

East Penn Search & Rescue

Pack List

Personal First Aid and Survival Kit

- 1 - Plastic bag, zip lock, qt. size, for kit
- 8 - Matches in a waterproof container
- 10- Acetaminophen or aspirin tablets
- 10- Antacid tablets
- 1 - Chemical Light Stick
- 2 - Antiseptic cleansing pads
- 4 - Roller bandage
- 10 - Antihistamine, 25mg Benadryl
- 4 - Safety pins, large
- 6 - Band aids, various sizes
- 1 - Splinter forceps, tweezers
- 1 - Candle, long burning Survival Type
- 1 - Space blanket or space sleeping bag
- 4 - Cotton swabs, non sterile
- 1 - 1 oz container of hand sanitizer
- 1 - Duct tape, 5-10 ft.
- 1 - Whistle
- 4 - Leaf bags, large
- 1 - EMT type scissors
- 3 - Pair Latex gloves
- 10- Sterile dressings (4 x 4 gauze pads)

Personal SAR Equipment

- 1 - Pack, 2,400 cubic inch (minimum)
- 1 - Measuring device, 18 in. (minimum)
- 4 - Bags, various sizes, zip lock
- 1 - Metal cup
- 1 - Mirror, signal
- 1 - Helmet with chinstrap
- 1 - Nylon twine or small rope, 50 feet
- 2 - Carabiners, locking gate (NFPA compliant)
- 1 - Pad and pencil
- 2 - Prusik cords (6-8mm; 6 ft. length)
- 1 - Clothing adequate for climate
- 1 - Clothing, extra set, suitable for climate
- 1 - Rainwear jacket and pants,
- 1 - Shelter Material – 8 x 10 tarp
- 1 - SAR personal picture identification
- 1 - Compass, orienteering type
- 2 - Flagging tape rolls (2 different colors)
- 1 - Flashlight / headlamp w/extra batteries and bulb
- 1 - Extra Flashlight / headlamp w/extra batteries and bulb (bulb if applicable)
- 1 - Socks, extra pair
- 1 - Footwear, sturdy, adequate for climate
- 1 - Sunscreen lotion
- 1 - Food, Trail Mix, MRE
- 1 - Toilet Paper
- 1 - Gloves, durable, season dependent
- 1 - Eye protection, clear
- 2 - Water Containers (1 liter each)
- 1 - Insect repellent
- 1 - Webbing, 1" tubular – 25' length
- 1 - Knife, multi-tool type or Swiss army type
- 8 - Wire ties, plastic, self locking
- 1 - UTM Grid Reader
- 1 - Stove (Sterno)
- 1 - 5'-10' of 14-gauge steel wire

Store most items in a large duffle bag and put what you need for your task assignment in your field pack.