

# **Personal Basic Equipment List for Volunteer Team Members**

Much of the equipment utilized for Search and Rescue is the same equipment used for normal backpacking and mountaineering treks. Although standards are set for necessary equipment, each member must utilize "what works for him or her". All members must provide their own equipment.

In general, the member's 24-hour pack should be sufficient gear to support him or herself for 24 hours anywhere in California. The basic "24 Hour Gear" is divided into sections: The Ten essentials, personal emergency equipment, tracking equipment, rescue equipment, and personal equipment. The extended gear need for longer stays is defined as the "48 Hour Gear".

## **The "24 Hour Gear" Field Pack**

### **Ten Essentials**

1. Compass (Silva)
2. First Aid Kit (Personal)
3. Flashlight (With Extra Bulb and Batteries)
4. Pocket Knife (Multi-Blade)
5. Extra Clothing (Emergency Overnight)
6. Food & Water (3 Cold Meals and Minimum 2 Quarts Water)
7. Sunglasses (UV Absorption Type for High Altitude and Snow)
8. Fire Starter (Road Flare)
9. Matches (Wind and Waterproof)
10. USGS Topographic Maps which include:
  - Fillmore
  - Devil's Heart Peak
  - Alamo Mountain
  - Frazier Mountain
  - Piru
  - Val Verde

- Cobblestone Mountain
- Black Mountain
- Santa Paula
- Santa Paula Peak
- Topa Topa
- Lockwood Valley
- Cuddy Valley
- Sawmill Mountain
- San Guillermo Mountain

### **Personal Emergency Equipment**

1. Whistle
2. Space Blanket
3. Signal Mirror
4. Smoke Bomb
5. Two Large Garbage Bags

### **Tracking Equipment**

1. Tracking Stick
2. Trail Tape
3. Measuring Device
4. Head Lamp

### **Rescue Equipment**

1. Locking "D" Carabiners (2)
2. Figure 8 Descending Device
3. Tubular Webbing, 1"x20' (1)
4. Sit Harness or Leg Loops
5. Rescue Pulley
6. Internal Frame Pack, Any Bright Color

7. Helmet
8. Goggles
9. Leather Gloves
10. Prussiks
11. Personal Rope (100', 8mm)

### **Personal Equipment**

1. Team Uniform
2. Rain Gear
3. Notebook & Pencil
4. Personal Hygiene Articles

### **The Overnight Equipment / "48 Hour Gear" Field Pack**

Extra 48-hour gear is normally kept in a duffel or auxiliary sack. If the need arises this gear can be added to the rescuer's field pack for extended stays or extremely cold conditions.

1. Ground Cloth
2. Ensolite Pad or Equivalent
3. Sleeping Bag (Rated to +5 F when used in combination with other gear)
4. Three Additional Meals
5. Shelter (Bivvy Sack, Tube Tent, Tarp, Etc.)
6. Complete Change of Uniform

### **Required Additional Winter Gear**

1. Wool rousers (In Lieu of Normal Uniform Trousers)
2. Poly-Propylene or Wool Long Underwear (Tops & Bottoms)
3. Wool Mittens (Overmitts are Suggested, but not Mandatory)
4. Wool Stocking Cap (Balaclava is Suggested)
5. Extra Socks (Poly-Propylene or Wool)

6. Gaiters (Any Type)
7. Sunglasses / Goggles
8. Sunscreen
9. Pack all Clothing into Watertight Bags

Equivalent or better foul weather gear is of course, acceptable.

## **Optional Gear - Partial List, Examples Only**

1. Additional Carabiners
2. Additional Climbing Gear
3. Insect Repellent
4. Giardia Straw
5. GPS Unit
6. Stove
7. Cooking and Eating Utensils
8. Cross-Country Skis, Crampons, Snowshoes
9. Sunscreen

## **Specialized Gear - Swiftwater**

1. Personal Flotation Device (PFD)
2. Thermal Protection (Wet/Dry Suit)
3. Physical Protection (Approved Helmet, Gloves, Booties)
4. Knife
5. Whistle
6. Throw Bag (With 50-75 Feet of 3/8" or 9.5mm Polypropylene)

## **Equipment Overview**

The ten essentials provide the mountaineer with the minimum basic gear required to survive harsh conditions in the mountains. The ten essentials are items that cannot readily be improvised or derived from nature. The basic ten essentials required for most outings should be kept readily accessible and

should be easily transferable in the event that they are the only equipment the rescuer may take along on a personal operation. As the environment changes, so will the ten essentials. The ten essentials can best be remembered by dividing them into three groups:

### **Those Required to Find your Way**

Map of Area, Compass, Flashlight (of course with extra bulbs and batteries).

### **Those Required for Personal Protection**

Sunglasses (UV protection type), Extra food and water (i.e. In addition to food for the trip), Extra clothing (as if one had to bivouac the night).

### **Those Required Strictly for Emergencies**

Waterproof matches (in addition to regular supply), Candles or Fuel tabs (flare is also required for SAR work), Pocket knife (Swiss Army knife is excellent), First Aid Kit.

***All the above equipment must be provided by the individual volunteers.***

***VCSAR Fillmore Mountain Rescue Team currently does not have the resources to provide the above equipment.***

If you would like to help support our team, please [click here](#).