



Packing list and instructions for October Outing

Reminder: **WRITE YOUR NAME/INITIALS ON EVERYTHING**—much of the gear you have other people have and it can easily be lost or misplaced. Gear provided by MCSO SAR, provided only once member dues have been paid.

This list and instructions are for the October training outing, only. This reduced list is used for this outing so, New Members who aren't sure they are going to join our organization can try it out at a minimal cost, and using items they may already have at home.

Items to be worn and carried with Searcher

These are the items you will want to wear and carry them with you for your comfort and task performance.

Leather Gloves: They need to be all leather. These will get wet. Some searchers like to carry more than one pair because of this. Others like to waterproof them.

Warm Gloves: Wool or fleece. Multiple pairs recommended. Light weight gloves or glove liners.

Winter Hat: Wool and micro fleece are great, but no cotton. You will be wearing a helmet so, a hat that fits close to you head will be more comfortable.

Socks: These should be calf length and comfortable. Again, no cotton! Wool and synthetic are good.

Base Layer: Top and bottom, synthetic material or silk or wool, no cotton!!; (e.g. Under Armour or thermals).

Shirt: Orange MCSO SAR shirt, This will be provided when your dues are paid.

Mid-layer: One each; Wool or fleece shirt/sweater, Sturdy non cotton pants (for winter) recommended.

Boots: Good ankle support, waterproof (Gore-Tex), half-shank (preferably fiberglass), NO steel toe, snow capable. *Be cautious of boots with 'mesh' on the toes – they aren't waterproof.*

Rain Gear: Top and bottom, rubberized nylon or Gore-Tex. Poncho doesn't count as rain gear. *Recommended: Black colored pants. Due to the terrain and conditions of use- external shells are exposed to abnormally high abuse.*

Items to be carried in Searchers pack

These are items you will want to carry in your pack.

Small Backpack: Something from home, comfortable to carry all day, and can hold everything on this list.

Water bottle: Wide-mouth Nalgene are the best for this purpose. They are refillable, shatter resistant, 1 liter, and accommodate team water filters.

Head Lamp: Minimum 60 meter beam distance on high setting. *Recommended: LED with multiple brightness levels.* Bring **spare batteries** for it.

Second Light Source: Flashlight or extra headlamp (We recommend it use the same batteries as your head lamp). NOT glow sticks.

Snacks: Search and Rescue is hard work. 48 hours worth – High protein, high carbohydrates (e.g. energy bars, trail mix, jerky, etc.). Be sure to sample them first.

Toiletries: Please bring and use these: Sanitary wipes (e.g. baby wipes), Deodorant, Toothbrush, Toothpaste, Toilet paper, Insect repellent, Other personal hygiene items, Sunscreen.

Trash Bags: These are to keep the items in your pack dry. Bring a couple of extras to put wet clothes in. This way wet and dry stay separate in your pack.



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Items for sleeping

These items are for sleeping on Saturday night. You will want to wrap these up tight and use duct tape and a water proof marker to put your name on them, in more than one place.

Sleeping bag: Packed in a labeled plastic bag to keep it dry for October outing. *Recommended: Synthetic fill, 15° or cooler rating*

Sleeping Pad: Closed cell, full length (inflatable pad NOT recommended).

Trash bags: To wrap your sleeping bag in and some extras to wrap up wet clothing.

Sleeping Clothing: Clean clothing to sleep in. Appropriate for a group setting. Give the clothes you wore all day a chance to dry out and breath.