



# Pacific NW Search and Rescue

## Personal Equipment List

CLOTHING	
<p><i>Cotton clothing MAY NOT be worn in the field from October through May. In the Pacific Northwest, hypothermia is a year-round threat. Thus, cotton is not recommended at any time of year, as it does not wick moisture from the skin, but rather, it holds moisture quite well. Don't wear it next to your skin. Good choices are synthetics (polypropylene, Thermax, etc) and wool or silk. These pull moisture from the skin so you feel drier and warmer.</i></p>	
Required	
Shirt - orange (uniform if available)	Long Pants
Base Layer - top and bottom, weather appropriate	Sweater - wool or poly fleece
Gloves - weather appropriate	Socks - 2 pair
Hat/Helmet Liner/Balaclava - weather appropriate	Leather work gloves
Pants - waterproof breathable shell	Orange vest or orange outer shell
Parka - waterproof breathable shell (with attached hood)	
Boots w/ lug soles, over ankle, NO TENNIS SHOE TYPE BOOTS	
Optional	
Gaiters	Extra Sweater
Extra Base Layer	Back Support
Change of clothes and shoes for ride home	

NAVIGATION	
Required	
Compass w/ sighting mirror and mechanical declination adjustment	
Backup Compass or GPS	
Notepad (Waterproof - Rite in the Rain)	Pencil/Pen and Permanent Marker
Optional	
GPS	Map Case
UTM Grid Reader	Altimeter
Maps - USGS 7.5 minute Topo - Usually provided by IC	

SURVIVAL AND GENERAL EQUIPMENT	
Required	
Knife - Fixed Blade (see knife policy)	Locking Carabiner -3/4" gate opening
Signal Mirror (May use compass mirror)	Food and Snacks (24 hr supply)
Survival Blanket (Heavy)	Eye Protection (safety glasses, goggles, sunglasses)
Survey Tape (Hot Pink)	Poly Tarp - Blue 8' x 10' or bivy sack
Plastic Whistle	Headlamp or Hands-Free Light w/ extra batteries and bulbs
Fire Starters	Spare Flashlight w/ extra batteries and bulbs
1" Tubular Webbing - 14' and 20' lengths	Water - 2 qts
550 Nylon Cord - 50'	Extra batteries for FRS radio, GPS, etc
REI Storm Proof Wooden Matches	Toilet Paper
Match Holder (Plastic, Waterproof)	Wood Saw
Climbing Helmet - UIAA/CE certified	Ziploc Bags - 2 ea Gallon and 2 ea Quart (Freezer)
Legal ID/SAR ID	Duct Tape - 3 ft min
Optional	
FRS/GMRS Radio	Handkerchief
Green Light Sticks - 2 ea	Garbage Bags (Large)
Metal cup or small pot	Aluminum Foil (heavy duty)
Watch	Rope Throw Bag
Binoculars	Tent Stakes
Water Treatment (chemical or filter)	Backpacking Stove
Knife Sharpener	Trekking Poles
Adjustable Pack Cover	Eating Utensils
Camera	Cigarette Lighter
Knee Pads	Toiletry/Towels
Candle (Long Burning)	Tape Measure
Tracking Stick	



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FIRST AID KIT	
<b>Required</b>	
Barrier Protection Gloves - 2 pair, no latex	Heat Packs
4x4 Bandages - 6 ea.	Triangular Bandage
Adhesive Bandages - 6 ea, 1"	Personal Medications
Adhesive Tape - cloth, 1"	Waterproof SOAP Note sheet
CPR Barrier Protector	Ace Wrap/Israeli Bandage
Compress - 5x9	Roll Gauze (eg: Kerlix) - 2" min
<b>Optional</b>	
Moleskin, Blister Block or equivalent	Lip Protection
Sunscreen	Insect Repellent
Scissors or Trauma Shears	Thermometer
SAM Splint or Wire Splint	Super Glue
Antihistamine	Cold Packs
Electrolyte Replacement	First Aid Handbook
Analgesic (Tylenol/Aspirin/Ibuprofen/Naproxin Sodium)	

IN YOUR VEHICLE	
<b>Required</b>	
Thomas Guide	National Forest Maps
Gazeteer/Benchmark Atlas	
<b>Optional</b>	
Large Backpack	Tow Strap
Wool Blanket	Tire chains
Shovel	Sleeping Bag
Backpacking Tent	

WINTER GEAR	
<b>Optional</b>	
Snowshoes/Ski Poles	Skis - XC/AT
Goggles	Snow Saw
Avalanche Beacon	Ice Axe
Avalanche Probe	Crampons
Snow Shovel (Lightweight metal scoop blade, no plastic or Lexan)	