

TWENTY FOUR HOUR PACK

It is the goal of the Sitka Search and Rescue / Mountain Rescue Team that every member fielded will be self-sufficient and be able to operate for at least twenty-four hours. For the purpose of this standard, self-sufficient is defined as being capable and having the knowledge, skill, and equipment to sustain life and the life of a subject. Operate is defined as being capable of searching effectively and efficiently in the wilderness environment sometimes in inclement conditions, at all hours of the day or night. Below is a list of Minimum contents of a twenty-four hour pack as defined by the Sitka Search and Rescue Team. This is a minimum standard and you are encouraged to supplement the required gear with optional as well as seasonal gear.

TWENTY FOUR HOUR PACK MINIMUM CONTENTS

Pack

Food

Water Bottle and Water

First Aid Kit

Shelter - Pack one of the items listed below depending on your deployment location. If above tree line a Bivy Bag or Tent is appropriate.

- A. Tarp/Tube Tent or substitute shelter material
- B. Tent
- C. Bivy Bag

Extra Clothes - Pack all of the items below.

- A. Socks
- B. Extra insulative layer (Jacket, Shirt and Pants) for you or subject, no cotton!
- C. Hat
- D. Rain Gear

Flashlight/Headlamp

Extra Batteries

Saw/Cutting Device

Measuring Device

Toilet Paper

Water or Purification device

Cup

Personal Supplies

- A. Glasses/Contacts
- B. Medications
- C. Any other items needed to sustain your effectiveness

Watch

Leather Gloves

Map of Area

Survival Bag

Mini Mag or Pelican Light

Signal Mirror

Disposable Space Blanket

Heavy Duty Space Blanket

Pocket Knife
Fire Starter Kit
Write in the Rain Notebook
Pencil
Whistle
Roll of Surveyors Tape
Compass
Locking Carabineer
18 ft. Length of 1 inch Tubular Webbing
Skyblazer Flares
Pair of Gloves
Disposable Ear Plugs
15ft. Parachute cord
Dog Food and supplies if your a K-9 Handler

OPTIONAL GEAR

Stove and Fuel
Weapon and Ammo
Bear Mace
Camera
Optics
Sleeping Bag
Rope
GPS
Bug Repellant
Sunscreen and sunglasses
Altimeter
Helmet – required if conducting Helo Operations
Radio – require one per team
Pager
Sleeping Pad
Walking Stick
Tracking Stick

SEASONAL GEAR

Snow Shoes
Winter Clothing to include Socks and Gloves
Crampons
Ice Axe
Four Season Tent
Mountaineering Boots depending on season and terrain.