

SUGGESTED PERSONEL GEAR LIST

Revised 9/2008

The following list is a guideline of equipment you may need for a search and rescue mission or training, WSCMRT also requires that you have certain gear any time you go into the field.

** = **required** the basic gear you must have to be able to successfully and safely participate in a SAR mission

* = **high priority** gear you should try to acquire after you have the required gear

(No symbol)= **recommended** gear that may make your life more comfortable

D = **daypack** gear you should have in your day pack ready to go

All other gear you may want to bring should be kept in a large duffel/pack/storage bin, try to keep this gear packed as much as possible so you can leave at a moments notice, and not spend 30 min pulling all your gear together, trust us you will forget something.

REMEMBER: COTTON KILLS

General outdoor gear

** **Large backpack**- Internal or external frame, large enough for your overnight gear

** **Day pack**- 2,500 cubic inches recommend, used to carry your personal gear and possible team gear into the field. This can also serve as your overnight pack if it is large enough (remember in the winter you will need to carry more gear), internal hydration system recommended

** **Water bottles (D)** – Minimum 2 quarts, again an internal hydration system is preferable, nalgene's are also great

** **Compass (D)** – Alcohol filled (doesn't freeze in winter)

** **Headlamp w/ spare batteries (D)** – Essential for night operations. LED/halogen combos are nice, but any sturdy long lasting headlamp will do, NO flashlights, you need to have your hands free

** **Matches or lighter (D)** – Strike anywhere in waterproof case

** **Sleeping bag** – Synthetic fill or down fill, rated to 15 degrees, or -20 degree for winter with a stuff sack, avoid cheap Wal-Mart brands, this is a very important piece of gear

** **Sleeping pad** – Ridge Rest, Therma rest, or any closed cell foam, this keeps you from conducting the cold from the ground, again very important

* **Tent or Bivy sack** – (Can be shared) 3 season, avoid cheap department store brands

* **Spare headlamp w/ batteries**- Any small LED will do great to throw in your day pack if it is small and light enough

* **Rain cover**- For your packs, gear is worthless and heavy if it is wet, in a pinch a sturdy trash bag will do

Ground cloth – 4-6mm plastic to go under you tent to keep out the moisture

Parachute cord – 30' for a variety of uses

Clothing

** **Sturdy boots**- Preferably waterproof and sturdy, broken in and comfortable

** **Synthetic pants & shorts** – Nylon or polyester quick drying, NO COTTON, zip-off pants are great

** **Synthetic shirt** – Synthetic wicking quick drying, NO COTTON

** **Wool or fleece hat (D)** – Or any insulating hat, windproof is nice, must be able to comfortably fit under a helmet

** **Gloves or mittens (D)** – Waterproof over mitts, with liners for cold weather

** **Blaze orange (D)** – Mandatory for hunting season, 2 pieces one for you (vest) one for your pack

** **Rain gear (D)** – 100% waterproof jacket and pants, lightweight, no rubber ducky suits

** **Synthetic socks (D)** – Smart wool style socks, 2 pair, NO COTTON

** **Insulating layer (D)** – Fleece, down, wool, something to put on when it gets cold, NO COTTON sweatshirts

** **Long underwear** - polypropylene, capilene, light to mid weight

* **Extra synthetic pants & shirt**

* **Extra underwear**

Personal Items

** **Sunglasses (D)** – Comfortable and good fitting, and of course stylish UVA and UVB protectant

- ** **Sunscreen (D)** – You burn easier at high altitude
- * **Toilet paper-** Also a good fire starter, keep it in a zip lock bag
- * **Pencil & mini notepad (D)** - No pens (they freeze), good for copying information, leaving notes
- * **Insect repellent (D)**
- * **Toothbrush & Toothpaste**
- Wash cloth**
- Soap-** Biodegradable
- Handkerchief or bandanna (D)**
- Trash bag** – Pack it in, pack it out

Cooking & food

- ** **Enough food for 48 hours-** Stuff left at base to eat when back in camp, remember you may not get a chance to cook it, so make sure you have food you can eat fast and uncooked. Aim for long lasting high energy food that will last in storage, ramen, soup, canned stew, freeze dried, pop tarts, tuna fish, Gatorade, hot chocolate, tea you get the idea. It is also a good idea to keep a jug of water at base; we are not always near a water source
- ** **Food for your day pack for 24 hours of hard terrain (D)** – Food for you while in the field, energy gel, power bars, candy bars, granola bars, Gorp. This is the stuff you will live on in the field, keep extra at base.
- * **Camping stove & fuel** – (can be shared), Lightweight
- * **Cooking gear-** Pot w/ lid, pot grabber, matches or lighter, mini scrub pad, Fork and spoon (very important)
- Insulated thermos-** A hot drink can work wonders

Rescue gear

- ** **Leather Gloves (D)** – any leather work gloves, a insulated waterproof pair for winter is nice
- * **Climbing harness (D)**
- * **3 locking carabineers (D)**
- * **Belay device (D)** - ATC, Figure 8, Gri-Gri
- * **2 Prussic loops (D)** – 7mm cord
- * **Climbing helmet (D)-**
- * **Orange surveyors flagging (D)** – Marking clues, your trail, etc
- Whistle (D)**
- Earplugs (D)** - Helicopter operations, snoring tent mate
- Compact binoculars (D)** – Great on searches

Personal first aid kit

- ** **Chapstick (D)** – With sun block for high altitude, Colorado is a dry environment
- ** **Personal medications (D)** – Use your discretion, but if it is things you need to live i.e. asthma, diabetes bring it and try to have extra with your gear at base
- * **Moleskin (D)** – For blister care
- * **Band-aids (D)** –
- * **Ibuprofen, Tylenol, ETC (D)**
- * **Neosporin or antibiotic ointment**
- * **Disinfectant**
- 4x4 sterile gauze pads**
- Medical tape**
- Ace bandage**
- Pepto-Bismol tablets (D)** - The last place you want to feel sick is on a mission

Winter Additions

- ** **Winter pants-** Waterproof over pants, with appropriate insulating layers
- ** **Gaiters**
- ** **Goggles (D)**
- ** **Winter boots** – Insulated, warm boots (sorrels are great and warm but do not have very good traction, try to get more of a mountaineering boot)

**** Snow travel gear** – Snow shoes, AT or telemark skis if can efficiently use them, skins, poles (remember you can always rent these from WP on campus if you are a student)

* **Avalanche Shovel (D)**

* **Avalanche beacon (D)**

Avalanche probe (D)

Ice Axe

This is a guide line if you have any questions about gear ask around the senior members, see what they have and why, and ask them good places to get gear both in town and on the internet, it sounds like a lot and it is, but if you stay with this team you will end up getting it eventually, also think about the future, when you buy your winter boots think if maybe you may want to get crampons in the future, get matching styles.