



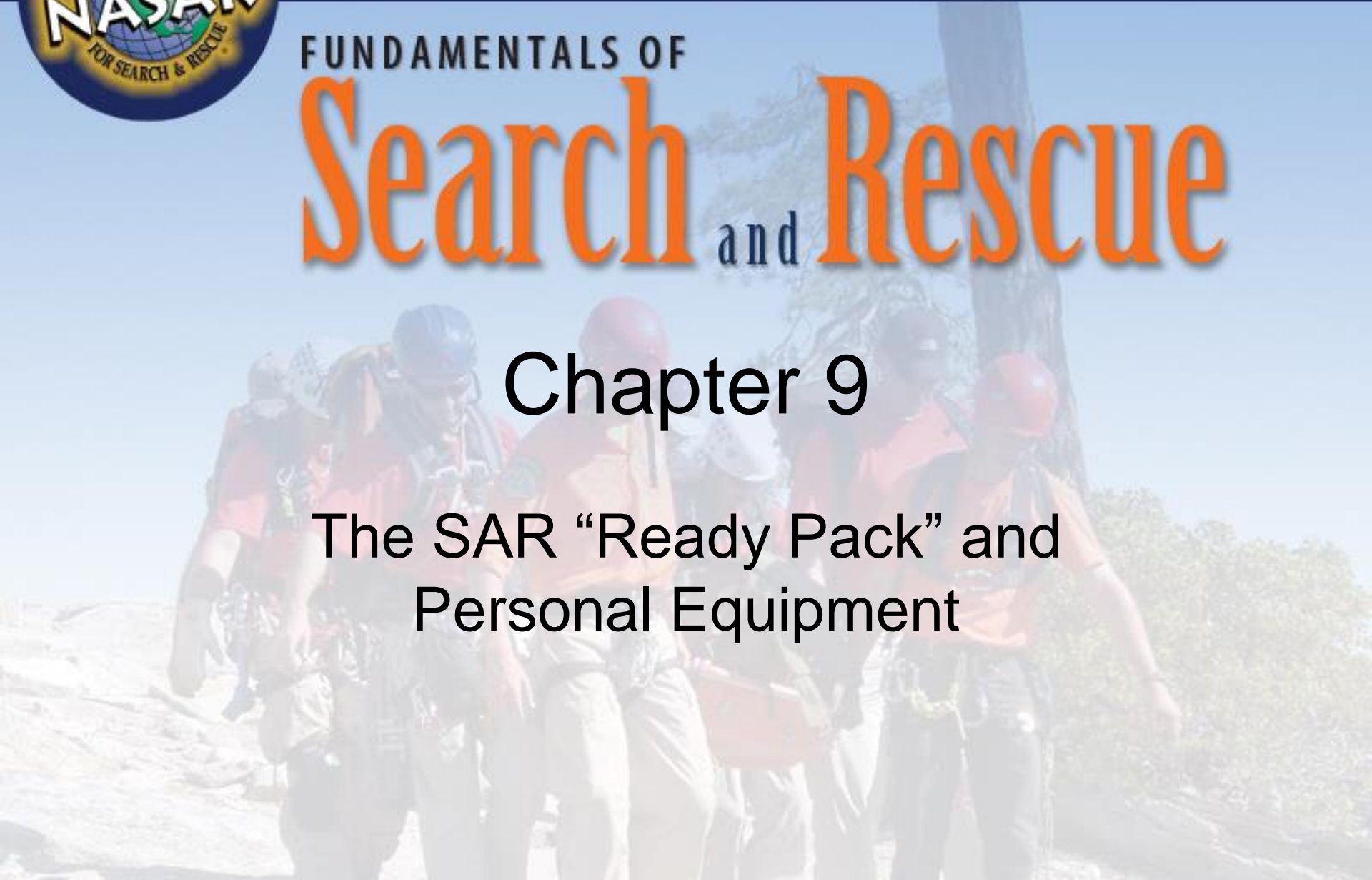
National Association for Search and Rescue

FUNDAMENTALS OF

Search and Rescue

Chapter 9

The SAR “Ready Pack” and
Personal Equipment





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.



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



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.





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.



Personal Body Management and Protective Equipment

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



Insect Repellent

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



Eye Protection

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



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



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



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

Sleeping Bags

- Rectangle
- Modified
- Mummy





Sleeping Bag Insulation

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

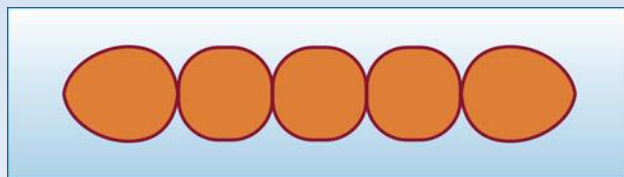


Sleeping Bag Construction

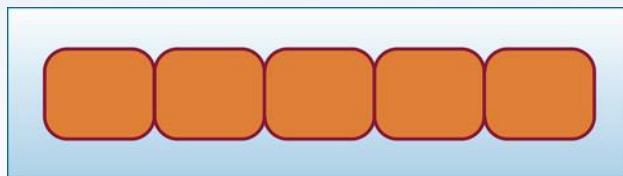
- Consider:
 - Loft
 - Manufacturer reputation
 - Key is to trap dead air.
 - Different types of construction/baffling

Sleeping Bag Baffling

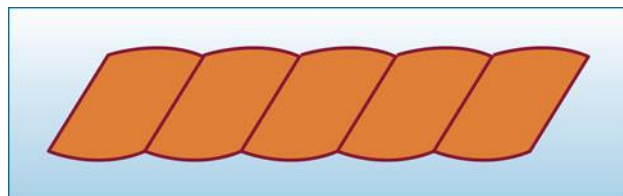
- Quilted (sewn-through)



- Box



- Shingle





Shelters (1 of 2)

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

Shelters (2 of 2)

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





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.



Types of Stoves

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



Water Bottles and Hydration Systems

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



Boots

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



Walking Stick

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



Headlamps/Flashlight

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



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



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.



Packs (1 of 3)

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



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



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