



Ground Team 24 Hour Pack

Note: Items marked with a "(T)" are required for Trainees.

On your Person

- Complete BDU (Battle Dress Uniform) with camouflage BDU cap. The BDU cap may be replaced by a hardhat or bright colored cap based upon mission needs. **(T)**
- Note Pad and Pencil **(T)**
- All CAP identification including 101 card, 76 card, First Aid card, Any Red Cross cards, etc. **(T)**
- Watch **(T)**
- Handkerchief or tissues
- Orange Reflective Vest **(T)**
- Comb or brush (optional, carry if needed)
- Ground Team Member's Handbook
- Signal Mirror (a old CD works well for this)
- Whistle
- Pocket or utility knife, multipurpose with can opener. Swiss Army knives, Leather man, or Gerber tools are recommended.
Note: No survival knives. **(T)**

In your pack

Note: Your pack can be a small commercial backpack or it can be a military style belt with suspenders and a small pack on back.

- **First Aid Kit** - stored in zip lock bag or other waterproof container.
Recommended contents:
 1. Two (2) Antiseptic cleaning pads
 2. Antiseptic ointment
 3. six (6) band-Aids, various sizes
 4. Moleskin, 2" X 4"
 5. Roller Bandage
 6. Two (2) large safety pins
 7. Four (4) gauze pads
 8. Tape, first aid
 9. Any personal medication
(Note: your team leader should know what you have and where you carry it.) **(T)**
 10. Two (2) pair Rubber surgical gloves

- **Survival Kit** - stored in zip lock bag or other waterproof container.
Recommended contents:
 1. Duck Tape, 5-10 feet (whole roll not required, may be wrapped around a stick)
 2. Leaf Bag - Large
 3. 12 wooden, waterproof matches **(T)**
 4. Match container, waterproof, with striking surface
 5. One (1) chemical light stick, Green **(T)**
 6. 50' of nylon cord (Para cord or similar line)
- **SAR equipment** - stored in zip lock bag or other waterproof container.
Recommended contents:
 1. Change of socks **(T)**
 2. Flagging tape - One (1) Roll
 3. Flashlight with red and blue lenses. **(T)**
 4. Spare flashlight batteries and bulbs **(T)**
 5. Insect Repellent
 6. Lip Balm with sunscreen
 7. Sunscreen Lotion
 8. Tissue / Toilet paper
 9. Work gloves, leather **(T)**
 10. Interviewing form(s), Blank
 11. Four (4) moist towelettes, clean, in foil wrapper
 12. Change for phone calls, calling card or cell phone to report to mission base. **(T)**
 - 13.
- **Meals** - At least two(2)
- **Shelter material** - preferably 8' X 10'(spare military poncho meets this need)
- **Coat** for appropriate climate, if necessary (in pack if not wearing) **(T)**
- **Poncho**
- **Canteen(s)** to carry two (2) quarts of water, at least one (1) quart of water must be carried by all personnel
- **Compass** pouch, containing compass, lensatic or orienteering (orienteering preferred). Compass should have a "glow in the dark dial"
- **Leaders Equipment** only required of Ground Team Leaders
 1. Protractor for map work
 2. Map case (large zip lock bags can be used to carry if necessary)
 3. Alcohol pens, fine tip at least two colors (neither color may be colors of your colored flashlight lens.
 4. Some way to erase alcohol pen marks on the map case such as an alcohol swab or alcohol pen eraser
 5. straight edge ruler at least 6" long
 6. Ground Team Handbook