

San Bernardino County Sheriff's Department

Basic Search & Rescue Academy

24-Hour SAR Pack list

Personal First Aid and Survival Kit

- 4 Acetaminophen or aspirin tablets
- 4 Antacid tablets
- 2 Antiseptic cleansing pads
- 1 Antiseptic ointment
- 6 Band aids, various sizes
- 1 Candle, long burning
- 2 Cotton swabs, non sterile
- 1 Duct tape, 5 - 10 ft.
- 1 Leaf bag, large
- 8 Matches in a waterproof container
- 1 Moleskin
- 1 Plastic bag, zip lock, qt. size, for kit
- 1 Quarter, for phone call
- 1 Razor blade, single edge safety type
- 1 Roller gauze Bandage
- 2 Safety pins, large
- 1 Splinter forceps, tweezers
- 1 Space type blanket or
Space type sleeping bag
- 1 Towelette, clean
- 1 Whistle

Optional Personal Support Equipment*

- 2 Antihistamine, 25mg Benadryl
- 2 Extra leaf bags
- 1 Extra water container
- 1 Foam pad
- 2 Food, nonperishable
- 1 Gaiters
- 1 Rain cover for pack
- 1 Sterno or stove
- 1 Sun glasses, 97% UV protection
- 1 Trail snacks
- 1 Water purification tabs
- 1 Sleeping Bag
- 1 Tent
- 1 Bivy Sack

*** Not Required, But Recommended**

Personal SAR Equipment

- 4 Bags, various sizes, zip locked
- 1 Bandanna, handkerchief
- 1 Cap or other headgear
- 2 Carabiners (locking)
- 1 Clothes bag, waterproof
- 1 Clothing, adequate for climate
- 1 Clothing, extra set, adequate for climate
- 1 Compass, orienteering
- 1 Flagging tape, roll
- 1 Flashlight or lantern
- 1 Flashlight, extra, extra batteries and bulb
- 1 Footwear, sturdy, adequate for climate
- 1 Gloves, durable, even in summer
- 1 Goggles, or eye protection, clear
- 1 Insect repellent
- 1 Knife, multi-purpose
- 1 Lip balm, with sunscreen
- 1 Measuring device, 18 in. minimum
- 1 Metal cup or pot
- 1 Mirror, small
- 1 Nylon twine or small rope, 50 feet
- 1 Pack, 1800 cubic inch (minimum)
- 1 Pad and pencil
- 2 Prusik slings (suitable for 9mm to 11mm rope)
- 1 Rainwear, durable
- 1 SAR personal identification
- 1 Shelter material, 8 x10 plastic or coated nylon
- 1 Scissors, multi-purpose
- 1 Socks, extra pair
- 1 Sunscreen lotion
- 2 Tea bags
- 1 Tissue paper or baby wipes (recommended)
- 1 Tracking stick, 42" long
- 1 Watch
- 1 Water container, at least liter size
- 1 Webbing, 1" tubular - length suitable for harness
- 1 Wire, 5 - 10 ft., woven steel
- 8 Wire ties, plastic, self-locking