

Bureau County Mounted Search and Rescue

Checklists

* Bolded Items are Required Gear

Clothing

- **reflective vest**
- **raingear**
- proper clothing
- SAR hat
- rugged boots
- spare pair socks
- sunglasses

Personal Items

- **compass**
- **whistle**
- **flashlight, spare batteries**
- **trail tape** (anything for marking trails – even toilet paper could be used)
- pocket knife
- wristwatch
- water (1 quart minimum)
- lighter or matches
- notepaper, pen, pencil
- permanent black marker
- SAR Operating Procedures book
- duct tape
- road map
- handkerchief
- food for one day
- radio & batteries
- garbage bag
- first aid kit
- ziplock bags
- personal medications

Bureau County Mounted Search and Rescue

Winter Items

- water wicking underwear
- extra wool socks
- winter coat
- hat or ski mask
- snow pants/snowmobile suit
- extra sweater/coat
- leather work gloves
- warm mittens
- candy (quick energy)
- windproof coat

Vehicle

- tank full of gas
- check all fluids
- sand or kitty litter
- winter supplies
- flashing light
- shovel

Summer items

- insect repellent
- sunscreen
- broad brimmed hat (sun)
- leather gloves
- sunblock

Your SAR Ready Pack

Each member is responsible for assembling a personal “ready pack” to use when called out. Items in a ready pack are for the safety and comfort of the individual rescuer.

What it contains, how it fits, and how much it weighs are all important pack factors. Consider convenience, efficiency and necessity when choosing and equipping your pack.

Bureau County Mounted Search and Rescue

A pack weight of 25-30 pounds is comfortable for most of us. Carry 10 or 20 lbs. more and it becomes harder to move well during searches and you'll be more physically stressed.

A pack loaded with lots of gear for any situation does no good if you can't carry it very far. Most sources advise carrying no more than 25% of your weight.

Loading and Wearing Your Pack

If your pack has outside pockets or a large pocket in the top, use those for water and smaller essentials. Vertical pockets on the side will keep your bottles from leaking. In the main compartment, pack heavier gear near your back with least used items like a first aid kit or tarp at the bottom with food, rain gear and other readily needed items at the top. Your pack should ride high on your hips to help support the weight. If your pack has compression straps, cinch them down to confine the contents to a smaller bundle. Keep your pack fairly tight to your back but not too constrictive at your arms or shoulders.

Tips:

- Pack everything possible into ziploc bags. They're waterproof, strong (use freezer bags) and stay together even if stuffed. Gear is visible and easier to find and pack.
- When carrying your pack, periodically lift it off your shoulders at the bottom with your hands. It will briefly help relieve the pressure.
- For added protection in heavy rain, a garbage bag works (if you don't have a Pack Cover).
- Think about carrying a small pair of binoculars or even lighter monocular. Weight is always a factor but they could be valuable during a search.
- If you wear reading glasses make sure you always carry a pair (or 2).
- Carry an extra first-layer shirt.
- Look back periodically especially when you are traveling off trail. It will help familiarize you to the terrain in all directions and keep you on track if you come back the same way.
- Keep a list of items that you want to take always handy so that before you leave home you can quickly go through it and make sure you have everything.
- Put together a general fixit kit of rubber bands, some strong wire, safety pins, razor blade, needle and fishing line, aluminum foil, etc.
- Throw in some straps of various lengths to tie things onto your pack.
- Keep a pair of tennis or other shoes in your car to change into after a search.

Boots

All leather, Gore-tex lined or waterproofed hiking boots are recommended by experts. Boots with some nylon are not as waterproof or as protective. Gore-Tex can be worn year-round. Wear a light pair of non-cotton socks in addition to your heavy outer wool or blend socks to help control blisters.