



# Search and Rescue 10 Essentials+ Backpack List

Every professional SAR volunteer must ensure that their personal backpack is search-ready for every mission and training exercise. Personal clothing and footwear is weather-dependent. Members must be prepared for 35 above to 40 below weather.

## SHELTER/WARMTH – SITUATIONAL/SELF

Tarp – suggestions

- 8x10 or 10x10 is best for a group shelter or hypo wrap
- traditional blue tarps
- SilNylon or Nylon tarps
- Emergency tarps with one silver side (usually smaller)

BIVY SAC

- Medical use Silver BIVY for Hypo wrap
- Personal use breathable material

GROUND INSULATION

- Inflatable pad
- Foam pad

SILVER BLANKETS

- 1-2 for self and/or situation

PONCHO

- Some can be used as small tarps
- Small plastic poncho for emergency rain cover/multi purpose

SLEEPING BAG OR BLANKET

## FIRE

- Ignition source – steel wool, Vaseline cotton balls, jute, etc.
- Waterproof matches
- Lighter
- Flint/steel
- Magnifying glass

## SIGNALLING DEVICE

- Whistle
- Glows Sticks
- Flares
- Mirror or reflective item

## LIGHT

- Headlamp
- Flashlight
- Extra batteries/Power source

## NAVIGATION

- GPS
- Maps – in dry bag/baggie
- Compass

## WATER & FOOD

- 2-Litre for SAR Missions
- Spare bottled water for subject/team
- Nalgene bottle
- Thermos for hot water (in cold weather)
- Water Filtration or Purification tabs/Life Straw
- Metal Cup or small pot
- Emergency Stove / Jetboil
- High Energy Snacks (can be eaten when frozen)
- Always pack own food/meals for searches
- Must be easy to make/consume

## TOOLS

- Flagging Tape
- Notebook & Pen
- Knife
- Folding Saw
- Multi-Purpose Tool
- Paracord/Rope
- Zip Ties
- Repair Kit – tape, safety pins, etc.
- Zip Lock bags / Garbage bags
- Power bank for cells/lights
- Small Ax

## SUN PROTECTION

- Sunglasses
- Sun-protective long-sleeve shirts
- Sunscreen

## OPTIONAL/TASK SPECIFIC GEAR

- Binoculars/Monocular
- Knee Pads
- Personal Helmet
- Personal Flotation Device
- Throw Bag
- Bear Spray
- Tubular Webbing
- Carabiners
- Wire Cutters (team)
- Emergency Flashing Beacons

## COMMUNICATION

- CHARGED CELL PHONE
- Cell phone charging cables
- Cell phone power bank (ideally solar)
- PERSONAL CLOTHING ADDITIONS
- Spare battery if available
- InREACH (team issued or own)

## SAFETY

- Safety Glasses
- Walking Poles
- Work Gloves (leather or other)
- Foot Grips for icy surfaces
- Boot Gaitors
- Sunscreen, sunglasses, long-sleeve shirts
- Bug Spray/Net
- First Aid Kit
- Hand and foot warmers

## PERSONAL CLOTHING ADDITIONS

- Extra Emergency Base-layers
- Extra Mitts /Gloves
- Head cover: Extra touque / Sunhat
- Spare Socks (differing layers)
- Extra Insulation layer(s)
- Emergency shell layers
- Neck Buff

## HYGIENE

- Toilet paper/Kleenex
- Hand sanitizer
- Wilderness Soap
- Feminine products
- Baggies/Zip lock bags for disposal
- Prescription Medications
- Belt



# First Aid Kit Contents

## ADDITIONAL ITEMS

### REQUIRED FIRST AID KIT ITEMS

Patient Assessment form  
 Sharpie marker  
 Medical face mask (for patient/self)

2 pair Nitrile gloves  
 2 triangle bandages  
 2 5x9" ABS pads (or 8x10")  
 2 3-4" gauze rolls  
 1 tensor bandage  
 1 cloth tape  
 2 4x4" sterile gauze pads  
 2 Non-stick 3x4" sterile gauze  
 Polysporin – or other antibiotic ointment  
 Assorted Band-Aids  
 Moleskin/Blister Covers  
 4 Antiseptic Wipes  
 Emergency Silver Blanket  
 EMT shears (good quality)  
 Safety pin/needles  
 Tweezers  
 Sugar cubes

### STRONGLY RECOMMENDED

Ready Heat Blanket (Torso)  
 Silver Emergency Bivy (SOL)  
 Combat Application Tourniquet (CAT)  
 Pressure/Compression Dressing/Bandage  
 Chest seal (sucking chest wound)  
 Aluminum Splint (C-Splint or SAM)  
 CPR Mask  
 Dex4 Tabs (10/tube) – diabetic care  
 1 3" vet wrap

### OPTIONAL ITEMS

#### Medications

Benadryl or other antihistamine (allergies)  
 Aspirin (ASA) 81 mg Chewable  
 Ibuprofen/Acetaminophen  
 Tums/Gravol/Immodium (upset stomach)  
 Epi-Pen  
*In original packaging or labelled with dose and expiry date.*

#### Blister and Wound Management

Blister Band-aids  
 SkinPrep Swabs  
 Butterfly Bandages or Steri-Strips  
 20-30 ml Syringe  
 Q-Tips  
 Nail Clippers and/or Cuticle Scissors  
 Burn Gel Pads 4x4 or Second SKIN

#### Personal Comforts

Visine or other eye moisturizer  
 Vaseline/Anti-Chafe Gell  
 Electrolyte Tabs or powder  
 Chemical Hand warmers  
 ROBAX Lumbar Warmers  
 After Bite, Calamine Lotion, or Hydrocortisone  
 Hand Sanitizer/Hygiene Kit  
 Baby wipes  
 Lip balm

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