



## Food and Equipment

As a general rule, you should be self-sufficient for at least two days (in some areas, four days), and be able to spend the night in the bush comfortably. Access by helicopter doesn't mean that you'll be picked up by helicopter – you may have to walk out.

You must be prepared for any eventuality, from carrying a heavy stretcher with a pack under a hot sun for long distances to standing about for several hours in bad weather.

**NOTE**  *You'll need extra food and gear for the missing party if you find them. Certain conditions or situations may require extra gear or clothing.*

You should be able to prepare for a search within half an hour. You should always arrive fully equipped at a SAROP (search and rescue operation) or a SAREX (search and rescue exercise).

### Clothing and equipment

#### What to wear

Wear wool or polypropylene top, socks, shorts, sound tramping boots, and high gaiters, and keep your compass and whistle handy.

#### What to carry

- |  |   |
|--|---|
| <input type="checkbox"/> Parka                                   | <input type="checkbox"/> Whistle  |
| <input type="checkbox"/> Overtrousers                            | <input type="checkbox"/> Toilet paper<br>(personal and for track marking) |
| <input type="checkbox"/> Wool or polyprop balaclava              | <input type="checkbox"/> Plastic bags                                     |
| <input type="checkbox"/> Wool or polyprop gloves or mittens      | <input type="checkbox"/> Notebook and pencil                              |
| <input type="checkbox"/> Wool or polyprop longjohns              | <input type="checkbox"/> Head and hand torches plus<br>spare batteries    |
| <input type="checkbox"/> Extra clothing for cold climates        | <input type="checkbox"/> Water bottle                                     |
| <input type="checkbox"/> Sun hat and sun block in summer         | <input type="checkbox"/> TCA kit  |
| <input type="checkbox"/> Wool or polyprop long-sleeve top jacket | <input type="checkbox"/> LandSAR Aide-mémoire                             |
| <input type="checkbox"/> Compass                                 |   |

#### Overnight

- |   |   |
|---|---|
| <input type="checkbox"/> Stove, fuel, and fire-lighting sources | <input type="checkbox"/> Food and drink       |
| <input type="checkbox"/> Billy                                  | <input type="checkbox"/> Sleeping bag and mat |
| <input type="checkbox"/> Plate, mug, and spoon                  | <input type="checkbox"/> Tent or fly          |

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## Optional

- Edge kit
- Secateurs

- Leather gloves
- Ear plugs

**NOTE** ►► *Keep your stove and fuel in a separate bag. If you're transported by helicopter, hand this bag to the flight crew and tell them what it is. If they suspect a fuel leak, they'll jettison this rather than your entire pack.*

## Survival kit

This should be sealed in a waterproof container and contain:

- A pocket knife
- A small compass
- A survival tube or blanket
- Cord
- Barley sugars
- Fire starters, short candles, or rubber strips
- Waterproof matches or fire lighter

**NOTE** ►► *A survival kit should only contain a few essential items. What you're carrying in your pack and wearing is your full survival kit, so never discard anything or become separated from your pack.*

## First aid kit

This should be sealed in a waterproof container and contain:

- Small notebook and pencil
- Packet of anti-histamine tablets
- Crepe bandage (10 or 15 cm)
- Painkillers
- Triangular bandage
- Adhesive tape
- Sani-napkin or wound dressing
- Disposable gloves
- Safety pins x6
- Iris or fine scissors
- Outdoor first aid manual
- Tweezers
- Small cake of soap
- Paraffin or non-stick dressings
- Insect repellent
- Steri-strips or butterfly closures
- Band-aids x10

**NOTE** ►► *Make sure you check the contents of your kit regularly and replace items that have deteriorated or passed their use-by date.*

## Packs

Pack your gear in a large-sized pack (about 70 litres capacity) and also take a daypack. If the group has doubled up on some gear or you have surplus gear, you can leave it at the base (ICP) in your daypack. If you find that you'll be on a short local search and are unlikely to spend a night out, transfer your essentials into your daypack and take that.

Avoid a pack that's too high or too wide, and avoid having gear hanging off it. Securely attach a small loop to the top of your pack to enable it to be clipped to a helicopter grabbit hook.

## Notes