



**MER SAR College  
Ground SAR School and  
Ranger Training  
Fort Pickett, VA**



**Recommended Packing List  
(Based on Standard CAP Ground Team List)**

**24 hour Pack**

**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) Eye Protection (Safety Glasses or Goggles)
- c) Notepad and pencil (T)
- d) All CAP Identification, including Membership and CAPF101 card (T)
- e) Watch (T)
- f) Handkerchief or Tissues
- g) Vest, reflective, orange (T)
- h) Comb or brush (optional, carry if needed) (T)
- i) Ground Team Member's Handbook
- j) Signal Mirror
- k) Whistle
- l) Work Gloves, leather (T)
- m) 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)
- (11) Rubber surgical gloves (two pair minimum)

**b) Survival Kit**, stored in zip-lock bag or waterproof container, consisting of:

- (1) Duct tape, 5-10 feet (does not need to be a whole roll.
- (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) Headlamp recommended.
- (5) Insect repellent
- (6) Lip balm, with sunscreen.
- (7) Sunscreen lotion
- (8) Tissue Paper (T)
- (9) Interviewing Form(s), blank
- (10) 4 Moist Towelettes, clean, in foil wrapper
- (11) 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. At least one quart of water must be carried.(T)

i) Compass Pouch, containing compass, lensatic or orienteering (orienteering preferred). Compass should have a "glow in the dark" dial.

**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) Snacks

3) 2 Leaf Bags, large

4) Bag, waterproof (T), containing:

(a) Spare uniform,

(b) Underwear and socks, 3 changes (T)

5) Sleeping pad, foam or inflatable.

6) Spare boot laces.

7) Kit, sewing, with spare buttons.

8) Shoe Shine Kit

9) Toilet Kit, which 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)

10) Sleeping Bag or Bedroll appropriate to climate (T)

## **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

## **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) Entrenching Tool (highly recommended for base gear)