CAP Knowledgebase

Contents of the 24-hour and 72-hour packs

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I would like to have a list of field gear items for a SAR-EX/SAR. What should be in the 24/72 hour pack?

Contents may vary from region to region based on weather and other conditions. Check with your wing for specific requirements. See below for suggestions and details on typical 24 and 72 hour packs.

For additional details see Answer 175: Ground & Urban Direction Finding Team Tasks Answer Link

Also see Ground Team Equipment Slides (once on the page scroll down to "Ground Team Equipment Slides")

PREPARE GROUND TEAM INDIVIDUAL EQUIPMENT
CONDITIONS
You are a member of a ground team at home prior to a mission.
OBJECTIVE
Collect and efficiently pack all items required of a ground team member. The enclosed list is the suggested national list. Wings may have supplemented this list to suit their environment with national approval, so be sure to use your approved wing list.
TRAINING AND EVALUATION
Training Outline
1. Your individual equipment is designed to keep you functional in the field and to help you do your job.
a. Equipment is divided into two parts -- the 24-hour pack for short activities (typical field gear) and the 72 hour pack for longer duration activities (typically called base gear). This gear list was derived from the gear lists suggested by several CAP wings and other organizations including the National Association for Search and Rescue (NASAR), and modified to meet CAP needs.
1) The **24 hour pack** is what you carry while searching. As it's name infers, in case of an emergency, this equipment will help you survive in the wilderness for 24 hours. In addition, your 24 hour pack is part of your uniform -- when the public sees you on a mission, they will probably see you wearing your field gear. Because of this, your 24 hour pack must present a professional uniform appearance. Though packs do not need to be identical, it is advantageous for unit members to have similar 24-hour packs.
2) The **72 hour pack** is designed to help you live in the field for more than one day. It includes your sleeping bag, tent, and other long term comfort items. The 72-hour pack is not subject to uniformity -- color and size does not matter. The major constraint is how much you can carry. Even if the mission is only expected to last one day, you should always bring your base gear. You never know how long a mission will last, or whether you will go straight to another mission from the current one.
b. For your equipment to be effective, you must ensure it is clean and serviceable. Occasionally you will have to replace items such as medicine, batteries or food because it has passed its expiration date.
c. You must be able to carry all your equipment at once, in case you must "hike in" to a mission base.
Normally, this means leaving room in your base gear pack to stow all of your field gear.
d. Ensure your gear is properly secured -- nothing should be flapping loose where it could snag in the brush or bang against your body when moving.
e. Restrictions on Knives: You may only wear a sheath knife if authorized by your team leader.

Sheath knives cannot have a blade longer than 6" or a total length of greater than 11". The sheath must adequately secure the knife and protect the wearer from the blade. If authorized, sheath knives will be worn only on the pistol belt or carried inside the pack. The following knife types are not authorized: boot knives, butterfly knives, switch blades, double edged knives, "Rambo" style survival knives, or knives with retracting sheaths. Machetes or hatchets can only be carried by senior members when needed for that specific sortie. No knives may be visible when the member is performing crash sight surveillance duty.

2. The gear list below is the minimum required equipment. Items required of trainees are marked with a "T." You may carry additional equipment subject to team leader approval and your ability to secure and carry it --remember, you may have to walk a long way carrying it all.

a. 24 hour pack

1) On your person:

~~a) Complete BDU uniform with camouflage BDU cap. The BDU cap may be replaced by a hard hat or bright colored cap based on mission needs.~~(T) ABU Uniform and related items ONLY.

b) Notepad and pencil (T)

c) All CAP Identification, including 101 card, ~~76 card, First Aid card, etc.~~ (T) Form 161

d) Watch (T)

e) Handkerchief or Tissues

f) Vest, reflective, orange (T) ANSI Type 2 minimum

g) Comb or brush (optional, carry if needed) (T)

h) Ground Team Member's Handbook

i) Signal Mirror

j) Whistle

k) Pocket or utility-type knife, multipurpose with can opener. Swiss Army knives, Leatherman, or Gerber Tools are recommended. (T)

2) Day pack ~~(preferably red or orange)~~, webbed gear, or other SAR/Survival Vest (T)containing:

a) First Aid Kit, stored in zip-lock bag or other waterproof container, recommended that it consists of the following:

(1) 2 Antiseptic cleansing pads

(2) Antiseptic ointment

(3) 6 Band-Aids, various sizes

(4) Moleskin, 2" X 4"

(5) Roller bandage

(6) 2 Safety pins, large

(7) 4 gauze pads

(8) 1 Triangular Bandage

(9) Tape, first aid

(10) Any personal medication (your team leader should know what you have and where you carry it.)(T)

(11) Rubber surgical gloves (two pair minimum)

b) Survival Kit, stored in zip-lock bag or other waterproof container, consisting of:

(1) Duct tape, 5-10 feet (does not need to be a whole role. May be wrapped around a stick.

(2) Leaf bag, large

(3) 12 wooden, waterproofed matches (T)

(4) Match container, waterproof, with striking surface

(5) 1 Chemical Light Stick, Green (T)

(6) 50' of nylon line (paracord or similar line).

c) SAR Equipment stored in zip-lock bags, consisting of:

(1) Change of socks (T)

(2) Flagging Tape, 1 roll

(3) Flashlight (with red or blue lens), with spare bulb and batteries

(4) Spare flashlight (penlight will do) (T)

(5) Insect repellent

(6) Lip balm, with sunscreen.

(7) Sunscreen lotion

(8) Tissue Paper (T)

(9) Work Gloves, leather (T)
(10) Interviewing Form(s), blank
(11) 4 Moist Towelettes, clean, in foil wrapper
(12 Change for phone calls, calling card, or cellular phone (T) to call mission base
d) 2 meals (T)
e) Shelter Material, preferably 8' X 10' (spare military poncho meets the need)
f) Coat for appropriate climate, if necessary (in pack if not wearing it)(T)
g) Poncho, (T)
h) Canteen(s) to carry 2 quarts of water (Some wings require their personnel to have at least one one-quart canteen on a belt while the other is stored in the field pack. At least one quart of water must be carried by all personnel)(T)
i) Compass Pouch, containing compass, lensatic or orienteering (orienteering preferred). Compass should have a "glow in the dark" dial.
j) Leader's Equipment -- only required of Ground Team Leaders
(1) Protractor -- for map work.
(2) Map Case (Large Zip-Loc bags can be used if necessary)
(3) Pencil, with eraser (plus sharpener if not a mechanical pencil)
(4) Alcohol Pens, fine tip, at least 2 colors (neither the color of your colored flashlight lens)
(5) Some way to erase alcohol pens marks on the map case, such as alcohol swabs or a special alcohol pen eraser.
(6) A straightedge ruler, at least 6" long (Some protractors may have a ruler as well).
(7) Ground Team Leader Handbook

b. **72 hour pack**: a backpack (preferably with frame) (T) containing:
1) Tent (optional, if you are sharing a tent with someone else who is carrying it) (T)
2) Spare rank and CAP cutouts (for cadets)
3) 5 meals (T)
4) 2 Leaf Bags, large
5) Bag, waterproof (T), containing:
(a) Spare uniform,
(b) Underwear and socks, 3 changes (T)
6) Sleeping pad, foam or inflatable.
7) Spare boot laces.
8) Kit, sewing, with spare buttons.
9) Shoe Shine Kit
10) Toilet Kit, that should contain:
(a) Toothbrush and paste (T)
(b) Shaving Kit (if you shave) (T)
(c) Deodorant (T)
(d) Washcloth and soap (T)
(e) Towel (T)
11) Sleeping Bag or Bedroll appropriate to climate (T)
c. Optional Items
(1) Rainwear, durable
(2) Webbing, nylon, 1" wide, 20' long.
(3) Handheld FM Transceiver (highly recommended for Ground Team Leaders)
(4) Water Purification Tablets
(5) Eye Protection (highly recommended)
(6) Entrenching Tool (highly recommended for base gear)

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