

The Ten SAR Essentials - Ready-Pack List

1. Extra Clothing

Hats, Gloves, Socks, Bandana, Rain Gear, Long Johns, Sweater, Etc.

2. Food and Water

Food (meals & snacks), Water Bottles/Canteens, Water Filter/Purifier, Bowl, Cup, Utensils, Cook Pot, Stove, Fuel

3. Sun & Bug Protection Kit

Sunglasses, Sunscreen, Bandana, Insect Repellent

4. Tool Kit

Sturdy Knife, Multi-tool with Accessories, Folding Saw, Repair Items, Tape

5. Fire Making Kit

Waterproof Matches, Match Carrier, Fire Steel, Fire Starter, Lighter

6. Signal Kit

Mirror, Whistle, Trail Tape, Notebook, Pen, Pencil, LightSticks, Flares, Binoculars

7. First Aid Kit

Bandages (triangular, compress, gauze pads, gauze rolls, elastic, Band-Aids), Tape, Forceps, SAM Splint, Pain Killer, Benadryl, Anti-acid, Cortisone Cream, Eye Wash, Antiseptic Wash, Blood Clotting Agent, CPR Mask, Gloves, Personal Medicines, Shears, Lip Balm, Safety Pins, Tourniquet

8. Flashlight Kit

Head-lamp, Flashlight, Penlight, Spare Bulbs & Batteries

9. Navigation Kit

Maps, Compass, GPS Receiver, SPOT Messenger or Garmin InReach, Pace Counter, Watch/Timer, Smart Phone

10. Shelter Kit

Trash Bag, Tent, Tarp or Bivouac Bag, Poles, Stakes, Rope, Sleeping Bag, Ground Pad