

BASIC MEMBER'S EQUIPMENT LISTS

I. PURPOSE This document provides listings of personal equipment that will or may be necessary during a search and rescue mission. All checklists are somewhat arbitrary; a checklist cannot replace experience, judgement, or planning. However, a checklist can serve as a reminder or a guide for planning. If you are bringing a piece of equipment only because it is on one of these lists, you are making a mistake; every item has a purpose, and you should know that purpose. Even if you understand why you might need an item but are still considering not bringing it, remember that it is much easier to leave something at the trailhead than going back home for it.

II. SCOPE Equipment lists are given for various, specific situations. It is doubtful whether any SAR mission will require exactly the contents of any one list, so you must be prepared to make your own decisions as to what to take. Two personal equipment lists are given: (1) Daypack list, which details the bare essentials for a one-day mission. No matter what kind of operation or training session, have everything on this list with you. (2) Full Pack list. With this equipment you should be able to survive and perform your assigned duties for 48 hours in the field without relief. Two clothing lists are also given: (1) Summer Clothing. The list given here represents the clothes you should be wearing or carrying in your full pack, for summer conditions. If you are only taking a daypack, you will probably only take a portion of the items on this list, those items you take being dependent on the situation at hand. (2) Winter Clothing. This list represents the clothes you should have for winter conditions; with all of this, you should be able to function in even the most extreme weather.

III.

DAYPACK

- | | |
|--------------------------|--------------------------------------|
| A. Rucksack | To carry it all in |
| *B. Storm Shelter | Emergency wind & rain protection |
| *C. Matches and Candle | For Fire Starting |
| *D. Whistle | Loud! On lanyard |
| *E. Compass | &map (Orienteering type-on lanyard) |
| *F. Food | High & quick energy rations |
| *G. Water | In unbreakable container |
| *H. Pocket Knife | Sharp and on lanyard |
| *I. Flashlight | Or headlamp--w/spare batteries, bulb |
| *J. First Aid Kit | (see below) /change of clothes |
| *K. Extra (Warm) Clothes | from wool cap & dry socks to complet |
| L. Foul-Weather Gear | Wind & rain protection |
| M. Cord | parachute cord, etc. |
| N. Metal Cup and Spoon | for cooking & eating |
| O. Personal Items | toilet paper, spare glasses, etc. |
| P. Watch and Bandanna | both quite useful (triangular bandag |
| (Others as Required) | Helmet, radio, seat harness, etc. |

*ABSOLUTE MINIMUM--Don't ever get caught with less!

This assumes that you are properly clothed

THE TEN ESSENTIALS

Outdoor clubs in the Northwest have long been trying to persuade outdoor enthusiasts to carry these "ten essentials" when on an outing in the Northwest. This is presented for your information only, not as a "required" list.

- | | | |
|------------------|-------------------------|------------------|
| 1. Map & compass | 5. Matches | 9. First Aid Kit |
| 2. Knife | 6. Candle (firestarter) | 10. Shelter |
| 3. Flashlight | 7. Extra food | |
| 4. Sunglasses | 8. Extra clothing | |

PERSONAL FIRST AID KIT

Don't buy a first aid kit. Put together your own--it'll be cheaper and better. We recommend:

- A. Waterproof container (1)
- B. Elastic (ACE) bandage, 2½" (1)
- C. Bandage Compress, 4" (1)
- D. Adhesive tape, 1" (6 ft)
- E. Band-aids, 1" (12)
- F. Moleskin (12 sq. in.)
- G. 3"x4" Telfa pad (3)
- H. 2" x 2" Gauze pad (6)
- I. Antiseptic Soap (½oz.)
- J. Aspirin (12)
- K. Waxed Salt Tablets (12)
- L. Iodine water tablets (25)
- M. Tweezers, tiny points (1)
- N. Safety pins (4)
- O. Needle (& thread) (1)
- P. Single edge razor blade (1)

POSSIBLE ADDITIONS

- Q. Antacid tablets (6)
- R. Antihistamine tablets (6)
- S. Butterfly strips (6)
- T. Tincture of Benzoin (½oz)
- U. Roller gauze 2" (2)
- V. Thermometer (1)
- X. Wire splint (or air splint) (1)
- Y. First-Aid/Rescue sheet (1)
- Z. Personal Medications (?)

IV. FULL PACK (PERSONAL)

- A. SOFTPACK Backpack-size, comfortable softpack (Jensen, Kelty Ski Tour, Jan Sport Greatsack, etc.) Large enough to carry all personal gear and ½ cu ft. group gear.
- B. SLEEPING BAG Down or fiberfill; at least 4" total loft. Store in pack in garbage bag.
- C. ENSOLITE PAD Wrapped in plastic bag.
- D. OVERNIGHT SHELTER Tent, bivouac sack, tube tent, etc.
- E. MATCHES In waterproof case
- F. CANDLE For firestarter
- G. METAL CUP & SPOON For cooking & eating
- H. WHISTLE Police type--on lanyard
- I. COMPASS Orienteering type, on lanyard
- J. POCKET KNIFE Sharp, on lanyard
- K. HEADLAMP Dependable, bright electric headlamp with spare bulb and batteries (or backup flashlight)
- L. FIRST AID KIT (See under III)
- M. WATER BOTTLE At least a liter; unbreakable
- N. WATCH, BANDANNA, PERSONAL ITEMS include toilet paper, tampons, glasses, contact lenses, medications, etc. as appropriate
- O. PARACHUTE CORD at least 50'
- P. ZIPLOCK PLASTIC BAGS Six or so large ones, for map cases, water-keeping socks dry, etc.
- Q. FIELD RATIONS about 4500 Kcal of food, including both quick and high energy foods; both hot-preparation items and ones edible cold and without additional water

ADDITIONAL PERSONAL ITEMS REQUIRED BUT NOT ALWAYS INCLUDED IN PACK

- R. HELMET MSR, Joe Brown, etc. With lamp bracket glued on
- S. LEATHER GLOVES Should fit well, flex after being wet and dried, and should have way to attach to carabiner (substitute leather palm mitten shells for winter)

- T. SEAT HARNESS Preferably ASRC type or sewn type
- GROUP GEAR, POSSIBLY PERSONALLY OWNED (BRING IF YOU'VE GOT IT)
- U. TENT (BACKPACK TYPE) or mountaineering tent if possible
- V. STOVE & POTS gasoline backpacking stove
- W. RADIO GEAR HAM or CB (3 channel 200 mc with crystals for channels)

V. SUMMER CLOTHING

- A. BOOTS Medium-weight mountaineering boots; leather w/ lug soles
- B. RAGG SOCKS Heavy wool socks; two pairs, at least
- C. LINER SOCKS Thin wool (or nylon, silk, etc.) socks; three pairs at least
- D. JEANS Or other tough pants for use in dry/warm weather; for brush, rocks, etc.
- E. SHORTS Provides "change of clothes" with minimum weight; also for hot weather comfort.
- F. UNDERWEAR of your choice; cotton is comfortable
- G. FISHNET T-SHIRT for ventilated, non-sweaty warmth
- H. LIGHT LONG-SLEEVE SHIRT for sun and brush protection
- I. T-SHIRT to go with shorts

WARMTH

- J. WOOL UNDERWEAR TOPS AND BOTTOMS provide a lot of warmth with
- K. very little extra weight or bulk
- L. WOOL STOCKING CAP/BALACLAVA keeps most important part of body warm (remember how much heat you can lose from head/75%)
- M. WOOL GLOVES/MITTENS keeps your hands, if not warm, at least functional
- N. WOOL SHIRT/SWEATER with front that opens for ventilation
- O. SECOND SWEATER/FIBERFILL VEST optional; for chilly weather

WIND

- P. WIND PARKA SHELL windproof (not waterproof) jacket with hood. Nylon wind shell, 60/40, etc.
- (D. JEANS or R. RAINPANTS) jeans for dry/windy, rain pants for wet/windy

RAIN

- Q. RAIN JACKET or cagoule or poncho--waterproof
- R. RAIN PANTS or chaps--waterproof

VI.

WINTER CLOTHING

- A. BOOTS, WINTER "Mouse" boots, Mukluks, Triple boots, or heavy weight mountaineering boots with wool insoles/overboots
 - B. RAGG or KNICKER SOCKS at least two pair (4 or 5 would be more reasonable)
 - C. LINER SOCKS quite a few pairs--they don't weigh much
 - D. WOOL PANTS/KNICKERS thick and baggy
 - E. WOOL UNDERWEAR BOTTOMS &/or wool fishnet
 - F. WIND PANTS or WIND KNICKERS W/ GAITERS should go over boots
 - G. FISHNET T-SHIRT for ventilation
 - H. WOOL UNDERWEAR TOPS possibly wool fishnet
 - I. WOOL SHIRT/SWEATER #1 front opening
 - J. "#2 or FIBERFILL VEST/SWEATER front opening
 - K. WIND PARKA (WATER REPELLANT) 60/40 best, nylon windshell acceptable
 - L. RAIN PROTECTION cagoule or rain parka
 - M. & N. BALACLAVA & SPARE WOOL CAP
 - O. LINER GLOVES to prevent fingers freezing to metal
 - P. WOOL MITTENS Dachstein type
 - Q. SPARE MITTENS/HEAVY WOOL GLOVES
 - R. MITTEN SHELLS with leather palms
 - S. SUNGLASSES/GOGGLES to prevent snow blindness
 - T. INSTEP CRAMPONS for travel on ice & snow
- RAIN PANTS, DOWN VEST/PARKA, WOOL GLOVES/MILLAR MITTS, SNOWSHOES, X-C SKIIS, CRAMPONS, & ICE AXE OPTIONAL

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