

SAR SKILLS HANDBOOK

FOG SAR

Field Operating Guide To Search and Rescue

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15.0 SUGGESTED PERSONAL EQUIPMENT FOR SEARCH

Note: You might not take all of this to the field, but you should show up at base with most of this.

Clothing (for the mission)

- 3 clothing layers*
 - Long underwear.
 - Shorts, t-shirt, turtleneck, socks, gaiters.
 - Shirt, long sleeve, wool sweater.
 - Medium weight jacket and pants.
- Rain, wind gear; pants and jacket (weight as important as material).
- Boots (adequate for terrain, weather, mission).
- Wool gloves and waterproof overmitts.
- Gloves, polypro liners, spare pairs in plastic bags.
- Knit hat, balaclava, watch cap.
- Hat, ballcap, large broad brim.
- Bandana or handkerchief.
- Goggles.
- Colder Weather: Polar Fleece jacket and pants; insulated coveralls; mittens, extra liners; cold weather boots.

* All insulation layers, including briefs, should be poly-pro type synthetic, or wool. However, if flying in helicopter, **NO** clothing worn should be synthetic (it will melt readily should a crash landing result in fire), but rather cotton, wool, or nomex.

Bivouac or Shelter Material.

- Bivy bag, nylon fly, tube tent or plastic sheet.
- Several large garbage bags.
- Lightweight synthetic sleeping bag.
- Space blanket, heavier tarp type.
- “Sit Pad” or sleeping pad, closed cell foam.

Water and Food (appropriate for mission duration plus “bivy” supply)

- Ready-to-eat, high energy food (power bars, chocolate, candy, dried fruit, etc.).
- Electrolyte replacement drinks.
- Water bottles, two liters (quarts) with insulated cover.
- 500 ml. thermos in insulated cover.
- Water purification tablets, iodine, or filter.
- Metal cup or pot, for cooking & drinking.

5. Outdoor/SAR Equipment

Note: Check date on food items and bottled water.

Personal Comfort

- Sunglasses, sturdy, > 97% UV protection.
- Sun screen, chapstick (summer and winter).
- Insect repellent (seasonal).
- Sanitation/Hygiene kit: Soap, towelettes, liquid hand sanitizer/antibacterial lotion, tooth brush/paste, toilet paper, sanitary napkins or tampons, rubber gloves.

General SAR Equipment (as required for situation)

- Compass, map, map protractor.
- Global Positioning System.
- Thermometer, altimeter, barometer.
- Watch.
- Pencil and notebook.
- Walking/tracking stick (ski pole), measuring tape (for tracks); also to probe insect, snake, varmit, holes; functions weapon, tent pole, etc.
- Personal ID; Organization and/or jurisdiction ID.
- Flagging tape, surveyor's tape.
- Whistle.
- Plastic bags, garbage bags, zip lock bags, evidence bags.
- Disposable camera in zip lock bag.
- LED light for your backpack, red lens bicycle type.
- Chemical glow sticks.
- Webbing, nylon, 1" x 20" (25mm x 6m).
- Headlamp with batteries for entire night, extra bulb; Spare light source. (Tape the end of spare batteries.)
- Spare batteries for flashlights, headlamps and radio.
- Flashlight, headlamp spare bulbs.

General Purpose Tools, Equipment

- Signaling kit: Signal mirror, whistle, smoke flare, cyalume sticks, bright colored clothing item.
- Fire starting kit: Candle, waterproof/strike anywhere matches, steel wool, metal match, lighter in ziplock bag.
- Multi-purpose "leatherman" tool, and/or "swiss army" type knife.
- Repair/Sewing kit: Wire, needle/thread, para-cord, duct tape, large safety pins, snare wire, paper clips, quick links, clevis pins, stove parts, etc.
- "Ziplock" bags, various sizes, freezer type.

Personal Safety

- Safety glasses, goggles.
- Ear/hearing protection, soft disposable type.
- Helmet (needed during rescue operations or in environments where head injury is likely).
- Personal medical kit: acetaminophen or aspirin or ibuprofen; antihistamine; antacid/antigas tablets; antiseptic pads in foil; antiseptic ointment (tube); bandaids, various sizes; sterile dressings/gauze pads; roller gauze; mole skin; safety pins; razor blade; cotton swabs; towelettes; liquid hand sanitizer; splinter forceps, tweezers; latex gloves. (Check expiration dates of items.)
- Personal medications and medical alert tags.
- Extra pair eye glasses/contacts/reading glasses.

If appropriate for environment:

- Bearspray small bottle.
- Avalanche beacon, probe, shovel.
- Cell phone.
- Personal Locator Beacon (PLB).

Pack

- Medium to large sturdy pack (adequate size for contents) and rain cover.
- Name tag on pack.
- Never lend your pack to anyone, always borrow someone else's pack and stuff
- Can you lift your pack? Keep it light.

16.0 TEAM EQUIPMENT

16.1 Team equipment can be shared. Keep it light, useable and efficient. Keep in mind that most extra gear will only be required in more remote wilderness settings and when the team has to spend the night due to severe weather or distance from search base. What do you really need if you had to spend the night?

- Tent.
- Stove/Fuel.
- Pot(s).
- Extra Meals.
- Wilderness medical kit.
- Sleeping bag.
- Radio, with extra battery.