

One of the biggest issues for CAP members new to Search and Rescue (SAR) is the amount and type of equipment required to do the job. We attempt to limit the amount of equipment that is required to participate in the first few weekends to help you avoid spending needlessly should you decide Emergency Services do not interest you. Items not on the Required List can be acquired over time as you complete your training. Three topics are covered: required gear, gear necessary to pass task O-0001, and prohibited equipment.

Required Items

The list of minimum required equipment is provided below; these are items that you absolutely must have to attend each training event. If individuals do not have each item on this list, they will not be able to participate. It may not be necessary to go out and purchase each item on this list; many items can be found around the house. Where appropriate, this list also includes the price taken from a local Wal-Mart to give an idea of how much this should cost.

| GSAR Courses | Aircrew Course | Wilderness Advanced FA Course | Small Unmanned Aerial Systems |
|--|---|--|--|
| <ul style="list-style-type: none"> Complete utility uniform (ABUs, BDUs, Blue Utility Uniform), including all required name tapes, patches, and insignia in accordance with CAPM 39-1. This includes a uniform cap, shirt, trousers, combat boots (well broken in) and belt. Coat appropriate for climate (mandatory for cold weather weekends). Underclothes and socks sufficient for three days. Toilet kit to include soap & toothbrush (in cases), toothpaste, deodorant, shampoo, comb/brush. As needed items include: razor and shaving cream, feminine hygiene items, other items as necessary for three days. At least two quarts of water (carried in canteens or use a hydration pack). International orange reflective vest. Pocket knife. Whistle Wet weather clothing (poncho, rain parka, or raincoat) Flashlight (With Red Lens) Pocket notepad (3" x 5"), pen and pencil. Inexpensive wristwatch. Shelter building material (approx. 8' x 10' tarp or military poncho). Food for two days Sleeping bag, bedroll or poncho liner Compass (Lensatic type for Basic GSAR, Orienteering type for Advanced GSAR) One pair clear plastic safety glasses One pair leather work gloves Backpack to carry gear to the field. GTL students will receive additional equipment requirements prior to first NSSE weekend. | <ul style="list-style-type: none"> Complete Utility Uniform (ABUs, BDUs, Blue Utility Uniform, USAF Style Flight Suit, or CAP Blue Flight Suit) including head gear, all required name tapes and patches, cutouts, and grade insignia in accordance with CAPM 39-1. (Golf Shirt & Grey Slacks combination is not authorized.) Only ABU cap is authorized for the ABU uniform Underclothes and socks sufficient for three days Outerwear Clothing and footwear appropriate for spending many hours outdoors in prevailing seasonal weather conditions. Toiletry/Shower Kit: Toothbrush (in cases), Toothpaste, Razor and Shaving Cream (as necessary), Comb or Brush (as necessary), items of feminine hygiene (as necessary), Deodorant or antiperspirant, Soap, Shampoo, Towel other items as necessary (enough to last you for your entire stay). 2 Breakfast Meals (Minimal preparation needed. No open flames are allowed at WESS facilities, but there is electricity for small teapots, etc) \$5 cash for lunch Atlanta, Memphis, & New Orleans VFR Sectional Charts. Need not be current (<u>actual paper charts required</u> i.e. not electronic, not on iPad, etc) Sectional Plotter General Aviation Headset Kneeboard / Cockpit Organizer Highly Recommended Pens, Pencil, Notebook/pad Flashlight (preferably hands free / head-mounted) Sleeping bag & Pillow Refillable water bottle | <ul style="list-style-type: none"> 1 complete utility uniform (ABUs, BDUs, Blue Utility Uniform), including all required name tapes and patches, cutouts, and grade insignia in accordance with CAPM 39-1 Uniform cap (only ABU cap is authorized for the ABU uniform) Combat boots, at least one pair (well broken in) Blue belt w/subdued tip and buckle for wear w/ ABU or BDUs Coat appropriate for climate Underclothes and socks sufficient for three days Toilet kit, including: soap & toothbrush (in cases), toothpaste, razor and shaving cream (as necessary), comb or brush (as necessary), items of feminine hygiene (as necessary), deodorant or antiperspirant, shampoo, other items as necessary (enough to last you for your entire stay). At least two quarts of water (in canteens or hydration pack) International orange reflective vest Pocket knife and whistle Poncho or raincoat appropriate for wet weather Flashlight (With Red Lens) Pocket note pad (3" x 5"), pen and pencil. Inexpensive wristwatch. Shelter material, preferably 8'x 10' (spare military poncho meets the need). Food for two days Sleeping bag, bedroll or poncho liner One pair clear plastic safety glasses One pair leather work gloves Practice Kit Enclosed in Ziplock bag – Once roll 2 or 3-inch gauze, 1 roll bandage tape, 4X4 gauze, moleskin, splinting material | <ul style="list-style-type: none"> 1 complete utility uniform (ABUs, BDUs, Blue Utility Uniform), including all required name tapes and patches, cutouts, and grade insignia in accordance with CAPM 39-1 Uniform cap (only ABU cap is authorized for the ABU uniform) Combat boots, at least one pair (well broken in) Blue belt w/subdued tip and buckle for wear w/ ABU or BDUs Coat appropriate for climate Underclothes and socks sufficient for three days Toilet kit, including: soap & toothbrush (in cases), toothpaste, razor and shaving cream (as necessary), comb or brush (as necessary), items of feminine hygiene (as necessary), deodorant or antiperspirant, shampoo, other items as necessary (enough to last you for your entire stay). 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Task O-0001 Items

The items listed below are required to pass task O-0001 (these items are **in addition to** the minimum required items; everything on the minimum required list is also required for O-0001). Any student needing this task must acquire these items before the end of the training cycle. A brief description of the item as well as advice on where to find it is included. The entire gear assembly is split into two sections: the 24-hour pack and the 72-hour pack.

24-Hour Pack

This is the equipment that is carried during normal ground operations. As the name implies, it is intended to support you for 24 hours in the event of an emergency.

- Backpack or other LBE, as discussed under Required Items.
- Signal mirror. A small, pocket sized mirror or other reflective device will work. Specially made signal mirrors cost around \$10 at an outdoors store. More inexpensive signal mirrors can be purchased for around \$5.
- First Aid kit. This is required in the 24-hour pack. The following items are recommended for the kit and can all be found at a pharmacy or discount store. Most store-bought first aid kits include some of these items already, so you may be able to cut your costs by getting one. Also, keep in mind that this is a recommended list only; other items might be practical to include based on personal needs. For example, someone may require contact solution or hand sanitizer.
 - 2 Antiseptic cleaning pads (alcohol swabs)
 - Antiseptic ointment (Neosporin)
 - 6 Band-Aids of various sizes
 - Sheet of Moleskin, 2x4 inches (for blisters)
 - Roller bandage
 - 2 large safety pins
 - 4 gauze pads
 - 1 Triangular bandage (for tying splints)
 - First aid tape (trainer's tape)
 - Any personal medications you need (be sure to tell your team leader if you are carrying meds)
 - Surgical gloves (2 pair, latex or rubber)
- Survival kit. Store these items in Ziploc bags or other waterproof container to keep them dry.
- Duct tape, 5 to 10 feet. An entire roll is not needed; duct tape can be wrapped to cut down on the amount of space it takes up. Some hardware stores carry duct tape in flat packs that are perfect for SAR use.
- Large leaf bag. Hefty, Husky and Glad all make them in a variety of sizes and thicknesses. These have a huge number of uses out in the field (trash bag, makeshift poncho, gear covering, ground-cloth, etc.) and take up

72-Hour Pack

Commonly referred to as "base gear," this is designed to support an individual for an extended period of time (up to 72 hours). This portion of the gear includes sleeping bag, toiletries, and additional meals.

Backpack (preferably with a frame (internal or external)). During the day, this pack is left at base camp and the 24-hour pack is removed for the actual sorties.

Tent or other shelter material. As previously discussed, tents are allowed at the beginning of the cycle, but are not recommended. The best option is a tarp or a pair of ponchos; using these for shelter allows a student to immediately pass the task for shelter building.

Spare rank and CAP cutouts. As cadets know, "frogs" have a bad habit of coming off at bad times. Keep an extra set of cutouts in your gear in case you lose your insignia. It is important to keep uniforms in good order when we might be out in the public view.

5 meals. See discussion regarding food above
2 large leaf bags

Spare uniform and 3 changes of undergarments and socks in a waterproof bag. During an extended stay in the field, a spare uniform may be needed.

Sleeping bag, foam or inflatable. Foam pads and in inexpensive way to cushion sleep.

The foam pads are pretty cheap (\$10 at Wal-Mart), while the inflatable pads can be pretty expensive (upwards of \$50 at an outdoors store). The benefit of an inflatable pad is that it can be more comfortable and is more compact when deflated.

Spare boot laces. In the field, boots can take a tremendous amount of punishment. The laces are their weakest point, so an extra set can be necessary. Pre-cut paracord can meet the need until replacement laces can be purchased.

Sewing kit with spare buttons. A military sewing kit can be purchased at a surplus store or military clothing sales for \$5; they often include the correct buttons for BDU's, as well as needles, thread and safety pins.

Shoe shine kit. Shining boots helps waterproof the leather and can help present a professional appearance to the public.

Toiletries kit, as described in the required items list.

Sleeping bag, as described in the required items list.

very little space. As these bags are very useful, it is recommended that a few be carried in the 24-hour gear.

- 12 wooden, waterproofed matches. Matches are better than a lighter in the field and a lot more compact. A box of matches is very inexpensive and can be found in most stores. Be sure that the box has a striking surface on the side (rough looking strip of red diamond shapes).
- Waterproof match container. A cylindrical metal container for this purpose can be found at any outdoors store. Or, a match box can be wrapped in a Ziploc bag.
- 1 green chemical light stick. These are sold in pairs for about \$3 at Wal-Mart. Chemical sticks have many uses in the field; as such it is recommended that more than one be carried.
- 50 feet of paracord or other nylon line. As previously mentioned, paracord has a number of field uses. It can be used for everything from tying up your shelter to replacing your shoelaces. 100ft can be purchased for around \$8 at an outdoors store.

SAR equipment. Again, store these items in Ziploc bags or other waterproof containers.

- Change of socks. It's always a good idea to have an extra pair of socks handy in the field in case your feet get wet.
- Roll of orange flagging tape. Flagging tape can be found the hunting section of an outdoors store for less than \$5. A large roll is not required; 50 feet is sufficient.
- Spare flashlight. An inexpensive pocket sized pen light is sufficient. In addition, extra batteries and bulbs for your spare and main flashlight should be brought.
- Insect repellent
- Lip balm, with sunscreen (such as Chap Stick)
- Sunscreen based on personal preference (30 SPF, 50 SPF, etc.). Note that tanning oil is not a substitute for sunscreen.
- Tissue paper. Travel sized packs of toilet paper or Kleenex can be purchased at a pharmacy or grocery store for \$1 or so.
- Leather work gloves. Be sure that gloves are leather and in good repair; cloth gloves tend to rip easily in the field.
- Blank Interviewing Forms. Also known as a CAP Form 106, this is used to record information gathered from interview subjects. Interviewing forms are available from a local unit or from the CAP website.
- 4 moist Towelettes. Wet naps or other wet wipes are ideal.
- Coat for appropriate climate, if necessary. During some of the colder months, heavier undergarments and gloves might be needed as well.
- Poncho or raingear. There are numerous types of ponchos and raingear available. The simplest is a clear plastic "emergency" poncho you can find at Wal-Mart for a few dollars. The adage "you get what you pay for" is true regarding raingear; we recommend something more durable than an emergency poncho: Military ponchos are light, cheap (\$10) and can be found in any surplus store but are often old and used. Heavier rubber ponchos can be purchased at an outdoors store (\$10), as can two-piece rain suits (pants and jackets). However, some of these heavier materials can also be much hotter to wear.

Ground Team Leader's Equipment:

- Protractor
- Map case
- Pencil with eraser
- 2 colored, fine tip alcohol pens
- Eraser for alcohol pens
- 6-inch straightedge ruler

These additional items are required ONLY for those training to be Ground Team Leaders.

A clear plastic half-circle or full-circle protractor is recommended. Look school supplies section at Wal-Mart. Either a specialty map case or a large Ziploc bag is sufficient to keep maps and mapping equipment dry and secure.

A mechanical pencil is ideal, just ensure that it contains enough lead; a regular No. 2 pencil will suffice but will require a small sharpener.

Make sure that neither color is red, as it won't show up under the red lens on your flashlight alcohol swabs or special alcohol pen eraser. Again, a clear plastic one is best; some half circle protractors will have this on the straight edge.

Optional Items

- Tent stakes
- Water Purification tablets or water purifier.
- Entrenching tool
- Extra Ziploc bags

These items are not required by the task guide, but the staff has found them to be incredibly useful.

NO ONE packs them, but everybody needs them. It's much easier to set up a shelter with store bought tent stakes. Aluminum or steel tent stakes are light, cheap, durable and effective

In most circumstances, these are not necessary, especially during training. In an emergency, however, they are handy. Also known as a camp shovel, having one of these can greatly assist setting up a base camp. However, they are heavy and bulky, making it inefficient for all members of your team to bring one. Coordinate beforehand with teammates on such tools.

Keeping your clothes, food, notepad and other items in Ziploc bags can help keep you comfortable and effective under adverse conditions. Bringing a few extra bags along to replace bags that break or hold bits of trash and other items is recommended.

There are several items that are not to be brought to ANY training event

- Fast food -- does not keep overnight, and is high in saturated fats
- Candy and soft drinks are not permitted in the field.
- Potato chips or other junk food is poor nutrition in a field environment.
- Bananas and other fresh fruit.

Although good and healthy food, fruit can be difficult to manage in the field. Dried fruits provide the same nutrition with easier field manageability. However, one or two pears or apples can be placed in gear without much problem.

- Jell-O; almost no nutritional value and very bulky.
- Sandwiches from home that need to be refrigerated (mayonnaise goes bad very quickly).
- Combustible materials: fireworks, butane lighters, propane stoves, or sterno
- Weapons: firearms, knives with blades greater than six inches in length or otherwise prohibited under task O-0001, pepper spray, tazers, etc.
- Radios or other electronics (except where noted for class)
- Alcoholic beverages
- Medical supplies that an individual is not qualified to use
- Be sure to bring utensils if needed. In addition, bring enough food to provide energy and nutrition for the length of the training.
- Total cost of food for one training event should be between \$10-\$20, depending on personal taste and preference.

The following are items that are not on the required list, but are very useful to have in the field, even on your first NSSE event.

- Backpack or Load Bearing Equipment (LBE) This carries all of your gear; consequently, it needs to be large enough to do the job without being too bulky. Many experienced Ground Team members use Camelbaks or Bashaw Rescue Vest systems; however, these items are expensive, specialized items for those committed to Ground Team operations.
Don't go out and purchase one of these for your first event. Many units have LBE's (web belts, harnesses, pouches) available, or, a simple regular school-type backpack is sufficient. Wal-Mart has several sturdy packs in the outdoors section for \$10 to \$20. A pack that is waterproof or water-resistant is preferred, but not required.
- Small personal First Aid kit. This is meant for YOU, not an entire team, so it doesn't need to be big. Many students get small cuts or scrapes in the field; a small first aid kit is a good way to take care of them. A small first aid kit runs about \$10. Alternatively, a small first aid kit can be assembled with Band-Aids and ointments in a Ziploc bag.
- Bug spray and sunscreen. \$5 total for both.
- Paracord or other nylon line. Experienced GT members will tell you that this paracord is one of the most useful pieces of equipment in the field. 100ft can be purchased for around \$8 at an outdoors store.

Many of these items can be found around the house. In addition, ask your local unit if they have any sleeping bags, compasses or packs available. Use what you have available before you decide to go out and get everything new!

Some Notes about uniforms and equipment

- The clothes you bring are your first line of defense against the elements. Make sure all clothing is clean and in good repair prior to NSSE. It's a good idea to waterproof your extra underclothes and socks by placing them in Ziploc bags.
- Underclothes and socks should be appropriate to both uniform regulations and the prevailing weather. Black or brown shirts are required; socks should be heavy enough to keep feet warm.
- Travel-size toiletry items available at any pharmacy or discount store are preferred because of their small size. Most of these cost around \$1 each. All can be stored together in a Ziploc bag or a small toiletries bag.
- Most people bring 2 military canteens or a Camelbak type system for hydration. Alternatively, just bring some store-bought bottled water, or fill a couple two-liter containers with water.
- Red vests can be found in the hunting section of an outdoor store for around \$5.
- A small Swiss Army Knife or Leatherman multi-tool is ideal. These are much more versatile than a plain pocketknife, and aren't very expensive (\$15 and up). No large or "specialty" knives (such as K-bar, survival knives, or switchblades) will be allowed.
- Ensure that your flashlight has a red lens; this is very important for night exercises. A good mini-Maglight costs about \$10. Blue or other color lenses are not a substitution for a red lens.
- A 3"x5" pocket note pad, pen, and pencil cost about \$1 each. These items should also be kept in a Ziplock bag.
- An inexpensive wristwatch costs around \$10. Expensive watches or jewelry should not be brought to NSSE.
- Shelter material should be around 8' x 10' (spare military poncho meets the need). A 6ft x 8ft tarp with grommets (metal rings along the edge) costs \$5 at Wal-Mart. A small tent may be brought; however, during the cycle, each student must construct and use a rescue shelter. As such, a tent is generally extra, unnecessary weight.
- Food must be compact, high in energy, and not need refrigeration or cooking.
 - MRE's (Meals Ready to Eat). Military surplus or civilian equivalent, these are great for the outdoors.
 - Tuna lunch packs, canned soup, and canned pasta are good choices if you don't mind eating them cold.
 - Beef jerky is also a good choice, as it's much more palatable when cold.
 - Dried or canned fruits are perfect for eating out in the field.
 - Trail Mix (known as GORP - Good Old Raisins and Peanuts) is a favorite among Ground Teams.
 - Crackers, dry cereal or instant oatmeal make solid breakfast and good snacks.
 - Energy bars (Power Bars, Kudos, Granola or cereal bars)
 - Water, Gatorade, or other drink powders

- Students are not allowed to simply sleep under a coat. The proper amount of rest is critical when operating in the field. Bring a sleeping bag that is appropriate to the weather; don't bring a light sleeping bag in winter or a heavy one in summer. A simple sleeping bag is approximately \$20-\$40 at an outdoors store.
- Either kind of compass (lensatic or orienteering) is acceptable; however, a lensatic compass is preferred for navigation. An inexpensive compass can be purchased at Wal-Mart for around \$3. More high-quality compasses can cost \$50 or more and are not required in our training. A compass should have a glow in the dark dial and be secured to gear by a lanyard or placed in a pouch.
- A simple athletic whistle is fine. A ball whistle is preferred over a one-piece plastic whistle; \$1.50 at a sports store.