



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



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

The gear list below is the minimum required equipment. Items required of trainees are marked with a "T." You may carry additional equipment subject to team leader approval and your ability to secure and carry it -- remember, you may have to walk a long way carrying it all.

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)