

ES Ground Team Training Required Personal Equipment

Personal First Aid and Survival Kit:

- 4 - Acetaminophen or aspirin tablets
- 4 - Antacid tablets
- 2 - Antiseptic cleansing pads
- 1 - Antiseptic Ointment
- 6 - Band-aids, various sizes
- 1 - Candle, long burning
- 2 - Cotton Swabs, non sterile
- 1 - Duct tape, 5-10 ft.
- 1 - Leaf bag, large
- 8 - Matches w/striking surface (REI Storm matches)
- 1 - Matches container, waterproof
- 1 - Chemical light stick, Green
- 4 - Gauze pads
- 1 - Triangular Bandage
- Rubber surgical gloves-2pr min.
- 1 - Moleskin 2"x4"
- 4 - Quarters, for phone call
- 1 - Roller Bandage
- 2 - Safety pins, large
- 1 - Splinter forceps, tweezers
- 4 - Moist Towlettes, clean
- 1 - Whistle
- 1 - Personal Medications (i.e. Epi-pens)
- Water purification tablets
- 1 - Roll Toilet Tissue Paper
- 1 - roll,tape, first aid -1"
- 1 - Plastic bag, ziplock, qt. size, for kit

Personal SAR Equipment:

- Package Ziploc Bags (2 gal) to waterproof gear – bring extra
- 1 - Bandanna, handkerchief
- 1 - BDU Cap, 1-BDU complete uniform, 1-spare uniform can be without patches
- Backup Clothing (civilian), adequate for climate & sweats – to include coat
- Wool sweater/cardigan, wool pants, wool/stocking cap
- Thermal underwear-polypro
- 1 bath towel
- 1 - Rainwear, durable two piece
- 3 – pair Socks, underwear, BDU t-shirts
- 1 - boots, sturdy, adequate for long hikes, various terrain
- 1 - pr tennis shoes
- 1 - pr leather work Gloves, protective
- 1 - Compass, orienteering preferred w/glow in dark dial (Silva)
- 1 - Flagging tape, roll Orange color
- 1 - Flashlight or Headlamp - extra batteries and bulb
- 3 – or more Green glow sticks
- 1 - Insect repellent (REI Jungle Juice is excellent!)
- 1 - Knife, multi-purpose- approved
- 2 -meals, MRE or freeze dried type
- 1 - Lip Balm, with sunscreen
- 1 - measuring device, straight edge - clear preferred - for map work
- 1 - Mess kit/utensils/personal stove
- 1 - Mirror, small unbreakable
- 50ft – 550 or Parachute cord
- 1 - Pad and pencil (mechanical) – Rite in Rain brand preferred
- 1 - Pack, sufficient to hold all gear - Medium Alice pack without frame (can many times get free from squadron) or internal frame pack. For cadets – you are growing, so **do not spend a lot of money** on an internal frame pack. Frames supply support and added distribution – seek advice. Duffle bag for extra clothing also allowed, but you must carry all.
- 1 – Smaller Day Pack
- 1 - SAR personal identification/all qualification cards
- 1 - pair scissors, multipurpose, EMT sheers or small Fiskars
- 1 - Shelter material, 9 x12 tarp
- 1 - Sunscreen lotion
- 1 - Orange Vest
- 1 - Entrenching tool/cover
- Sleeping bag
- Sleeping pad, foam or air
- 1 - Watch
- Sunglasses
- 2 - Water Containers, at least 1 liter size or canteens or 2 liter Camelback
- Toiletry kit – inc washcloth
- Basic Sewing kit