

# MAINE ASSOCIATION FOR SEARCH AND RESCUE

## SAR Support Member Certification Standard Appendix B

### Recommended Minimum Personal Equipment List

The following is a list of the minimum equipment which MASAR recommends that SAR Support Members have with them when responding to assist with a SAR operation. Equivalent items or combinations are acceptable, as noted. The list may be expanded to suit personal tastes.

NOTE: This list assumes that the SAR Support Member will be properly dressed for the season, as well as for both the prevailing and anticipated conditions.

#### Year-Round Equipment

<u>Item</u>	<u>Description</u>
Ready Pack	Small, light-weight pack, vest with storage pockets, or fanny pack
Time keeper:	Watch or equivalent
International Orange Vest:	<u>Required item</u>
Light:	Headlamp, plus a second light source. Both to have extra batteries and spare bulb, if the latter is replaceable
Eye protection:	Sunglasses with high UV protection, and goggles (the latter for protection from airborne debris)
Ear protection:	2 sets of disposable foam ear plugs or equal
Eye protection:	Goggles (for helicopter operations)
Lip protection:	Lip balm or equivalent (optional, but recommended)
Skin protection:	Sunscreen (recommended)
Note paper:	Note cards or notebook, preferably waterproof
Writing tools:	Pencil; indelible marker for writing on flagging
Water:	Minimum 2 quarts
Food:	Non-perishable food for two meals, and high-energy snack food
Medications:	Three day supply of any personal medication
Insect repellent:	Avoid oil-based types if working with rescue ropes and related equipment (optional)
First aid kit to include:	
2 triangular bandages	1 sheet moleskin adhesive or equal
8 Band-Aids	1 multi-trauma dressing
1 roll 1" adhesive tape	4 large safety pins
1 elastic bandage (Ace or equal)	8 - 4" x 4" gauze pads
1 package aspirin or equal	CPR pocket mask
Gloves for body substance isolation	

Toilet paper

Additional clothing as needed for local conditions:

Hat

Rain gear

Wind protection

Extra insulating clothing layer(s)

Extra foot insulation layer

Extra hand insulation layer

### **Equipment Added in Winter (to be carried as needed)**

<b>Item</b>	<b>Description</b>
Hand protection:	Extra mittens or gloves
Face protection:	Balaclava or ski mask
Socks:	Second pair of socks
Boot liners as needed	
Ice creepers as needed	

### **Additional Equipment (to be carried as needed)**

<b>Item</b>	<b>Description</b>
Sleeping bag:	Adequate for anticipated weather and temperatures
Insulated sleeping pad	
Extra clothes:	Complete set, including boots
Food:	Replacement of pack food according to personal preference. Quantities sufficient to sustain for 48 hours
Mess kit	
Pack stove and extra fuel:	1 per team is adequate
Toilet articles:	Towel, soap, toothbrush, etc.