

# BASIC DAY PACK EQUIPMENT LIST

The following list represents recommended items for your pack. Items may be added or deleted as desired.

1. Compass
2. Area Maps
3. Poncho (rain gear /shelter)
4. Canteen w / cup (boil water)
5. Dry Foods (soup, coffee, fruits, nuts, candy, MRE's, etc.)
6. Nylon Cord (small diameter)
7. Waterproof Matches
8. Butane Lighter ✓
9. Pocket Knife (Swiss army type) ✓
10. Signaling Mirror
11. Signal Flares
12. Toilet Paper / Kleenex
13. Fire Starter Booster
14. Sunscreen / Chapstick
15. Sunglasses ✓
16. First Aid Kit ✓
17. Clothing (for adverse conditions)
18. Extra Socks (wool)
19. Space Blanket (shelter)
20. Water Purification Tablets
21. Strainer Material (handkerchief, etc.)
22. Insect Repellent
23. Snake Bite Kit
24. Flashlight (extra batteries / bulbs)
25. Ground Cover (plastic)
26. Florescent Tape (trail marking)
27. Spare Radio Battery
28. Folding Saw
29. Pencils / Paper
30. Gloves (rubber)
31. Duck Tape

## SUPPORT EQUIPMENT

Shelter (tent / tarp)  
Sleeping Pad  
Sleeping Bag  
Cooking / Eating Utensils  
Extra Food / Water  
Personal Hygiene Items

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## TRACK PACK LIST

Required Items	
•✓	Pen/Pencil
•✓	Track outline paper
•✓	Measuring Tape
•✓	Marking/florescent Tape
•✓	Duct Tape
•✓	Flash Light
•✓	Mirror
•✓	Whistle
•✓	Hiking Stick
•✓	Knee Pads
•✓ ✓	Latex Gloves Leather Gloves
•✓	Bags/Baggies
•✓	Fire Starting Material(igniter, rubber bands, cotton soaked with Vaseline, dryer lint etc..)
•✓	Knife
•✓	Space Blanket
•✓	Poncho
•✓	Radio
•✓	GPS
•✓	Compass
•✓	Water/Electrolytes
•✓	Snacks/energy providing
•✓	Pack/Packs
•	Batteries
Optional Items	
•✓	Washers or Nuts(to tie marking tape to)
•✓	Bug Spray/Sun Screen

Suggested weight of pack(s) 8 to 10 lbs. - must be able to get up and down repeatedly during Certification and Missions.  
Other items - would be personal choice and not required.

## SARTECH II

### 24 Hour SAR Pack List

#### Personal SAR Equipment

- 4- various size zip lock plastic bags
- 1- bandanna or large handkerchief
- 1- cap or head gear
- 2- Locking carabiners
- 1- waterproof clothes bag
- 1- change of clothing suitable for climate
- 1- orienteering compass
- 1- roll of flagging tape
- 1- flashlight or lantern
- 1- extra flashlight, bulb, & batteries.
- 1- sturdy footwear adequate for climate
- 1- durable work style all season gloves
- 1- goggles or eye protection (clear)
- 1- insect repellent
- 1- multi-purpose knife (leatherman's tool)
- 1- lip balm with sun screen
- 1- measuring device 18" minimum.
- 1- metal cup or pot
- 1- small mirror
- 1- 1800 cubic inch back pack
- 1- note pad & pencil
- 2- 7 mm prussic slings
- 1- durable rain gear
- 1- SAR personal identification
- 1- 8' X 10' shelter material
- 1- Multi-purpose scissors
- 1- Pair Extra Socks
- 1- sunscreen lotion
- 1- tissue papers or baby wipes
- 1- tracking stick 42" minimum length
- 1- watch
- 2- water containers (1 quart each minimum)
- 1- 1" wide tubular webbing, long enough for a seat harness.
- 1- Woven Steel Wire 5-10' long
- 8- plastic wire ties
- 50 feet of nylon twine or rope (Para cord)

### **Personal First Aid and Survival Kit**

- 4- acetaminophen or aspirin tablets
- 4- antacid tablets
- 2- antiseptic cleansing pads
- 1- antiseptic ointment
- 6- various size band aids
- 1- long burning candle
- 2- cotton swabs
- 10- feet of duct tape
- 1- large plastic leaf bag
- 8- matches in waterproof container
- 1- moleskin
- 1- quart size zip lock bag for this kit
- 2- adequate change for 2 phone calls
- 1- single edge razor blade
- 1- roller gauze bandage
- 2- large safety pins
- 1- splinter forceps (tweezers)
- 1- space type blanket/sleeping bag
- 1- Towelette
- 1- whistle

### **Optional Equipment (not required)**

- 2- antihistamine (25mg benadryl)
  - 2- extra leaf bags
  - 1- extra water container
  - 1- foam ground pad
  - 2- additional non-perishable meals
  - 1- gaiters
  - 1- rain cover for pack
  - 1- Sterno or gas stove
  - 1- sun glasses 97% UV protection
  - 1- several trail snacks
  - 1- bottle of water purification tablets or portable water purifier
- Remember any personal medications, medical ID tags etc. also.

# Winter Mountaineering Day Hike Checklist

## The 10+ Essentials

- Extra clothing
- Drinking water in an insulated container
- Compass
- Pocket knife
- Sunscreen
- Matches in a waterproof container (a lighter works well, too)
- Extra food
- Map of the area in a waterproof case
- Fire starter (or a candle)
- First aid kit
- Sunglasses
- Headlamp or flashlight with extra bulb and batteries

## Hiking Gear

- Snowshoes/Crampons
- Backpack large enough for winter gear
- Nalgene bottle (hot water for sleeping bag)
- All-weather blanket to block wind during lunch breaks or for emergency use
- Insulated sit pad
- Ski or snowshoe poles (or trekking poles with snow baskets)
- Chemical hand and foot warmers
- Tools, duct tape, nylon ties for snowshoe/crampon repair

## Clothing

- Wicking long underwear (such as MTS® or Capilene®)
- Fleece jacket or wool sweater
- Regular underwear
- Fleece or wool pants

## Outerwear

- Outer shell jacket (waterproof/breathable such as Gore-tex®) OR single-layer, soft-shell jacket
- Waterproof gloves or over mitts or shelled ski gloves
- Neck gaiter or balaclava
- Outer shell pants (waterproof/breathable such as Gore-tex®) OR single-layer, soft-shell pants
- Fleece or wool mittens or gloves
- Fleece or wool hat or headband

## Footwear

- Gaiters
- Leather hiking boots (treated with waterproofing) OR insulated winter boots OR plastic mountaineering boots
- Wicking liner socks
- Hiking, mountaineering or ski socks (wool or synthetic)

## Backcountry Gear

- Shovel
- Ice axe
- Altimeter
- Probe poles

## Snowshoe Repair Kit

- Duct tape
- Pliers
- Nylon tie wraps
- Bailing wire

## Cold Weather Gear - Important Considerations

- **Avoid Cotton:** While cotton can be a good material to wear in the summer in Arizona, the very properties that make it good in summer can make it deadly in the winter. Cotton retains moisture – rain, perspiration – and the wet material remains in contact with the skin and transfers body heat away with amazing efficiency.
- **Wear a wicking layer next to your skin:** There are various materials that work well here, such as a very light fleece material, polypropylene, etc. My favorite is a very thin fleece layer.
- **Insulation:** Wear another fleece or other synthetic layer or wool over this. This layer can be light, medium, or heavy weight depending on conditions, or it could be combinations of these so you can peel off or put on as conditions warrant. The key is that this – and all layers – are synthetic or wool materials that do not retain moisture, dry easily, and still insulate when wet.
- **Waterproof Shell Layer:** Ideally, this is also breathable. GoreTex is one well known example, but there are a number of other materials that work well. This layer is good for wind protection as well as rain/snow protection, but consider conditions before applying this layer. During heavy exertion, waterproof/breathable materials cannot transport perspiration adequately to keep you safe from hypothermia when you stop and cool down. In light snow or even in light rain, you may be better off with a good fleece layer on top. When you stop, you can usually shake out the moisture, then put the waterproof layer on top. When stopped, body heat will work to move excess moisture through the breathable layer.
- **Adjust Layers!:** You want to be able to fairly easily modify what you are wearing to regulate body temperature – or you won't do it - and will suffer consequences later when you stop. It is very important that you do make these adjustments. It is very easy to overheat and perspire heavily if wearing too much, even at 15 degrees F with a 30 MPH wind. That same cold wind will chill your damp clothes and your body to dangerous levels within minutes after stopping.
- **Hat:** You've all heard it, and it's true – if your hands and feet are cold, put a hat on. A significant amount of body heat escapes through the head. If your head starts to get cold, your body starts to shut down less important things – like your hands and feet. Again, fleece is good here – less itchy than wool, breathable, moisture wicking, insulating when wet, etc. I also have a Gore-Tex hat for rain that works well.
- **Gloves:** My favorite when actively hiking, even when in cold rain or snow, are very thin fleece/synthetic gloves. They insulate even when wet, dry instantly usually just from body heat, provide great dexterity, and heavier gloves or mittens can be slipped over them when you stop.
- **Footwear:** A lot of alpine climbers go to rigid plastic insulated boots when winter mountaineering. I managed to survive quite well with good leather boots – as long as you take care of them properly. SNO-SEAL them before any anticipated wet trip. In very cold conditions, insulated boots make good sense, but they are typically heavier and less comfortable for travelling long distances. I keep my insulated boots in the car in the winter, just in case, and they are nice around a cold camp.
- **Gaitors:** Your feet will get amazingly wet from snow or wet brush wicking moisture down your pants into your boots.