Using the maps provided in Module II, (or better, an original topographic map with ASRC Grid Overprint and an original Aeronautical chart), do the following:

Pick four sets of ASRC coordinates at random. Locate their positions on the ASRC-gridded topo map. Now,

Calculate the latitude and longitude
Calculate the CAP (UMS) grid quadrant
Calculate the UTM (MGRS) reference
Calculate the azimuth and distance off the nearest VOR

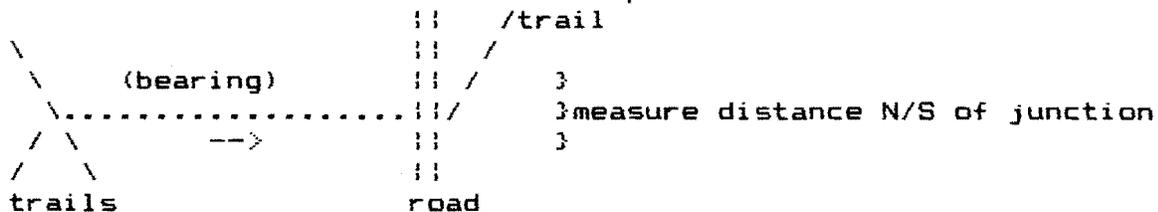
**IV. Night Direction-finding**

On four separate nights,

Find the North Star
Find Orion's belt

**V. Following a Bearing**

Go to a place for which you have a 7.5 minute topo map. Plot a course from an easily found landmark (e.g. a road or trail intersection) across at least two-tenths of a mile of relatively featureless woods to a perpendicular catching feature with a distinctive landmark (see the example below).



**DON'T AIM OFF!** Aim straight to the landmark on the catching feature. Calculate the true bearing from the attack point to the target, then the magnetic bearing. Follow the bearing. When you get to the catching feature, see how far you're off from your target. Use the following formula to estimate your error:

$$\frac{\text{Distance from target in meters}}{\text{Distance along bearing in kilometers}} \times 0.6 = \text{error in degrees}$$

Do this (on different routes) at least four times. Try some of the techniques described in Module II to improve your accuracy.

```

+-----+-----+-----+-----+
|       |       |       |       |
+-----+-----+-----+-----+
    
```

**VI. Orienteering Courses**

Complete 8 Basic-level orienteering courses, at least 3 of which are point-to-point courses.

```

  1     2     3     4     5     6     7     8
+-----+-----+-----+-----+-----+-----+-----+
|       |       |       |       |       |       |       |
+-----+-----+-----+-----+-----+-----+-----+
    
```

**VII. Resection**

Have a friend take you out to somewhere for which you have a topo map (it doesn't even have to be in the woods, as long as you're away from metal objects) but where there are no landmarks immediately nearby. Have your friend determine the location precisely, tell you the general area. Use resection and modified resection to locate your position on the map.

```

  1     2     3     4
+-----+-----+-----+-----+
|       |       |       |       |
+-----+-----+-----+-----+
    
```

APPENDIX B-3: SEARCH SKILLS CHECKLIST

Version 1.1 July 1984

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This lists the activities a Trainee might need to complete to become competent at Basic-level search and to pass the search section of the Basic practical test. This is a guide, not a set of requirements.

The official references are the ASRC SAROP and Operations Manual, and SMRG Module 3. The final judge of correct technique in training sessions and in testing is the Group Training Officer.

I. Search Tactics and Leadership

On a lost person search, an Auxiliary Training Session, or a simulated lost person search, participate in a search task.

+-----+
| | | |
+-----+

On a lost person search, an Auxiliary Training Session, or a simulated lost person search, lead a search task.

+-----+
| |
+-----+

In one of the situations described above, participate in:

+-----+ +-----+
| | a scratch task | | a perimeter cut
+-----+ +-----+
| | a sweep task | | a saturation task
+-----+ +-----+

On a downed-aircraft search or simulated search, participate in an interrogation/visual search task.

+-----+
| |
+-----+

II. Communications

Given an ASRC VHF-FM handheld radio, check it over and make it ready for field use, including:

+-----+ +-----+
| | channel selection | | volume/squelch adjustment
+-----+ +-----+
| | PL switch position | | antenna attachment
+-----+ +-----+
| | battery replacement | | harness/physical protection
+-----+ +-----+

Given a message, pass it over an ASRC radio channel with proper proword use, proper identification procedures, and proper ITU phonetic spelling of at least three words.

1 2 3
+-----+
| | | |
+-----+

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This lists the activities a Trainee might need to complete to become competent at Basic-level mountain rescue, and to pass the mountain rescue section of the Basic practical test. Unlike the other Skills Checklists, Trainees are required to complete all items on the Mountain Rescue Checklist to be eligible for Basic Membership. The boxes are usually initialed by a designated instructor at a Group training session, but may be filled in (with a check-mark) by the Trainee, without instructor supervision. Items marked with a plus-sign (+) are skills not found in the Basic mountain rescue section of the Training Guide, but considered part of SMRG training. Within a section, column A should be finished before starting on Column B, B before C, and so on; it makes little sense to perform the same skill five times in rapid succession and consider the skill well-learned. Columns marked with an asterisk (\*) should be performed blindfolded.

The checklist is in two parts, A: Vertical Ropework, and B: Rescue. Each could correspond to a weekend training session. In a general way, the skills of Part A are a prerequisite for the skills of Part B.

The official reference for technique is the ASRC Mountain Rescue Manual. The final judge of correct technique in training sessions and in testing is the Group Training Officer.

**SAFETY NOTE:** During SMRG training sessions, even at Carderock, helmets (or at least hardhats) must be worn in exposed or potential rockfall areas, gloves must be worn during all rappels and top belays, and all rigs must be checked by another person before use. Failure to meet these standards may be cause for expulsion from the training session or the Group.

**PART A: VERTICAL ROPEWORK**

**I. Knots**

Notes:

1. Each knot shall be tied without coaching and should be presented in complete form to the instructor for pass/fail evaluation.
2. Each knot should tied at least once in kernmantel rope (A), once in laid rope (B), and once in webbing (C), except as noted (XXXX).
3. All knots except the barrel bend must be backed up with an adjacent barrel knot in rope, or two overhands in webbing; 3 to 12 inches of running-end tail should remain after backup.

A	B	C	D*	E*	
kern	laid	webb			(student's choice of rope for D and E)
+	+	+	+	+	+
+	+	+	+	+	+
+	+	+	+	+	+
+	+	+	+	+	+
+	+	+	+	+	+
+	+	+	+	+	+

# MOUNTAIN RESCUE CHECKLIST

		XXXX			Prusik knot using standard pretied ASRC tie-in loop (ON kern & laid)
		XXXX			+Prusik knot using end of rope
		XXXX			Headden knot using pretied webbing loop (on kern (A) & laid (B))
					Barrel bend
					Clove hitch using middle of rope
					Clove hitch using end of rope
					Square knot, backup

## II. Rope handling

A	B	C	D	
				kern laid
				Uncoil, stack, inspect, coil, and tie-off rope (use lap coil or knee coil)
				+Coil rope with alternating turn kinkless coil and cast without tangles
				+Coil rope with chained-loop "rescue coil" and cast without tangles
				Rig bowline anchor with barrel knot backup; demonstrate proper padding
				Rig treewrap anchor with Prusik knot and barrel backup; explain proper padding
		XXXXXXXXXX		+Under tension, switch treewrap anchor to treewrap belay and tie on new rope
				Rig webbing-loop tree anchor with pretied loop slings, adjust for max. strength,
				Cast rope from handheld figure 8 loops without tangles

## III. ASRC Seat Harness

A	B	C	D	
				Tie, put on, tension, and rig for rappel

## IV. Belaying

NOTE: Proper calls must be used during each belay item for it to be considered completed.

A	B	C	D	
				+Bottom-belay a rappeller; stop, control, release, resume belaying
				Set up a sitting belay with tiein to anchor; explain aim and stance
				Belay a climber from above with a sitting belay; catch a fall each time
		XXXXXXXXXX		+Using a Prusik loop, tie off a fallen climber hanging on the belay line; resume belaying
				Set up a standing tree-belay for a semi-tech evacuation; demonstrate up- and down-belays

V. Ascending

A	B	C	D	
				+Assemble a redundant two-knot rig with two Prusiks, a length of webbing, a locking carabiner, and an ASRC seat
				+Ascend, with the above rig, a free drop of at least 40 feet
		XXXXXXXXXX		+Descend with above rig at least 40 foot free drop
		XXXXXXXXXX		+Using above rig, ascend past a breakover

VI. Rappelling

NOTE: All mechanical rappels should be bottom-belayed, and rappellers must use proper calls.

A	B	C	D	
kern laid				
				Arm rappel
				Body rappel
				Figure 8 rappel, single wrap
				Figure 8 rappel, double wrap
				Carabiner wrap rappel
				+Muentner hitch rappel
				Rappel rack rappel
				+Free rappel over 40 feet; tie off and invert; recover and continue

PART B: MOUNTAIN RESCUE

I. Litter Setup

A	B	C	D	
				Assemble litter and rig bare litter with standard ASRC patient tie-ins
				Direct loading of and packaging of patient with no specific injuries
				Attach rope for semi-technical evac

II. Non-technical evacs

NOTE: The member must coach and lead team of "untrained" litter bearers in all items.

A	B	C	D	
				Lifting the litter
				Carrying the litter
				Litter bearer rotation

**MOUNTAIN RESCUE CHECKLIST**

+	+	+	+	+	
					Laddering across obstacles
+	+	+	+	+	
					Toenailing up and down slopes
+	+	+	+	+	
					Setting the litter down
+	+	+	+	+	
					(Proper calls taught)
+	+	+	+	+	

**III. Semitechnical evacs**

As member of a real (or simulated) rope team, using tree belays, run 5 pitches up and down with no mistakes in calls, belaying, or rope handling.

A	B	C	D		
+	+	+	+	+	
					Up 5 pitches
+	+	+	+	+	
					Down 5 pitches
+	+	+	+	+	
		XXXXXXXX			Belay a litter down a steep slope with a tree belay
+	+	+		+	
		XXXXXXXX			Belay a litter down a steep slope with a figure 8 descender
+	+	+		+	
		XXXXXXXX			Belay a litter down a steep slope with a rappel rack
+	+	+		+	
		XXXXXXXX			Belay a litter up a steep slope with a tree belay
+	+	+		+	
		XXXXXXXX			Participate in a brute-force hauling system as rope-team member
+	+	+		+	

=====

*On my honor as an ASRC member, I have properly completed all items so marked on these checklists.*

\_\_\_\_\_ (signed)

APPENDIX C-1: EQUIPMENT CHECKLIST FOR AUXILIARY MEMBERS

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Items in parentheses are recommended, but all others are required. Substitutes may be acceptable but require the approval of the Training Officer. This equipment should be readily available for missions (i.e. prepacked, or easily located).

=====

CLOTHING

- \_\_\_\_ Hiking boots
- \_\_\_\_ Sturdy outdoor clothing
- \_\_\_\_ Adequate raingear
- \_\_\_\_ A wind shell jacket with a hood
- \_\_\_\_ Two heavy wool sweaters or shirts, or equivalent warm-when-wet clothing
- \_\_\_\_ A wool balaclava hat or wool stocking cap

GEAR

- \_\_\_\_ A bivouac/storm shelter; two large plastic leaf bags will suffice
- \_\_\_\_ A rucksack or daypack
- \_\_\_\_ A water bottle or canteen, at least 1 liter capacity
- \_\_\_\_ An electric HEADLAMP (not flashlight) with alkaline, nickel-cadmium, or lithium batteries; carbon-zinc or "heavy-duty" batteries are not acceptable due to poor performance in the cold. (A flashlight with a headstrap is acceptable.)
- \_\_\_\_ Spare batteries AND bulbs for the headlamp.
- \_\_\_\_ Leather gloves for litter handling

SUGGESTED ADDITIONAL GEAR

- o (A whistle)
- o (An orienteering compass)
- o (A pocket knife)
- o (An emergency fire-starter, e.g. waterproof matches and a candle)
- o (48 hours worth of field rations)
- o (A waterproof notebook and pencils)
- o (A warm sleeping bag)
- o (An Ensolite pad or equivalent)
- o (Wool pants and wool mittens)
- o (Fifteen feet of 2" seatbelt webbing fastened in a loop with a 2" Fastex buckle, for a litter load strap and back-carry strap)

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Shenandoah Mountain Rescue Group      BASIC MEMBER TRAINING COURSE  
Keith Conover, Editor

APPENDIX C-2: EQUIPMENT CHECKLIST FOR TRAINEE MEMBERS

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Items in parentheses are recommended, but all others are required. Substitutes may be acceptable but require the approval of the Training Officer. This equipment should be quickly and readily available for missions (i.e. prepacked, or easily located).

=====

CLOTHING

- \_\_\_\_\_ Hiking boots
- \_\_\_\_\_ Sturdy outdoor clothing
- \_\_\_\_\_ Adequate raingear
- \_\_\_\_\_ A wind shell jacket with a hood
- \_\_\_\_\_ Two heavy wool sweaters or shirts, or equivalent warm-when-wet clothing
- \_\_\_\_\_ A wool balaclava hat or wool stocking cap

GEAR

- \_\_\_\_\_ A bivouac/storm shelter; two large plastic leaf bags will suffice
- \_\_\_\_\_ An orienteering-type compass
- \_\_\_\_\_ An electric HEADLAMP (not flashlight) with alkaline, nickel-cadmium, or lithium batteries; carbon-zinc or "heavy-duty" batteries are not acceptable due to poor performance in the cold.
- \_\_\_\_\_ Spare batteries AND bulbs for the headlamp.
- \_\_\_\_\_ A whistle
- \_\_\_\_\_ A waterproof notebook and pencils
- \_\_\_\_\_ An emergency fire-starter, e.g. waterproof matches and a candle
- \_\_\_\_\_ A water bottle or canteen, at least 1 liter capacity
- \_\_\_\_\_ A rucksack or large daypack
- \_\_\_\_\_ A pocket knife
- \_\_\_\_\_ 48 hours worth of field rations

## TRAINEE EQUIPMENT CHECKLIST

- \_\_\_\_\_ A warm sleeping bag
- \_\_\_\_\_ An Ensolite pad or equivalent
- \_\_\_\_\_ A basic first aid kit, containing at least the *Dressings and Bandages* listed for the Personal Wilderness Medical Kit:
  - \_\_\_\_\_ 4 - 3" x 4" pieces of moleskin
  - \_\_\_\_\_ 1 - 1" (by at least 3 yards) waterproof adhesive tape
  - \_\_\_\_\_ 1 - 3" by 5 yards (stretched) elastic ("Ace") bandage
  - \_\_\_\_\_ 1 - 3" by 5 yards (stretched) conforming roller gauze (*Kling*)
  - \_\_\_\_\_ 10 - small adhesive bandages (e.g. 1" x 3" *Band-aids*)
  - \_\_\_\_\_ 8 - medium-size (e.g. 3" x 3") gauze pads
  - \_\_\_\_\_ 5 - medium-size butterfly strips or "suture strips"
  - \_\_\_\_\_ 1 - triangular bandage with 2 safety pins
  - \_\_\_\_\_ 1 - wire mesh splint

### TECHNICAL RESCUE EQUIPMENT

- \_\_\_\_\_ A helmet or hardhat with a nonstretch chin strap (Note: a climbing helmet is required for Basic Membership.)
- \_\_\_\_\_ Leather gloves
- \_\_\_\_\_ A seat harness; 6 meters of 1" tubular nylon climbing webbing will suffice
- \_\_\_\_\_ 2 Prusik/tie-in loops, each tied from a 1.5 meter long, 6 mm diameter piece of nylon kernmantel climbing-grade rope
- \_\_\_\_\_ 1 locking carabiner
- \_\_\_\_\_ Fifteen feet of 2" seatbelt webbing fastened in a loop with a 2" Fastex buckle, for a litter load strap and back-carry strap

### SUGGESTED ADDITIONAL GEAR

- o (Sunglasses)
- o (A small toilet kit; it might include: toilet paper, soap, small towel, toothbrush, toothpaste, tampons or pads, or contact lens solutions)
- o (A few extra locking carabiners and some extra 1" tubular webbing)
- o (Wool pants and wool mittens)

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Items in parentheses are recommended, but all others are required. Substitutes may be acceptable but require the approval of the Training Officer. This equipment should be quickly and readily available for missions (i.e. prepacked, or easily located).

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CLOTHING

- \_\_\_\_\_ Hiking boots
- \_\_\_\_\_ Winter footwear suitable for extended searches, including insulated hiking boots and several changes of wool or synthetic Ragg socks or boot liners.
- \_\_\_\_\_ Crampons, instep crampons, or "creepers;" for icy conditions
- \_\_\_\_\_ WaterPROOF raingear (i.e. no 60/40 parkas) with leg protection, such as rain pants, chaps, or high gaiters with a long cagoule
- \_\_\_\_\_ A wind shell parka with a hood
- \_\_\_\_\_ Two heavy wool sweaters or shirts, or equivalent warm-when-wet clothing
- \_\_\_\_\_ A wool or synthetic balaclava
- \_\_\_\_\_ A winter-warmth insulated parka, vest, or equivalent upper-body garment
- \_\_\_\_\_ Wool pants, or wool or synthetic underwear

GEAR

- \_\_\_\_\_ A bivouac/storm shelter; two large plastic leaf bags will suffice
- \_\_\_\_\_ An orienteering-type compass
- \_\_\_\_\_ An electric HEADLAMP (not flashlight) with alkaline, nickel-cadmium, or lithium batteries; carbon-zinc or "heavy-duty" batteries are not acceptable due to poor performance in the cold.
- \_\_\_\_\_ Spare batteries AND bulbs for the headlamp.
- \_\_\_\_\_ A whistle
- \_\_\_\_\_ A waterproof notebook and pencils

## BASIC EQUIPMENT CHECKLIST

- An emergency fire-starter, e.g. waterproof matches and a candle
- A water bottle or canteen, at least 1 liter capacity
- A rucksack or large daypack
- A water protection system for the pack's contents: e.g. a raincover or separate waterproof stuffsacks for all gear.
- A pocket knife
- A cup suitable for cooking, and a spoon
- A watch with a second hand (for taking vital signs)
- Several large zip lock plastic bags (e.g. for keeping maps and forms dry)
- 48 hours worth of field rations
- A warm sleeping bag
- An Ensolite pad or equivalent
- A Personal Wilderness Medical Kit (see checklist #4)

### TECHNICAL RESCUE EQUIPMENT

- A climbing helmet with a nonstretch chin strap (MSR, JB, and Ultimate helmets are acceptable: check with Training Officer about others)
- Leather gloves
- Mittens, or mittens/mitten shells, suitable for winter rope-work, i.e. having leather or other non-slip palms
- A seat harness; 6 meters of 1" tubular nylon climbing webbing will suffice
- A lightweight ascending system, e.g. a two-knot Texas rig
- 2 Prusik/tie-in loops, each tied from a 1.5 meter long, 6 mm diameter piece of nylon kernmantel climbing-grade rope (in addition to the ascending rig)
- 2 locking carabiners (in addition to any required for the ascending rig)
- A rappel device (e.g. 8 or rack) suitable for a semi-technical lowering
- Fifteen feet of 2" seatbelt webbing fastened in a loop with a 2" Fastex buckle, for a litter load strap and back-carry strap

## BASIC EQUIPMENT CHECKLIST

### SUGGESTED ADDITIONAL GEAR

- o (Sunglasses)
- o (A small toilet kit; it might include: toilet paper, soap, small towel, toothbrush, toothpaste, tampons or pads, or contact lens solutions)
- o (A towel to dry off with after a wet mission)
- o (A few extra locking carabiners and some extra 1" tubular webbing)
- o (A small alcohol or gasoline stove)
- o (A small tent)
- o (If you have it, some additional gear to loan: a spare balaclava, raingear, compass, or water bottle)

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Keith Conover, Editor

APPENDIX C-4: Personal Wilderness Medical Kit

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Items in parentheses may be added for certain situations, but are not part of the basic MEDKIT that members are expected to carry on missions. Module I of this Course contains a detailed explanation of the contents of the MEDKIT and its use. This version has been updated based on the recommendations of the Group's Medical Advisor.

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MEDICATIONS      (Prescription-only items are noted by the Rx)

<u>Number/amount</u>	<u>Item and size/strength</u>
o    #30:	aspirin tablets, 325 mg (5 gr.)
o    1:	3cc squeeze bottle oxymetazoline nasal spray (e.g. <i>Afrin</i> )
o    #8:	sustained-release pseudoephedrine tablets 120 mg. (e.g. <i>Sudafed</i> )
o    #8:	sustained-release chlorpheniramine tablets 8 mg. (e.g. <i>Chlor-Trimeton</i> )
o    #10:	<i>Camalox</i> or similar antacid tablets
o    #5:	bisacodyl tablets 5 mg. (e.g. <i>Ducolax</i> )
o Rx #6:	<i>Trans-Derm/Scop</i> transdermal scopolamine patches
o Rx #10:	<i>Tylenol</i> #3 tablets
o Rx #10:	<i>Lomotil</i> tablets
o Rx #10:	prochlorperazine tablets 10 mg. (e.g. <i>Compazine</i> )
o Rx 1:	15 cc dropper bottle proparacaine HCl ophthalmic solution (e.g. <i>Uphthetic</i> )
o Rx 1:	3.5 g tube polymyxin/bacitracin ophthalmic ointment (e.g. <i>Polysporin</i> )
o Rx 1:	anaphylaxis kit (includes injectable epinephrine) (e.g. <i>Anakit</i> )
o Rx 1:	15g tube fluocinolone acetonide cream 0.2% or similar high-strength steroid cream or lotion (e.g. <i>Valisone, Benisone, Lidex, Kenalog, Aristocort, Uticort, Synalar</i> )
o    3:	1g foil packets povadone-iodine ointment
o    1:	30 cc bottle mild liquid soap, e.g. <i>Hibiclens</i>

## PERSONAL MEDKIT

- o 1: 15 cc bottle *Sting-Eeze* solution
- o 2: packets *Gatorade* or *ERG* powder, each to make 1/2 liter

### (The following medications are for longer trips or expeditions)

- (o 1: 15g tube miconazole nitrate cream 2%) (e.g. *Micatin*)
- (oRx #40: erythromycin tablets 250 mg.)
- (oRx #20: *Bactrim DS* tablets)
- (oRx 1: 5 cc dropper bottle Cyclopentolate HCl ophthalmic solution, e.g. *Cyclogyl*)
- (oRx #20: acetazolamide tablets 250 mg., e.g. *Diamox*)

### DRESSINGS AND BANDAGES

- o 4: 3" x 4" pieces of moleskin
- o 1: 1" (by at least 3 yards) waterproof adhesive tape
- o 1: 3" by 5 yards (stretched) elastic ("Ace") bandage
- o 1: 3" by 5 yards (stretched) conforming roller gauze (*Kling*)
- o 10: small adhesive bandages (e.g. 1" x 3" *Band-aids*)
- o 8: medium-size (e.g. 3" x 3") gauze pads
- o 5: medium-size butterfly strips or "suture strips"
- o 1: triangular bandage with 2 safety pins
- o 1: wire mesh splint

### MISCELLANEOUS

- o 6: Alcohol prep pads, in foil
- o 6: Betadine prep pads, in foil
- o 6: sterile cotton applicators ("*Q-tips*")
- o 3: #11 scalpel blades, sterile
- o 1: paper clip, medium size
- o 1: pr. small sharp scissors
- o 1: pr. fine-point splinter forceps
- o 1: *Cutter Snakebite Kit*
- o 1: low-reading clinical thermometer
- o 1: nylon zipper bag for MEDKIT
- o 1: plastic-laminated contents/instructions