

# The Ten SAR Essentials - Ready-Pack List

## 1. Extra Clothing

Hats, Gloves, Socks, Bandana, Rain Gear, Long Johns, Sweater, Etc.

## 2. Food and Water

Food (meals & snacks), Water Bottles/Canteens, Water Filter/Purifier, Bowl, Cup, Utensils, Cook Pot, Stove, Fuel

## 3. Sun & Bug Protection Kit

Sunglasses, Sunscreen, Bandana, Insect Repellent

## 4. Tool Kit

Sturdy Knife, Multi-tool with Accessories, Folding Saw, Repair Items, Tape

## 5. Fire Making Kit

Waterproof Matches, Match Carrier, Fire Steel, Fire Starter, Lighter

## 6. Signal Kit

Mirror, Whistle, Trail Tape, Notebook, Pen, Pencil, LightSticks, Flares, Binoculars

## 7. First Aid Kit

Bandages (triangular, compress, gauze pads, gauze rolls, elastic, Band-Aids), Tape, Forceps, SAM Splint, Pain Killer, Benadryl, Anti-acid, Cortisone Cream, Eye Wash, Antiseptic Wash, Blood Clotting Agent, CPR Mask, Gloves, Personal Medicines, Shears, Lip Balm, Safety Pins, Tourniquet

## 8. Flashlight Kit

Head-lamp, Flashlight, Penlight, Spare Bulbs & Batteries

## 9. Navigation Kit

Maps, Compass, GPS Receiver, SPOT Messenger or Garmin InReach, Pace Counter, Watch/Timer, Smart Phone

## 10. Shelter Kit

Trash Bag, Tent, Tarp or Bivouac Bag, Poles, Stakes, Rope, Sleeping Bag, Ground Pad