



Search and Rescue of the Northern Adirondacks
PO Box 1116, Saranac Lake, NY 12983
www.SARNAK.org

Ok 2/1/18
[Signature]

Required Equipment List

The gear below is required to be carried by all SARNAK members on all missions and team exercises. Winter gear is to be carried in addition to the All Seasons gear.

Required gear for all seasons

- General

- Backpack with lumbar and sternum straps
- Waterproof and breathable outer layers
- Sturdy hiking boots
- Headlamp with extra set of batteries
- Multi-tool or pocket knife
- Non-cotton clothing
- Appropriate clothing for terrain and climate (never shorts)
- Non-cotton winter hat
- 2 – one liter spill-proof water bottles (2-liter water bladder acceptable)
- Food for 24-hours
- * ○ 1 – pair work gloves
- * ○ 1 – pair clear safety glasses
- * ○ 1 – bandana or small towel

- Communications

- * ○ 2 - pencils
- * ○ 1 - fine point permanent marker
- * ○ 1 - weather-resistant notebook
- * ○ 1 - roll bright colored flagging
- Compass with adjustable declination
- Maps of Adirondack Park
- 1 – mapping tool (grid reader)

- First Aid

- 10 - band aids
- 2 – rolls 3-inch gauze
- 4 - 4"x4" gauze pads
- 1 – roll medical tape
- 1 – small bottle hand sanitizer



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- 1 – travel package of Benadryl
- 1 – travel package acetaminophen
- 10 – antiseptic cleansing pads
- 1 – small tube antiseptic cream/ointment
- 2 – non-sterile cotton swabs
- 2 – pair non-latex exam gloves
- 1 – CPR mask
- 1 – moleskin
- 1 – tweezers/forceps
- 1 – sandwich baggie toilet paper
- 4 – assorted size zip-top bags
- 2 – large safety pins
- 1 – SAM splint
- Survival
 - 10 – storm matches in waterproof container
 - 1 – butane lighter
 - 1 – long-burning candle
 - 1 – space blanket
 - 1 – 5-x8-foot tarp (or bivy sack)
 - 1 – contractor-size garbage bag
 - 1 – whistle
 - 20 – feet duct tape
 - 1 – water treatment (iodine tablets or filter)
 - * ○ 10 – zip ties, 8-inch minimum
 - 1 – backup lighting source with extra set of batteries
 - 1 – signal mirror (compass with sighting mirror acceptable)
- Rescue
 - 2 – locking carabiners
 - 1 – 50-foot length 550-pound paracord
 - * ○ 1 – climbing harness or 20- or 30-foot length one inch webbing
 - * ○ 1 – Prusick cord
 - * ○ 1 – 25-foot length one inch webbing



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Required Winter Gear (to be carried in addition to all of the above)
To be carried from Oct. 15 through April 30 each year

- Winter gear (in addition to appropriate non-cotton clothing and outerwear)
 - Microspikes
 - Snowshoes with built in traction
 - 1 – Winter-rated sleeping bag
 - 1 – extra non-cotton hat
 - 2 – extra non-cotton pairs of socks
 - 1 – balaclava
 - 1 – goggles
 - 2 – hand warmers (non-electric)
 - 1 – pair waterproof mittens (synthetic only)

- Recommended gear, but not required
 - Climbing helmet
 - Waterproof gaiters
 - GPS and extra batteries
 - Insulated group pad or sleeping pad
 - Bug spray, except for winter
 - 10 or 12 point crampons
 - External power pack to charge cell phone
 - Insulated container for hot food
 - Smoke signal
 - Cloth bandage (ACE bandage)
 - Lightweight shovel
 - Trekking poles
 - Sunscreen
 - Folding saw