

24 - Hour Pack

Personal Search Equipment Requirements

The following list describes the set of equipment required for a mutual aid search [when traveling out of county assisting other units – this pack meets SARTECH II standards. This pack is known as a 24-hour pack. Your Ready Pack may be brought to mutual aid searches; having this pack allows you additional equipment given unforeseen circumstances.

24 HOUR PACK

Equipment should be modularized and contained within the Type II Pack PLUS the ability to strap on additional items as needed.



FIRST AID MODULE

- 4 – Antacid tablets
- 2 – Antiseptic cleansing pads
- 1 – Antiseptic ointment
- 6 – Band aid, various sizes
- 1 – Candle, long burning
- 2 – Cotton swabs, non sterile
- 1 – Duct tape, 5 – 10 ft.
- 1 – Plastic bag, zip lock, qt. size
- Moleskin
- 4 – Acetaminophen or aspirin tablets
- 1 – Splinter forceps, tweezers
- 1 – Towelette, clean
- 1 – Roller gauze Bandage
- 2 – Safety pins, large
- 1 – Insect repellent
- 1 – Lip balm, with sunscreen
- 1 – Sunscreen lotion
- 2pr – Latex gloves

SEARCHER MODULE

- 1 – Flashlight
- 1 – Add'l set of flashlight batteries
- 1 – Extra Flashlight
- 1 – Add'l set of extra flashlight batteries
- 1 – Footwear, suitable for climate
- 1 – Set of gaiters
- 1 – Whistle
- 1 – Tracking stick
- 1 – Measuring device, 18" minimum
- 20 ft 1" tube webbing for harness
- SAR Identification
- 2 – Liters water
- 2 – Prussic slings for 9 to 11 mm rope
- 1 – Roll flagging tape, plus marker pen
- 1 – Compass, orienteering
- 1 – Cap or headgear
- 1 – Mirror
- 2 – Quarters for a phone call
- 1pr – Leather gloves or brush gloves
- 1 – Pad and pencil, extra pen
- 1 – Bandana
- 1pr – Goggles or eyewear
- 1 – Woven steel wire, 5 – 10 ft
- 1 – Watch
- 2 – Carabineers, locking
- 3 – Power bars, snacks

SURVIVAL MODULE

- 1 – Space type blanket
- 4 – Zip locked bags of various sizes
- 8 – Matches in a waterproof container
- 1 – Candle, long burning
- Rainwear, durable
- 2 – Leaf-sized trash bags
- Extra socks
- 8 – Wire ties, self locking
- 1 – Knife, multipurpose folding
- 1 – Razor blade, single edge safety type
- 50 ft. nylon twine
- 1 – Metal cup
- 1 – Shelter material 8x10 plastic
- 1 – Scissors, multipurpose
- 6 – Tissue paper or baby wipes
- 1 – Emergency meal

EXTENDED STAY MODULE

- 4 – Straps for attaching sleeping bag/roll
- Clothing (suitable for climate)
- 1 – Clothes bag, waterproof
- Emergency meals (3 days), & mess kit
- 1 – Tent (optional)
- 1 – Sleeping bag (bed roll optional)
- Extra clothing (suitable for climate)
- 4 – Extra water, 4 liters
- 4 – Power Bars
- Backpacking stove & fuel (optional)

Your 24 hour pack is an important tool. It could save your life or that of the subject's, if it contains what you need when you need it. It also needs to be highly portable, accessible, light weight and durable. A search call-out can occur at any time of the day or night so your pack should be mission ready at all times.

It is best if your 24 pack is a dedicated piece of equipment, used only for SAR. Most members keep them in their vehicles so wherever they go, their pack goes too. The following list contains suggestions of gear that has been proven in the field, starting with the essentials, but you may add items or substitute to suit your own needs. Try to keep it as light as possible, if it exceeds 25 lbs. there is probably something in there that you don't really need.

The essentials:

1) The Pack itself should:

Fit you well and feel comfortable and secure fully loaded.

Be of internal frame construction with 2200 - 3500 cubic inches capacity.

Have a wide and padded waist band with a quick-release buckle.

Have compression straps and gear tie down points for versatility.

2) Clothing - Layering is the Key - Synthetics are best - Cotton can kill you

Inner layer should be of polypropylene, thermax, capilene, or equal. These materials wick moisture away from your skin to keep you dry.

Mid layer insulation of pile, fleece, or wool. All these trap air to keep you dry, and keep a lot of their insulating power when wet. A polar fleece pullover is great. Fleece pants are so toasty on a cold rainy night.

Socks- again should be of polypropylene, wool blend, capilene, or equal. You should have a pair on your feet and a spare pair in your pack. Some people like to wear a thin liner pair inside the main pair.

Gloves or mittens, same materials as socks - consider Gore-tex over-mittens for really cold and wet weather.

Outer layer- or shell to keep the wind and rain out. Gore-tex or similar products are great, but can be expensive. Plain old yellow rubber or urethane coated rain suits do the job, and are cheap, but don't allow moisture generated by exercise to escape. A Gore-tex parka and rain pants are the best. Make sure rain-pants have zippers in the cuffs, it makes them much easier to put on over boots

Gaiters are great and help keep your feet dryer.

Wool or fleece hat, 80% of your body heat is lost through your head

Brimmed Cap, ballcap to keep the sun off your face.

Good Hiking Boots, Leather is the best for water-proofness, but the synthetics are also popular. They have to fit well! Break them in before you get called out for a search. If you have limited funds your boots are not the place to skimp. Well made boots properly water-proofed and taken care of will last a long time.

3) Water and Food - Keeping hydrated and energized are the key. Drink often and remember to fuel your body when it is working hard.

Two 1 quart water bottles, wide mouth Nalgene works well.

Food items should be of non-perishable variety, require no cooking. Power Bars, Cliff Bars, BTU Stokers, trail mix, dried fruit, jerky, basically anything that will give you energy and nutrients and keep well in your pack. Keep it all in ziplock baggies.

4) Tarp or Bivi Sack, for shelter on a stormy night.

- 5) Two large plastic garbage bags, get the heavy duty ones, 40 gallon size.
- 6) Two Emergency blankets, the shiny silver mylar kind. One for below you and one to cover you or your subject.
- 7) Nylon Cord, 50 feet of it for rigging a tarp shelter. Parachute cord or similar.
- 8) Pocket Knife or Leatherman Tool- Swiss army style works well.
- 9) Personal First Aid Kit and latex gloves
- 10) Whistle, Nickel plated brass or plastic is fine.
- 11) 1 roll of fluorescent flagging or grid tape
- 12) Headlamp, Petzl makes several styles. The Micro and Zoom are both good.
- 13) Mini Maglite, is a good spare flashlight.
- 14) Spare Batteries and Bulbs, always carry both for both lights.
- 15) Navigation Kit, Pack it in a large size ziplock bag. It should include:
 - Good quality compass
 - note pad and water-proof ink pen
 - local area hiking trail maps - Mt. Tam, Pt. Reyes, the Headlands
 - UTM grid template
 - small aircraft signaling mirror
- 16) Water Purification, Iodine tablets or crystals work. Pump filters are good but can be bulky and expensive.
- 17) Sunblock and chapstick
- 18) Sunglasses
- 19) Water-proof Matches or Pocket lighter, keep them dry.
- 20) Toilet Paper, Don't pack an entire roll, just enough for a few trips to the nearest bush, sealed inside a ziplock bag. Eco-considerate people pack out their used TP sealed in another ziplock bag for disposal in a toilet later. If the fire danger is not an issue TP can be burned and the ashes buried along with your "deposit". Make sure you do not pollute watercourses or lakes, and that your cat hole is dug into the top 4" to 6" inches of topsoil where it will biodegrade the best.
- 21) Stash of Cash, It's a good idea to keep five or ten dollars in your pack in case you need money for a meal out, gas for your car, or phone calls.
You may consider purchasing your own of the following gear, but the unit can usually supply these items when they are needed.

Climbing Helmet and Harness, carabiners, and webbing

Leather work gloves

Cyalume chemical lightsticks

Yellow Nomex fire resistant jacket

This looks like a lot of gear and yes, it can get expensive quickly. The best way to start out if you're on a tight budget is to improvise. Ask others in the unit if they have any gear that they are upgrading and want to sell off. Check out garage sales and the classifieds. With a little thought and ingenuity, you can put together a good 24 hour pack for much less than it would cost to buy all the stuff new.