

# EQUIPMENT



Your 48-hour pack should be a large external or internal frame backpack (60L+) with a sturdy hipbelt. The items you need to have in your pack are listed below.

## **Clothing:** (No cotton clothing, No Camo)

- High Quality Waterproof Boots
- Wool/Synthetic Socks (+Extra)
- Hooded Waterproof Jacket
- Durable Waterproof Pants
- Wool/Synthetic Season-Appropriate Clothing Worn with Extras In Pack
- Mid-Layer Sweater/Jacket
- Wool/Synthetic Long Underwear
- Insulated Hat/Balaclava
- Work Gloves (Leather/Synthetic)
- Additional Warm Gloves
- Durable Waterproof Gaiters

## **Shelter and Sleeping Gear:**

(No Tents or Hammocks)

- Shelter Tarp (10'x12')
- Ground Tarp (5'x7')
- Insulated Sleeping Pad
- Sleeping Bag (kept in Dry Bag)
- Paracord (50')
- Tent Stakes (8)

## **Food, Cooking, and Personal Gear:**

- Small Stove with Extra Fuel
- Mess Kit with Utensils
- Food (two days, three hot meals)
- Water (2 quarts minimum)
- Water Filter or Purification Tablets
- Personal Toiletries
- Hand Sanitizer
- Eye Protection (Safety Glasses)
- Ear Plugs
- Sunscreen

## **Navigation Kit:** (Available in WESAR Store)

- High Quality Compass with Mirror and adjustable declination setting
- Rite-in-the-Rain notebook, pencil, and fine tip marker
- Protractor and Ruler
- Flagging Tape
- Map Bag (large Ziplock works)

## **Basic Survival Gear:**

- Flashlight and Headlamp with Spare Batteries
- Butane Lighter and Waterproof Matches
- High Quality Whistle
- Fire Starter Material
- Folding Pocket Knife (under 4")
- Extra Ziplock Bags, Multiple Sizes
- Spare Trash Bag
- Chemlight Sticks (2)
- Space Blanket

## **First Aid Kit:**

- Nitrile Exam Gloves (4 Pairs)
- Alcohol/Antiseptic Wipes (4)
- Aspirin/Tylenol (6)
- Advil/Ibuprofen (6)
- Benadryl/Antihistamine (4)
- Imodium (4)
- Triple Antibiotic Ointment (3)
- Sting and Itch Relief Wipe (3)
- Sterile Gauze Pads, 4" (4)
- Sterile Gauze Pads, 2" (4)
- Small Rolled Gauze (2)
- Elastic/Cohesive Bandage, 2" (1)
- Assorted Adhesive Bandages (12)
- Safety Pins, large (3)
- MoleSkin/Adhesive Padding (1)
- Medical/Athletic Tape (1)
- SAM Splint, 36" (1)
- Triangle Bandage (1)
- Small Tweezers
- Blunt End Clothing Shears
- CPR Barrier
- Instant Hot Chocolate
- Powdered Gatorade Mix