

Attachment B
NATIONAL GROUND SAR SCHOOL & WILDERNESS ADVANCED FIRST AID COURSE REQUIRED
UNIFORMS, CLOTHING, AND EQUIPMENT

DOCUMENTATION ITEMS:

- Current CAP membership card (should be carried at all times).
- All other actual qualification cards, i.e. CAPF 101, CPR, 1st aid, etc. (should be carried on person at all times)
- Tickets or other documentation needed for travel.

CLOTHING AND PERSONAL EQUIPMENT: These items should be brought in a duffel bag or large gym bag, or military style footlocker neatly packed. Most items will stay at base camp or supplement the 24 or 72-hour packs. It is recommended that this bag should have a strong lock of some sort so that you can keep your materials secure while you are away from camp or traveling.

- Airman Battle Uniforms (ABUs), Battle Dress Uniforms (BDUs) or CAP Distinctive Field Uniforms. At least 2 sets of uniforms should be brought, but more are preferred. Uniforms must be complete with all required name tapes, patches, cutouts, and grade insignia in accordance with CAPM 39-1 (**daily uniform inspections may be conducted, and your uniforms should be clean and neat upon arrival**).
- Combat boots, at least one pair, broken in before school. Students will spend a lot of time travelling through uneven terrain in the woods. **Boots should be of good quality**, or strongly suggest a spare set of boots should be brought. Boots should also have a good set of insoles.
- Belt that is in accordance with CAPR 39-1.
- Shower shoes or beach sandals.
- Running shoes or sneakers.
- Pajamas & robe (optional).
- Wash cloths, towels and handkerchiefs. You need enough for one week.
- Underclothes and socks sufficient for nine days (**T-shirts will be within regulation (blank or with tasteful CAP logos)**. Bring extra just in case participants have limited time to do laundry. You may have to change uniforms often to avoid problems encountered in extended field exercises).
- Tasteful bathing suit (Mandatory for Wilderness Advanced First Aid Course only)
- Tasteful and appropriate civilian clothes (You should travel in civilian clothes as well as have a few sets for free time during the academy. It would be a wise idea to wear some sort of CAP shirt or logo so that you can be easily recognized.)
- Laundry detergent (powder detergent preferred). There is limited time for laundry between school sessions.
- Toilet kit, including: soap & toothbrush (in cases), toothpaste, razor and shaving cream (as necessary), items of feminine hygiene (as necessary), deodorant or antiperspirant, comb, shampoo, medicated body powder, other items as necessary (remember to bring enough to last you the duration of the activity).
- Reflective belt. Though GSAR students can use their reflective vest instead, this item is optional but recommended. A reflective vest or belt is required after dark even during the free time in civilian clothes.
- Sheets (twin, un-fitted white preferred), pillow case, and blanket (Optional, but recommended. One pillow is provided for use in the barracks.) *A sleeping bag may be used in the barracks instead of sheets.*
- Because the barracks used may not have air conditioning it is suggested, but not required, to bring a small, personal electric fan.

NOTE: MP3 players or other personal electronic devices should NOT be brought to NESA/GSAR.

The following list is taken from the GTM/UDF Task Guide (Task O-0001) and includes additional guidance for selection of items for use at NESA as well as some additional items that will be needed.

24 HOUR GEAR: Students need to realize that this equipment will be worn or be within reach for the duration of the activity. Additionally, this equipment will probably need to be put into either your existence load or your duffel bag for traveling, so pack it well. Students should refrain from carrying additional items in their 24hr gear other than what is required.

- 24 Hour pack capable of securely holding all required items. There are several types available. It is recommended that your pack be either orange, red, or contains reflective material.
- 2 one-quart canteens with covers, to attach to a belt or pack with a two liter water bladder. Some participants have chosen to use a Camelback or other form of collapsible canteen and cover. This is acceptable. 2 quarts is the minimum capacity required; however, more capacity is strongly suggested. *If a Camelbak or other hydration pack is used, bring a spare bottle for Gatorade.*

- Compass pouch.
- Lensatic or Orienteering compass (dependent on the school). Lensatic compasses are recommended for the Basic school, but an Orienteering compass is required for the Advanced school. If attending both courses, it is recommended to bring both types. Many compasses sold at discount stores such as Wal-mart and Target are inadequate for SAR use – *do not bring these cheap type of compasses*. A compass must have 2° graduations and a needle damping system is strongly recommended. Most “Military Style” compasses are poorly made and are also considered unacceptable. Compasses made by Silva, Brunton, or Suunto meet the requirements for a good compass. Recommended compasses include a Silva Trekker 420, Brunton 15TDCL, or Suunto A-Series.
- ANSI Class 2 international orange reflective vest
- Handkerchief or Tissues.
- Comb or brush (optional, carry if needed)
- Ground Team Member Task Guide. *This will be provided on site for all GSAR students.*
- Large lawn and leaf type bag
- Change of socks (wool or synthetic socks only, cotton socks are not acceptable) and T-shirt in a zip-loc type bag to keep dry
- Insect repellent containing DEET, Diethyl-meta-toluamide. (Repellent should have DEET but concentration of DEET should not be above 50%. Bring enough for the duration.)
- Sunscreen lotion (high SPF preferred)
- Toilet paper
- Pocket knife (Multi-tool or Swiss-army type preferred; no Rambo knives, machetes, k-bars, axes, pin knives or switch blades). ALL KNIVES WILL BE IAW GT TASK GUIDE (< 6” blade, < 11” overall)
- Military type angle head or Maglite® type flashlight with a red and blue lens & extra batteries.
- Secondary flashlight with spare batteries A LED headlamp is preferred as a secondary light.
- Whistle on a lanyard (durable “ball” whistle recommended).
- 2 Pocket note pads (3" x 5") (for field note taking), black pen and #2 pencil. (Rite-in-the-rain notepad or another type of waterproof paper notepad preferred. Mechanical pencils are preferred.)
- Waterproof match container and 12 matches.
- 50 - 100 ft at minimum, small diameter nylon line (“paracord” or “550 cord” preferred)
- 1 pair heavy-duty leather work gloves.
- 4 glo-sticks (avoid yellow)
- Signal mirror with protective case
- Duct tape, 5-10 feet (wrapped around stick, pencil, glo-stick, etc)
- 1 roll flagging tape (Also known as surveyor’s tape, non-adhesive polyethylene. If staying for both weeks bring multiple rolls)
- A few bags of salt based snacks. Peanut butter crackers, trail mix, or cheese crackers meet this requirement.
- Blank ground interrogation forms (CAPF 106)
- Inexpensive wristwatch. A cell phone does not meet this requirement.
- Durable Rain gear. Suggested: Military poncho, Gore-Tex jacket, “Frogg Toggs”, or similar. Do not bring dollar-store type ponchos or trash bags. Rain pants are also recommended.
- 8x10ft shelter material (tarp). This may be a military poncho only if alternative rain gear is brought. Students are required to build a field expedient shelter; tents are not permitted. Bringing 4-5 tent stakes is also strongly recommended.
- Small container of hand sanitizer (1-2oz bottle)
- Several zipties
- 3 – Gallon sized Ziploc type bags
- Personal first aid kit containing the following recommended items on the next page:
(NESA’s medical staff will not give out medications or supplies to students except in emergencies, even those medications available Over-The-Counter)

<u>Item Description</u>	<u>Recommended Quantity</u>
<input type="checkbox"/> List of contents with quantities	1
<input type="checkbox"/> CAP Form 60; completed*	1
<input type="checkbox"/> Exam gloves; latex or latex-free*	3 pair
<input type="checkbox"/> Zip-lock plastic bags; 1 qt	2
<input type="checkbox"/> Scissors (on multipurpose tool acceptable)	1
<input type="checkbox"/> Band-Aids®, various sizes	12
<input type="checkbox"/> 4" X 4" Gauze pads, sterile	4
<input type="checkbox"/> 3" Roller gauze bandage	4
<input type="checkbox"/> 3" Elastic bandage Ace wrap	4
<input type="checkbox"/> Triangular bandage	2
<input type="checkbox"/> Mole skin (approx. 2" X 4" piece)*	2
<input type="checkbox"/> 1" Medical tape (cloth or paper)	1 roll
<input type="checkbox"/> Cotton-tipped swab sticks	4
<input type="checkbox"/> Anti-microbial swabs (Ex: Betadine)	6
<input type="checkbox"/> Anti-microbial ointment (Ex: Betadine, Neosporin)	1 tube or 6 pkts
<input type="checkbox"/> Moist Towelette(s)*	4
<input type="checkbox"/> Safety pins, large	4
<input type="checkbox"/> Tweezers, fine point	1
<input type="checkbox"/> Lip balm with sunscreen*	1
<input type="checkbox"/> Sting-Eze	1
<input type="checkbox"/> Nail clippers & file combination	1
<input type="checkbox"/> Throat lozenges	2
<input type="checkbox"/> Antacid tablets	10
<input type="checkbox"/> Tylenol (Acetaminophen) / Motrin (Ibuprofen)	10
<input type="checkbox"/> Anti-histamine medication (Ex: Benadryl 25 mg)	10
<input type="checkbox"/> Anti-diarrhea tablets	10
<input type="checkbox"/> Personal prescription medication (in original container)*	As appropriate

Items marked with an * are not optional

72-HOUR GEAR: This pack will normally be left at the base camp, but will be used during longer duration activities. This pack is required for all GSAR schools; all schools bivouac during the activity. You will be expected to walk several miles with this pack.

- A comfortable backpack that you would be able to carry for at least 2 miles with a full existence load (your 24-hour gear should fit into or around your 72-hour pack).
- Sleeping bag, bedroll or poncho liner in a waterproof bag (the weather at this time of year is rather hot, but has gotten down to the 50s in during the summer nights. Also, consider that a rapid drop in temperature can make it feel colder than it truly is).
- Sleeping pad, foam or inflatable
- Spare boot laces or extra black paracord
- For the purposes of NESAs, an 8x10 ft tarp should be brought in place of a tent. If a tarp is carried as part of the student's 24hr gear, it is not necessary to carry an additional tarp as part of the 72hr gear. Students will be required to build and sleep in a field expedient shelter. Tents are not acceptable.
- Minimum 4 small tent stakes
- Because students will be provided with meals while in the field, the 5 meals required by task O-0001 are not required for NESAs. It is required that the student brings additional energy bars, trail mix, or other small food items that can be carried into the field. Foods that will melt or go bad quickly are unacceptable.
- Spare rank and CAP cutouts (for cadets)
- 2 large lawn & leaf type trash bags
- Shoe polishing and sewing kits
- Toilet Kit including toothbrush, toothpaste, and deodorant
- Spare plastic bags to store/carry clothing during field exercises (lawn and leaf bags or contractor bags and gallon-sized zip-loc are best).
- Spare water container (Nalgene® type bottle, 2-liter canteen, empty two-liter soda bottles or Gatorade bottles work well). If your primary water device is a water bladder, bring a spare. Many participants have developed leaks during the activity.

INSTRUCTIONAL AND MISCELLANEOUS MATERIALS:

- Two-inch, three-ringed binder, empty (Team Leader School only)
- 12-inch ruler, colored pencils, and quart sized freezer bags required for Advanced and Team Leader schools.
- Spare pens, pencils, and highlighters.
- Approximately \$75 for miscellaneous expenses (laundry, extra patches, snacks from the canteen, etc.).
- Portable calculator
- Battery or wind-up alarm clock (optional)

Items required by the current edition of the Ground and Urban DF Team Task Guide but not listed above are still required to be brought by the student. The only exception to this shall be the requirement to bring field-ready meals.

Those members participating in both weeks must ensure that they have enough supplies so that they have the required items for the second week when the second week starts. Field equipment will be inspected each week.

**Be sure to mark all clothing and equipment with name and CAPID.* * Pants should be marked on the inside left front waistband, and shirts should be marked on the inside left from the shirttail using a black laundry marker, write last name, first initial, and CAPID, followed by letters "CAP".

EXAMPLE: LONG M-123456 CAP

Items not specifically mentioned on this list may be subject to temporary confiscation (i.e. machetes, flammable materials, and junk foods) and will be returned to the owner at the end of NGSAR. A gear inspection will be held during registration. Anyone caught with contraband items after the gear check **will be subject to discipline up to and including immediate dismissal**. If you are not sure an item is allowed, ask during gear check and avoid embarrassment or worse.