

PERSONAL EQUIPMENT CHECKLIST

Name _____

Date _____

RESCUERequired**FIELD**Required**RESCUE & FIELD**Recommended**BASE**Required**UNIFORM**

- Uniform Shirt, LS
- Uniform Pants

- Boots, Hiking
- Belt
- Hat (Sun)
- Socks
- Jacket, Insulating
- Jacket, Brush/Shell
- Jacket, Rain
- Rain Pants or Bibs
- Gaiters

- Uniform Shirt, LS
- Uniform Pants

- Boots, Hiking
- Belt
- Hat (Sun)
- Socks
- Jacket, Insulating
- Jacket, Brush/Shell
- Jacket, Rain
- Rain Pants or Bibs
- Gaiters

- Uniform Shirt, SS
- Uniform Pants

- Boots, Mountaineering
- Belt, Rappel

- 1 ea Wicking, 1ea Heavy

- Gore-Tex
- Gore-Tex

- Uniform Shirt, LS
- Uniform Pants

- Boots, Hiking
- Belt
- Hat (Sun)
- Socks
- Jacket, Insulating
- Jacket, Brush/Shell
- Jacket, Rain
- Rain Pants or Bibs

PACK ITEMS

- Backpack, Internal Frame
- Rescue Pack, Internal Frame
- Sleeping Bag
- Insulating Pad
- Ground cover
- Bivouac Shelter
- Space Blanket/Suit
- Water, 2 qt min
- Eating Utensils
- Cook-Kit
- Stove & Fuel
- Food Supply, 24 hours
- Compass
- Whistle
- Knife
- Scissors
- Chemical Light Sticks
- Flagging Tape, 2
- Matches
- Fire Starter
- Toilet Paper
- Parachute Cord, 50'
- Garbage Bags, Lg., 2
- Notepad
- Writing Instrument
- Eye Protection Goggles
- AAA, USFS maps
- Leather Gloves
- Flashlight
- Headlamp
- Extra Clothes for You
- Extra Clothes-Subject
- Helmet, White UIAA
- Tracking Device
- Measuring Device
- Harness
- Figure 8 with Ears
- Gibbs Ascender
- Pulley, 1
- Locking Carabiners, 6
- 1" x 15 Foot Web, 2
-
- Prusik Loops, 2
- Multi-Loop Strap, L
- Personal First Aid Kit
- Tracking Form
- Field Interview Form

- Backpack, Internal Frame
- Day Pack
- Sleeping Bag
- Insulating Pad
- Ground Cover
- Bivouac Shelter

- Water, 2 qt min
- Eating Utensils
- Cook-Kit
- Stove & Fuel
- Food Supply, 24 hours
- Compass
- Whistle
- Knife

- Chemical Light Sticks
- Flagging Tape, 1
- Matches
- Fire Starter
- Toilet Paper
- Parachute Cord, 50'
- Garbage Bags, Lg., 2
- Notepad
- Writing Instrument
- Eye Protection Goggles
- AAA, USFS maps
- Leather Gloves
- Flashlight
- Headlamp
- Extra Clothes for You

- Helmet, White UIAA
- Tracking Device
- Measuring Device
- Harness
- Figure 8 with Ears
- Locking Carabiners, 2

- Prusik Loops, 1

- Personal First Aid Kit
- Tracking Form
- Field Interview Form

- Pack

- 3-4 qts

- "Energy Type"
- Compass & Altimeter
- Weatherproof
- Multi-Tool
- Paramedic style

- Water/Windproof

- Writing Instrument
- Sunglasses, Clear Glasses

- Leather and polypro
- Extra bulbs & batteries
- Extra bulbs & batteries

- Small tape measurer

- Load Release Strap

- Sleeping Bag
- Insulating Pad
- Ground Cover
- Bivouac Shelter

- Water, 2 qt min
- Eating Utensils
- Cook-Kit
- Stove & Fuel
- Food Supply, 24 hours
- Compass

- Knife

- Flagging Tape, 1
- Matches

- Toilet Paper

- Notepad
- Sunglasses
- AAA, USFS maps
- Leather Gloves
- Flashlight

- Extra Clothes for You

- Personal First Aid Kit
- Tracking Form
- Field Interview Form

Personal Equipment Guidelines

The following list explains the personal equipment of a team member. To determine what equipment is required, recommended or suggested, see the Equipment Checklist.

Uniform

Uniform Shirt Orange shirt with insignia as specified in Team Policy.

Uniform Pants Team Policy specifies green pants. Loose fitting “BDU” pants with cargo pockets work best in the field.

Boots Medium weight hiking or mountaineering boots with uppers that provide protection and ankle support when carrying loads or kicking steps in shale. Vibram™ or lug type soles provide traction. A mountaineering type sole works better when climbing on rock. Depending on the incident and the wearer’s experience, preferences vary between light duty boots as compared to full leather mountaineering boots. The boot should fit well, provide good traction on dirt, mud, and rock, and provide ankles support. Gore-Tex and other waterproof boots work well or boots should be regularly sealed for protection from wet grass and water. Activities such as river rescues, snow & ice travel or rock climbing require special footwear.

Belt The obvious purpose is to hold your pants up, but also provides a place to carry accessory equipment such as a folding knife or multi-tool. Most team members use a Uniform Rappel Belt, which has a V-Ring tie-in point allowing use for an emergency belay or rappel.

Socks As necessary to fit your footwear. Two layers are suggested to help prevent blisters. Wool and polypropylene socks keep the feet warm in wet conditions.

Jacket, Insulating The most popular insulating garment is a fleece jacket or vest. Fleece is reasonably compressible, durable, and will keep you warm even when it the jacket is wet. Fleece is also easy to care for. Down provides greater warmth for weight and bulk but loses its effectiveness it gets wet. During the summer, a light fleece jacket or vest is usually sufficient. Winter will require thicker garments and more layers.

Uniform Jacket Several years ago, the team was issued a limited number of orange, Gore-Tex jackets with a liner. Sheriff s patch on the left shoulder, SBCSAR patch on the right shoulder. This jacket is Sheriff Department property and issued by the Quartermaster to responding team members based on seniority.

Jacket, Brush/Shell The brush jacket or shell is protects the wearer when moving through the chaparral and shelters the wearer from the wind. The Sierra Designs 60/40 Mountain Parka was the preferred garment, but it is no longer available. Ideally the shell should be a bright color, preferably orange, for visibility.

Rain Gear Survival often depends on staying warm and dry. Rain gear consists of jacket, pants, gaiters and headgear. It needs to be tough enough to stand up to the chaparral and sandstone. Backcountry operations require rain gear that is waterproof and breathable, such as Gore-Tex to prevent the wearer from becoming soaked from the outside or the inside. Inexpensive “industrial” rain gear is suitable for roadside work such as for a car over or urban evacuations.

Hard Shell/Soft Shell The new “soft shell” garments provide protection from the wind and weather under all but the most extreme conditions. A soft shell jacket will provide protection from wet brush, drizzly days, and snow while more effective breathing when hiking. Several of the soft shell jackets are rugged enough for use as a brush jacket. A team member should still have “hard shell” rain gear when responding in a hard downpour. Breathable gear works best when hiking or for backcountry rescues. Less expensive, not breathable rain gear is adequate for base camp and if durable enough, works well when on the quads or when working roadside rescues.

Pack Items

Pack Keeps your gear together, ready to go, and carries it in the field. Internal frame packs fit better and last longer in cars, team vehicles and through the brush. They are also less likely to hang up exiting or entering helicopters. Experience has shown that a small pack for rescues and a larger pack for backcountry search work well. Other team members use a large pack and a duffel bag for the extra gear. The primary pack needs to be at least 3,000 to 4,000 cubic inches. This allows gear to be sorted for the particular operation depending on how much gear is required. A two-hour rescue requires team members to move quickly while a backcountry search assignment requires more survival gear. Winter operations may require an even larger pack to carry the added equipment.

Sleeping Bag A lightweight bag during the warmer months and a heavier bag for the winter season. Shelter and sleeping bag are part of the treatment for hypothermia. A synthetic fill bag is less expensive and easier to care for than down and will maintain its insulation value even when wet. Down bags will pack smaller and may be lighter but will lose its effectiveness if it gets wet. A space blanket or a Thermo-Lite Emergency Bivvy Sack (from Adventure Medical) takes up less room and provides options for keeping a patient warm.

Insulating Pad Provides insulation from the ground for added warmth. Can be used as a splint or padding for a patient. For winter operations a "Sitz" pad can be carried for sitting on at rest stops or for insulating your stove from the snow.

Ground Cover A ground cover adds warmth by blocking cold and wet from seeping up from the ground. An Emergency Blanket also has some insulation and has multiple uses. A tarp or tube tent can be a ground cover and a bivouac shelter. The ground cover may also be used to protect cached gear from wet weather.

Bivouac Shelter Sufficient to keep you warm, dry and out of the wind as appropriate for the time of year and the type of activity. This can be a tube tent, bivouac sack, one-person tent, or tarp.

Space Blanket/Suit The super light Space Blankets easily fit into the rescue packet and can provide some shelter and some warmth for a patient or rescuer if nothing else is available. They are available as "Space Bags" which provide better wind protection during a bivouac and can be cut open if needed/ they are fairly light duty and realistically one time use. Adventure Medical has a Thermo-Lite Emergency Bivvy Sack that is heavier duty and should provide greater warmth. They also make a jacket and pant garment out of the same material, which can be used for emergency clothing for patient or rescuer.

Water Two quarts are required, but during the summer, four quarts are more appropriate. Consider a fluid/sugar replacement powder such as Gookinaid E.R.G., Cyto-Max, Gatorade or any of the other many products. At minimum, have some way to replace lost salt (other than salt tablets.) Backcountry water will not be drinkable unless treated or filtered. Hydration bladders work well and allow you to sip water while traveling. A separate bottle can be used to mix powdered drinks or for providing water to a patient.

Stove/Cup/Spoon A small backpacking stove and metal cup work well. Fuel tabs may also work and take up less room than the rescue pack. While each team member doesn't need a stove on every call, each field team on a backcountry operation should have the ability to heat water. During the winter, each person should carry their own stove.

Food Current requirement is to have food for 24 hours. On most operations you should have high energy, snack type foods can be eaten while traveling to help keep you going. A reserve food and pack stove should be available for potential overnight operations.

Compass A sighting, protractor type compass that will permit accurate bearings and can be used as a protractor for plotting bearings on the map.

Knife/Scissors Outdoor survival, rope work and first aid often require a cutting edge. The large paramedic scissors or safety knives are safer around ropes than a knife. Many team members find the extra tools in multi-tool useful.

Whistle For attraction of lost persons or emergency signaling. River rescue requires a high intensity, waterproof model.

Trail Tape For marking trails, tracks, evidence or edges of search areas. A long piece can be used as a wind direction indicator at a helicopter landing zone.

Matches/Fire Starter Waterproof matches or any reliable means of starting a fire or lighting a stove. A backup carried in your first aid kit is a good idea. Tinder or candle can be a real help if you are trying to light wet wood in the rain.

Toilet Paper Except for water, a field pack should equip you for 24 hours. Even when operating out of a campground, the outhouse may not have any. Can double as light duty paper towels or Kleenex.

Nylon Cord Multiple uses from stringing up a tube tent to tying a tag line on an edge pad.

Notebook/Pen/Pencil Record keeping is essential for the field team as well as at base. Waterproof notepads are recommended. A pen or pencil is also needed for map work or filling out forms.

Garbage/Trash Bags Large garbage bags can provide an emergency rain shelter for you or a patient. Use one to line your pack to keep your gear dry in the rain. Use it as a clean surface for changing shoes on wet or dirty ground or for gear storage if you need to leave gear behind in a vehicle. Can also be used as a car seat cover if your uniform has been through poison oak.

Sunglasses Eye protection from the sun. On snow, side shields are recommended.

Goggles To provide protection when moving through brush or during helicopter operations.

Maps Each member needs a AAA map of the county with the grid system marked on it and a USFS map. Each team vehicle has a map pack and the field team pulls the necessary maps before going into the field.

Gloves Leather gloves for hand protection in brush, when handling ropes, rappelling or around helicopters. Rappel gloves add extra leather to the palms and fingers for added protection when rappelling or belaying. Examination gloves for handling patients and bodies. Polypropylene gloves will keep your hands warm even when wet.

Flashlight Use for map reading, tracking and as a backup to your headlamp. A bright flashlight helps for searching and route finding and the team has several lights in each vehicle. A LED or small penlight is good for map reading and digging in your pack.

Headlamp For night travel and operations. Carry spare bulbs, batteries and spare parts as needed.

Extra Clothes for the Team Member

Jacket A parka, sweater or vest as needed to provide adequate warmth appropriate for the time of year and type of activity. Fleece, bunting and polyester fills are less expensive and easier to care for than down and work better when wet. Down will pack smaller and may be lighter but will lose its effectiveness if it gets wet.

Thermal Underwear Thermal tops and bottoms consistent with the time of year and type of activity. Cotton is not acceptable as it will not maintain its insulating value if it gets wet.

Headgear Head protection consistent with the time of year and type of activity. Sun can bake the brain and harm the eyes in winter and summer and broad brim hats are encouraged. In cold weather, heat is lost quickly from an uncovered head.

Extra Clothes for the Subject The jacket, thermal underwear or other extra clothes carried can also be used for the subject. An alternative is a jumpsuit or jacket and pants made out of space blanket type material, which provides a lightweight means of carrying extra warmth and inexpensive clothing for a victim.

Helmet A rock climbing helmet that meets the CE standards or rescue helmet that meets ANSI Z89 or NFPA standards provides head protection from falling rocks, when moving through brush, or if the rescuer falls. Color is white and the insignia is specified in team policy.

Tracking Device A tracking stick is necessary for the Step-By-Step Tracking Method used for training and when the tracking gets difficult. A collapsible hiking stick works well and has multiple uses. A three-piece gun cleaning rod is inexpensive and easy to carry. Adding rubber O-rings allows the user to mark heel and toe positions.

Tape Measure A small tape measure able to measure at least 3 feet and used primarily for taking the measurements of a footprint for track identification.

Harness A rescue type harness that provides adequate support for your body for the extended sitting that may be encountered during a high-angle rescue. Wide padding at the waist provides lower back support on low-angle stretcher evacuations. Climbing harnesses may be suitable depending on the width of the webbing. A padded harness increases comfort but add weight and bulk.

Webbing Fifteen-foot lengths of one-inch tubular web or flat webbing. Mark the end of the web with your initials and date placed in service.

Prusik Loops Team lengths for an 8 mm Prusik cord are 57 in and 70 in. If only one loop is carried for a self-belay on a rappel or a fixed line, the longer length is recommended.

Descender Aluminum Figure 8 Descender with Ears.

Carabiners Locking, aluminum carabiners.

Ascenders Gibbs 1/2-inch ascenders. Forged cam, aluminum shell recommended.

Pulley Two-inch rescue pulley. Russ Anderson, CMC Rescue, RA/SMC or equivalent.

Personal First Aid Kit This is a personal first aid kit. You should have your own Band-Aids, aspirin, blister care, Chapstick, sunscreen, personal medications to maintain yourself in the field. Suggested contents are:

- 4" X 4" Gauze Pads (2)
- Band-aids (few)
- Sunscreen
- Rubber Gloves (1 pr)
- Antibiotic Ointment
- 4" Kling Roller Gauze
- Moleskin or other blister treatment
- 1" Adhesive Tape
- Antiseptic Solution
- Pain Relief Tablets
- Tecnu Poison Oak Cleanser
- Chap Stick
- Personal Medications
- Tweezers