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## Objectives (1 of 2)

- Describe the importance of having an adequate pack for SAR.
- List the general contents of a 24-hour ready pack.
- Describe the importance of body protection equipment.



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## Objectives (2 of 2)

- Describe factors to consider when selecting the following equipment for use in SAR:
  - Ground protection
  - Sleeping bags
  - Shelters
  - Water containers and systems
  - Boots
  - Walking/tracking sticks
  - Flashlights/headlights
  - Knives




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## SAR Ready Pack

- This is the house on your back.
- Allows you to be self reliant and comfortable
- Carry what you need personally and what the subject might need, if encountered.






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## SAR Pack Considerations

- A 24-hour pack is the absolute minimum that should be carried during a mission.
- Include all items that will help you function safely and effectively.
- An urban ready pack should only be used when authorized by the IC or Operations Chief.



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## Personal Body Management and Protective Equipment

- Consider the importance of:
  - Insect repellent
  - Sunscreen/block
  - Eye protection
  - Head protection



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## Insect Repellent

- Wear clothing made of slippery material.
- Chemical repellents that contain DEET, Indlone, Rutgers, or DMP
- Skin-So-Soft®
- Netting



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## Eye Protection

- Protect your eyes on missions!
  - When working in brush
  - At night
  - In hot, sunny areas or at elevation in snow conditions

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## Head Protection

- A helmet may be necessary.
- Provides protection where injury is likely and can provide ear and neck protection
- A hat that protects ears and neck in cold environments

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## Sleeping Systems

- In the event you do have to spend the night, are you prepared?
- Sleeping during SAR missions may be required on occasion.
- Consider:
  - Ground protection
  - Sleeping bag systems

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## Ground Protection

- Important considerations:
  - Insulation and comfort
  - Lightweight, soft, compact, waterproof, and efficient insulation
- Other options:
  - Air mattress
  - Ensolite or polyethylene pad (closed cell)
  - Nylon cloth
  - Natural surroundings

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## Sleeping Bags

- Rectangle
- Modified
- Mummy



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## Sleeping Bag Insulation

- Synthetics
  - Polyester (Polarguard™, Primaloft®, Dacron®, Hollofil® and Quallofil®)
- Natural
  - Down




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## Sleeping Bag Construction

- Consider:
  - Loft
  - Manufacturer reputation
  - Key is to trap dead air.
  - Different types of construction/baffling

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## Sleeping Bag Baffling

- Quilted (sewn-through)
 
- Box
 
- Shingle
 

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## Shelters (1 of 2)

- Shelter is the multipurpose tool for protection against discomforts.
- Consider:
  - Weight
  - Water repellency
  - Versatility
  - Size

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## Shelters (2 of 2)

- Tarps
  - Lightweight and versatile
  - Inexpensive
  - Not durable
- Tents
  - Heavier and more expensive
  - Provide maximum in security



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## Mess Kits and Utensils

- A bowl, cup, and spoon are the only utensils needed.
- Plastic holds heat longer than metal and won't burn your lips.
- Metal is easier to clean.

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## Types of Stoves

- Chemical
- Pressurized gas
- Liquid gas
  - Alcohol
  - White gas/ Coleman® fuel
  - Automobile/other

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## Water Bottles and Hydration Systems


- Hydration is essential!
- Consider:
  - Durability
  - Access
  - Weight
  - Drinkability



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## Boots

- Important considerations:
  - Fit and comfort
  - Traction
  - Flexibility for the environment
  - Height on ankles/skree collar



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## Walking Stick


- Can be helpful when carrying a heavy pack over a long distance
- Consider
  - Durability
  - Weight and length
  - Portability



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## Headlamps/Flashlight


- Consider:
  - Spot or focus
  - Battery usage and compatibility
  - Incandescent vs. LED
  - Headlamp vs. handheld



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## Other Tools


- Knife
  - All-purpose “Swiss Army” type is ideal.
- Repair/sewing kit
  - For minor repairs
- “Hell” box
  - Anything that might come in handy for comfort, repairs, and emergencies



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## Hygiene and Sanitation

- Many “necessities” can be done without or improvised from other pack items.
- Rinsing with water and scrubbing teeth with a towel can get mouth clean.
- Toilet paper
  - No one should be without it in the wilderness.



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## Packs (1 of 3)

- Consider:
  - Intended use and needs
  - Combined weight and space of all the items you intend to carry
  - Your body structure



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## Packs (2 of 3)

- Internal frame
  - Better suited for activities requiring balance and freedom of movement
  - Fit close to the back and are flexible
- External frame
  - Rigid pack frames with fitted bags
  - Most comfortable and convenient method of carrying large loads on extended trips



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## Packs (3 of 3)

- Look for:
  - Frame construction
  - Shoulder straps and hip belt
  - Back support and adjustments
  - Quality and reinforcements
  - Pockets/compartments and access
  - Lash points