



## 24 Hour Pack List

This is the NASAR SARTECH II required list and the Arkansas ESAR complete list.

Items marked with a \* are required for the SARTECH II Exam.

### Personal First Aid Kit

- \_\_\_ \*1- Container or bag suitable for kit. (commercial kits are OK).
- \_\_\_ \*4- OTC pain reliever tablets. (Tylenol, Advil, Motrin, etc.).
- \_\_\_ \*4- Antacid Tablets. (Tums, Rolaids, Peppid, etc.).
- \_\_\_ \*2- Antiseptic cleansing pads. (Betadine, Castile soap, etc.).
- \_\_\_ \*1- Antiseptic ointment. (Neosporin Triple Antibiotic, Bactroban, etc.).
- \_\_\_ \*6- Band-aids, various sizes. (Small, medium, large).
- \_\_\_ \*2- Cotton Swabs, non-sterile. (Q-tips).
- \_\_\_ \*1- Moleskin sheet. (at least 4" x 6").
- \_\_\_ \*2- Towelette, clean. (restaurant type).
- \_\_\_ 2- Pair Latex or Nitrile exam gloves.
- \_\_\_ \*1- Razor blade, single edge
- \_\_\_ \*1- Roller bandage, at least 3" wide. (Kling, Kerlix, etc.).
- \_\_\_ 4- 4" x 4" gauze pads, sterile.
- \_\_\_ 1- Roll medical tape, at least 1 inch wide.
- \_\_\_ \*2- Safety pins, large
- \_\_\_ \*1- Scissors, multi-purpose.
- \_\_\_ \*1- Splinter forceps or tweezers.
- \_\_\_ \*1- Space blanket. (small disposable OK but prefer durable one).

### Personal Survival Kit

- \_\_\_ 1- Container or bag suitable for kit. (commercial kits OK).
- \_\_\_ \*1- Candle, long burning. (pink lady or plumbers candle)
- \_\_\_ \*1- Duct tape, 5 to 10 feet. (wrap around a pencil or water bottle).
- \_\_\_ \*1- Insect repellent.
- \_\_\_ \*1- Lip Balm with sunscreen.
- \_\_\_ \*2- Quarters for phone call. (even if you have a cellphone).
- \_\_\_ \*1- Mirror, small for signaling.
- \_\_\_ \*8- Matches in a waterproof container. ("Strike Anywhere" matches).
- \_\_\_ 2- Means of starting fire. (Other than the matches).
- \_\_\_ \*1- Nylon twine or small rope, 50 feet. (550 cord or 3-4 mm accessory cord).
- \_\_\_ \*1- Shelter material, 8 x 10. (homemade or nylon tarp).
- \_\_\_ \*4- Leaf bags, large.

- \_\_\_ \*1- Sunscreen lotion.
- \_\_\_ 1- Method of purifying water. (small pump or chemical type purifiers).
- \_\_\_ \*1- Whistle, loud
- \_\_\_ \*1- Metal cup or pot. (at least 1 pint size).

### Personal SAR Equipment

- \_\_\_ \*4- plastic bags, various sizes, ziplock style.
- \_\_\_ \*3- Bandannas
- \_\_\_ \*1- Carabiner, locking, aluminum, D-shaped. (no auto-lockers).
- \_\_\_ \*1- Carabiner, locking, aluminum, Pear shaped. (no auto-lockers).
- \_\_\_ \*1- Clothing bag, waterproof.
- \_\_\_ \*1- Clothing, adequate for climate. (this is what you are wearing).
- \_\_\_ \*1- Clothing, complete extra set, adequate for climate. \*\*see below
- \_\_\_ \*1- Compass, orienteering style.
- \_\_\_ 1- Compass, spare, small.
- \_\_\_ \*2- Rolls of flagging tape, plastic.
- \_\_\_ \*3- Flashlights, extra batteries and bulbs for all three. (Headlamp, Handheld bright light, Small AA).
- \_\_\_ \*1- Footwear, boots, sturdy, waterproof. (spend the \$\$ because this is your transportation).
- \_\_\_ 1- Footwear, extra. (secure sport sandals or running shoes).
- \_\_\_ \*1- Gloves, all leather.
- \_\_\_ \*1- Safety glasses or goggles, clear lenses.
- \_\_\_ \*1- Knife, multipurpose. (Gerber, Leatherman, etc.)
- \_\_\_ 2- Meals, complete, non-perishable. (MRE or similar type).
- \_\_\_ \*1- Measuring device, 18 inch minimum.
- \_\_\_ 2- Chemical light sticks.
- \_\_\_ 1- Orange vest with reflective stripes.
- \_\_\_ \*1- Pack, 1800 cubic inch minimum. (recommend 2000 to 2800 cubic inch with padded shoulder and hip belt).
- \_\_\_ \*1- Rainwear, durable. (Recommend Gore-tex type material. Spend the \$\$ . It is worth it). \*\*see below.
- \_\_\_ \*1- Pad and writing utensil.
- \_\_\_ \*2- Prussik cords, 6- 8 mm, 6 ft. (suggest 6 -7 mm, 7 ft long).
- \_\_\_ \*1- SAR personal ID card.
- \_\_\_ \*1- Socks, extra. (more is better).
- \_\_\_ 1- Tally beads or counter.
- \_\_\_ \*1- Roll toilet paper. (amount depends on you).
- \_\_\_ \*1- Tracking stick, 42 inches long.
- \_\_\_ 1- UTM grid reader.
- \_\_\_ \*1- Watch.
- \_\_\_ \*8- Wire ties, plastic. (also called zip ties)
- \_\_\_ \*2- Water containers, 1 quart size each. (if you use a water bladder, you must have a back-up bottle).
- \_\_\_ \*1- Tubular webbing, 1 inch width, length suitable for tying an improvised harness.
- \_\_\_ \*1- Wire, 5 to 10 feet, woven steel. (suggest .032 safety wire)

\* \*A Gore-tex style rain suit may be combined with a set of thermal underwear like Capilene to count as the extra set of clothing.

## Optional Personal Equipment

*Recommended but not required*

- \_\_\_ 4- Antihistamine tablets, 25 mg Benadryl.
- \_\_\_ 4- Anti-diarrheal tablets, Imodium AD
- \_\_\_ 1- Foam pad, small for sitting and splinting.
- \_\_\_ 1- Gaiters, tall.
- \_\_\_ 1- Rain cover for pack.
- \_\_\_ 1- Rain cover for pack.
- \_\_\_ 6 to 8 tent stakes for shelter.
- \_\_\_ 1- Stove. (small heat tab or backpacking type).
- \_\_\_ 1- Sunglasses.
- \_\_\_ 1- Trail snacks.
- \_\_\_ 1- Extra water container.
- \_\_\_ 1- Personal GPS receiver.
- \_\_\_ 1- Waterproof map case.
- \_\_\_ 1- Camera

## Additional Items and Quantities

### Required for SARTECH I Pack.

- \_\_\_ 10- OTC Pain Reliever Tablets (6 more)
- \_\_\_ 10- Antacid tablets. (6 more)
- \_\_\_ 10- Antihistamine tablets, 25 mg Benadryl.
- \_\_\_ 6- Antiseptic cleansing pads. (4 more)
- \_\_\_ 4- Roller Bandage, 2 to 3 inch wide. (3 more).
- \_\_\_ 16- Matches. (8 more).
- \_\_\_ 2- ICS 214 forms.
- \_\_\_ 1- Safety rope, 75 feet, ( NFPA one rescuer lifeline).

## ESAR Uniform Standard

- \_\_\_ 1- Pair black BDU pants.
- \_\_\_ 1- ESAR t-shirt. (orange for searches).
- \_\_\_ 1- ESAR Orange uniform shirt with all patches sewn on.
- \_\_\_ 1- Black belt.
- \_\_\_ 1- Pair sturdy boots. (waterproof and durable).
- \_\_\_ 1- Orange or Red Helmet with SAR stickers. (must be team approved type).
- \_\_\_ \*1- ESAR hat. (only hat to be worn with the uniform).

