

- A. 24 hour pack (Items marked with a **(T)** are required for trainees)
- 1) On your person
 - a) Complete BDU uniform with BDU cap. The BDU cap may be replaced by a hard hat or bright colored cap based on mission needs. **(T)**
 - b) Notepad and pencil **(T)**
 - c) All CAP Identification, including 101 card, 76 card, First Aid card, etc. **(T)**
 - d) Watch **(T)**
 - e) Handkerchief or Tissues
 - f) Vest, reflective, orange **(T)**
 - g) Comb or brush (optional, carry if needed) **(T)**
 - h) Ground Team Member's Handbook
 - i) Signal Mirror
 - j) Whistle
 - k) Pocket or utility-type knife, multipurpose with can opener. Swiss Army knives, Leatherman, or Gerber Tools are recommended. **(T)**
 - 2) Day pack (preferably red or orange), webbed gear, or other SAR/Survival Vest **(T)** containing:
 - a) First Aid Kit, stored in zip-lock bag or other waterproof container, recommended that it consists of the following:
 - (1) 2 Antiseptic cleansing pads
 - (2) Antiseptic ointment
 - (3) 6 Band-Aids, various sizes
 - (4) Moleskin, 2" X 4"
 - (5) Roller bandage
 - (6) 2 Safety pins, large
 - (7) 4 gauze pads
 - (8) 1 Triangular Bandage
 - (9) Tape, first aid
 - (10) Any personal medication (your team leader should know what you have and where you carry it.) **(T)**
 - (11) Rubber surgical gloves (two pair minimum)
 - b) Survival Kit, stored in zip-lock bag or other waterproof container, consisting of:
 - (1) Duct tape, 5-10 feet (does not need to be a whole roll. May be wrapped around a stick.
 - (2) Leaf bag, large
 - (3) 12 wooden, waterproofed matches **(T)**
 - (4) Match container, waterproof, with striking surface
 - (5) 1 Chemical Light Stick, Green **(T)**
 - (6) 50' of nylon line (paracord or similar line).
 - c) SAR Equipment stored in zip-lock bags, consisting of:
 - (1) Change of socks **(T)**
 - (2) Flagging Tape, 1 roll
 - (3) Flashlight (with red or blue lens), with spare bulb and batteries
 - (4) Spare flashlight (penlight will do) **(T)**
 - (5) Insect repellent

- (6) Lip balm, with sunscreen.
 - (7) Sunscreen lotion
 - (8) Tissue Paper **(T)**
 - (9) Work Gloves, leather **(T)**
 - (10) Interviewing Form(s), blank
 - (11) 4 Moist Towelettes, clean, in foil wrapper
 - (12) Change for phone calls, calling card, or cellular phone **(T)** to call mission base
- d) 2 meals **(T)**
 - e) Shelter Material, preferably 8' X 10' (spare military poncho meets the need)
 - f) Coat for appropriate climate, if necessary (in pack if not wearing it)**(T)**
 - g) Poncho, **(T)**
 - h) Canteen(s) to carry 2 quarts of water (Some wings require their personnel to have at least one one-quart canteen on a belt while the other is stored in the field pack. At least one quart of water must be carried by all personnel)**(T)**
 - i) Compass Pouch, containing compass, lensatic or orienteering (orienteering preferred). Compass should have a "glow in the dark" dial
 - j) Leader's Equipment -- *only required of Ground Team Leaders*
 - (1) Protractor -- for map work.
 - (2) Map Case (Large Zip-Loc bags can be used if necessary)
 - (3) Pencil, with eraser (plus sharpener if not a mechanical pencil)
 - (4) Alcohol Pens, fine tip, at least 2 colors (neither the color of your colored flashlight lens)
 - (5) Some way to erase alcohol pens marks on the map case, such as alcohol swabs or a special alcohol pen eraser.
 - (6) A straightedge ruler, at least 6" long (Some protractors may have a ruler as well).
 - (7) Ground Team Leader Handbook
- B. Extended duration pack: a backpack (preferably with frame) **(T)** containing:
- 1) Tent (optional, if you are sharing a tent with someone else who is carrying it) **(T)**
 - 2) Spare rank and CAP cutouts (for cadets)
 - 3) 5 meals **(T)**
 - 4) 2 Leaf Bags
 - 5) Waterproof Bag**(T)**, containing:
 - a) Spare uniform
 - b) Underwear and socks, 3 changes **(T)**
 - 6) Sleeping pad, foam or inflatable
 - 7) Spare boot laces
 - 8) Kit, sewing, with spare buttons
 - 9) Shoe Shine Kit
 - 10) Toilet Kit, that should contain:
 - a) Toothbrush and paste **(T)**
 - b) Shaving Kit (if you shave) **(T)**
 - c) Deodorant **(T)**
 - d) Washcloth and soap **(T)**
 - e) Towel **(T)**

11) Sleeping Bag or Bedroll appropriate to climate **(T)**

C. Optional Items

- 1) Rainwear, durable
- 2) Webbing, nylon, 1" wide, 20' long.
- 3) Handheld FM Transceiver (highly recommended for Ground Team Leaders)
- 4) Water Purification Tablets
- 5) Eye Protection (highly recommended)
- 6) Entrenching Tool (highly recommended for base gear)