



SAR/Hiking bag list



Item (24 hrs.)	Check Box
Backpack (size preference. Hip support suggested)	
Compass	
Maps of the area you plan on being in. (and GPS)	
Matches	
Lighter	
Flint striker	
2 types of fire starters (magnesium, cotton, heat tabs.....)	
Two sources of light. (with extra batteries)	
Small medical bag. (Band-Aids, sunscreen, tape, gauze.....)	
2 Cutting tool (Knife and tool with saw)	
Emergency blanket and shelter	
Water purification (life straw, tablets)	
Water container	



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Stainless steel container suitable for boiling water (non insulated)	
Food for 24 hours (MRE are back easy)	
Rain wear	
Hat	
Extra socks	
Small mirror	
Whistle	
2 heavy duty trash bags (can be used as rain gear)	
Paracord	
Small candles	
Pencil and paper	
Marking tape	
Duct tape (can be used as a fire starter)	
40ft of nylon webbing	
Toilet paper	
Water proof case for fire related items	



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Not everything listed is a must have however they are all suggested. When all is possible if one item can have multiple uses carry it instead of multiple items .extra items are not a bag thing to have just remember weight will add up. "Ounces equal pounds, and pounds equal pain," said Sgt. Chambers. " USMC

When planning out a hiking trip its good practice to let someone know the following

1. When you the time you plan on going in the woods and being out
2. Where you plan on parking and your designation with coordinates if possible.
3. Your emergency plans if something goes south (anything can happen even to the most experience)
4. And what forms of communication you may have in the area. (if you carry a walkie talkie you should let whoever may report you missing know what channel you will run in case of an emergency.
5. A clothing description of what you are wearing or what you may change into .
6. Any medical problems or medications (did you back extra? how long will it last you?)
7. How well you know the area and if you've been there