

Chaffee SAR-South - 24 Hour SUMMER Backpack Contents

The following equipment is commonly compiled to form what is referred to as a "24-hour ready pack". This pack contains items that will assist the holder in functioning safely, effectively, and efficiently during a SAR incident. Some items may be worn, carried on a belt, in pockets, or strapped to the person. This is the minimum equipment recommended to be carried on all missions in non-urban or wilderness areas. *A note about Summer:* Nights get cold at higher elevations even in the summer. Rain can turn to snow quickly so know your comfort levels. Pack weight drains your energy, especially in summer heat. Practice carrying your pack before attempting missions. Know your clothes/boot systems and how well they keep you warm and dry. If needed, meet with an experienced SAR member to do a pack and clothes review. Write your name on important items. Packing: cluster pack/label items in Ziploc bags or similar waterproof systems. This will allow you to pull items out of the pack and not lose them to the weather. Make sure high use items are readily accessible (headlamp, snack food, rain gear, warm layer, etc). Your backpack is your lifeline, never leave it.

Backpack: 2400 cubic inch or 40 liter minimum - get one that holds your equipment and is comfortable to wear.

Optional Rain Pack Cover - make sure your gear is protected. Compactor bag inside of backpack also works as well.

Personal Shelter

1- Bivy sack or 2 extra large/durable leaf bags (waterproof)

1- Emergency blanket

1- *Sleeping bag 30 degree - not needed on all missions*

1- Plastic tarp w/grommets 5x7 (shelter, blanket, ground cover, etc)

1- Insolite pad, 3/4 or full length (Walmart blue foam pad, thermarest z pad, etc)

Mission gear

1- 30 to 50-foot length of cordelett: 6-7 mm

1- Headlamp w/ extra batteries.

1- Flashlight w/ extra batteries

1- Binocular or monocular

1- Flagging tape

1- Notepad, pencil, **SOAP notes

1- Whistle no ball type

1- Signal mirror or reflecting system

2 - Locking carabineers - rated for climbing

1 - 1" x 25' Tubular webbing

Helmet - type dependent on rescue or search: Climbing, motorcycle, water rescue, etc (SAR has limited supply of helmets kept at sar bay)

Personal SAR Equipment

1- Extra clothing layers -(fleece, wool, down, no cotton)

1- Bandana or similar (many uses- ATV riding, dry snowy goggles, glasses, nose, etc)

1- Extra pair of socks.

1- Fleece or Wool Booties - to increase warmth if feet wet during overnight bivy (or use plastic bags over dry socks help insulate against wet and cold boots)

1- Dry bag system to keep extra pack clothes protected. This can be a trash compactor bag or a waterproof compressible dry bag

1- Gloves and 1 backup gloves/mittens (gloves get wet, freeze, etc. be prepared to change out)

1- Leather work gloves, suitable for climate

1- Neck gaiter, face mask or Balaclava (think cold night standing around).

1- Warm hat that covers ears

1- Brim hat to deflect sun, snow, rain, hail

1- Gaiters (short, light weight style)

1- Hand/toe warmers (consider full foot if feet get cold easy). Watch expiration dates.

1- Safety Glasses- optional if you have prescription glasses (good for night search in trees, riding ATV's, helicopter, etc)

1- Sunglasses; also remember personal prescription clear glasses if applicable (if mission goes into night).

1- Lip balm

1- Sunscreen

Survival Gear

1- Kit...Fire starter, matches, lighter/igniter in waterproof baggie

2- Days Food- Carbohydrates, High Energy Bars, things that won't freeze. Calories will keep you warm. Electrolytes. Sugar.

2- Water hydration systems - bottled water, hydration bladder system, water purification or filter system

1- Knife/multi-tool

1- Map, Compass, Cell Phone, GPS, (**GPS 1 per two person team, limited availability at bay), extra batteries for GPS

1- First aid kit (personal), personal daily meds in event of overnight mission (Keep in water proof baggie) **SEE Detailed List**

Below

1- Personal hygiene (toilet paper, Ziploc baggie, single packet hand wipes, etc) carry out all trash.

1- Watch or timepiece

1- Duct tape - 5-10 feet

1- **Stove system, propane or fuel source**

1- Metal Cup

General Information:

What to wear: NO cotton. Each member receives a safety vest(not waterproof) and shirt. Please wear SAR attire on missions/events when appropriate

Dress in layers and add/subtract as needed. Make sure you have enough room in pack for shedding layers. Best practice is to secure items IN pack.

Feet: Waterproof hiking boots. Warm wool/synthetic blend socks. Might be standing around on cold nights

Rain Gear: Rain jacket and rain pants are preferred. Ponchos can get in the way when carrying a patient.

Core: wool/synthetic long underwear, breathable shirt layers, Soft-shell breathable layer (fleece/synthetic). Warm layers are for nights or Spring/Fall.

Communications/ID's:

1- VHF Radio - SAR supplied

1- 800 Radio (one per team)**

1- Cell Phone (personal)

1- personal id's, insurance cards, Sheriff's card, Flight Ticket etc.

Team Equipment: **

Hasty first aid bag (has energy food for patients)

Water bottles for patients

Shelter system for patient (tarp, emergency blanket)

Stove system

** mission specific and not needed by all members*

*** shared item on team*

Personal First Aid Requirements - minimum

1 - Plastic bag, zip lock, qt. size, for kit

4 - of each Acetaminophen/ aspirin tablets/ Ibuprophen

1 - Moleskin

2 - pair Medical Gloves, not latex

1 - Pocket Mask

1 - Chemical Light Stick

2 - Antiseptic cleansing pads

1 - Roller gauze bandage

4 - 4x4 gauze

1 - 6x8 gauze

1 - 1" medical tape

1 - Antiseptic ointment

2 - Safety pins, large

6 - Band aids, various sizes

1 - Splinter forceps, tweezers

1 - Trauma Shears

1 – 1 oz container of hand sanitizer

GOOD IDEA - Clear plastic box (Walmart) - Large size to carry 'extra or possible' gear to sar bay. This allows the member to add or subtract items to optimize weight and appropriate pack content for missions. Details of missions are given at the sar bay. Edit your pack as needed.