



# Emergency Services Trainee Packing List

*At a search-and-rescue exercise, there is always an equipment check Friday night and/or Saturday morning; members will dump out their pack with an expert to verify its contents. Double-check and triple-check your work. Many of these items can also be used for encampment and other activities. This list is derived from the Ground & Urban Direction Finding Team Tasks Guide (2004) at <https://nesa.cap.gov/about/schools/qsar>*

**LABEL YOUR BELONGINGS WITH LAST NAME AND CAP ID AND KEEP TRACK OF WHERE YOU LEAVE THINGS.**  
*Many members attend these events and carry identical equipment and clothing, so it is very easy for someone to accidentally pick up someone else's jacket or gear.*

Printed	Packed	Lt Nardoni will help you find these items	Where to keep
<input type="checkbox"/>	<input type="checkbox"/>	Cadets: Parent-signed permission slip CAPF60-80 or squadron form	Folder
<input type="checkbox"/>	<input type="checkbox"/>	One updated copy of F161 emergency contact form	"
<input type="checkbox"/>	<input type="checkbox"/>	SQTR worksheets for the tasks you want to be signed off for	"
<input type="checkbox"/>	<input type="checkbox"/>	Current 101 sheet from Ops Qual screen in CAP eServices	ID holder
<input type="checkbox"/>	<input type="checkbox"/>	First Aid card, if you have one	"
<input type="checkbox"/>	<input type="checkbox"/>	Updated F76 radio operator form, if you have earned that	"
<input type="checkbox"/>	<input type="checkbox"/>	One updated copy of F160 health history form	Breast pocket
<input type="checkbox"/>	<input type="checkbox"/>	One updated copy of F161 emergency contact form	"
Bought	Packed	Item	
<input type="checkbox"/>	<input type="checkbox"/>	Complete ABU or BDU with Wing patch, tapes, cover, and boots	On your person
<input type="checkbox"/>	<input type="checkbox"/>	Camouflage or dark/muted-color Camelbak, filled. Prefer digital tiger stripe pattern. Also permissible: 1-quart or 2-quart canteen, filled, worn on ammo belt.	"
<input type="checkbox"/>	<input type="checkbox"/>	Notepad that fits in an ABU/BDU pocket (waterproof, if possible) (Scouts store, Amazon)	"
<input type="checkbox"/>	<input type="checkbox"/>	Pencil or pen (waterproof, if possible) (Amazon)	"
<input type="checkbox"/>	<input type="checkbox"/>	Wristwatch (\$8+ at Walmart)	"
<input type="checkbox"/>	<input type="checkbox"/>	Orange ANSI-class reflective vest (with pockets is handy)	"
<input type="checkbox"/>	<input type="checkbox"/>	Glasses strap, if needed (\$8 at Walmart Eye Center)	"
<input type="checkbox"/>	<input type="checkbox"/>	<i>Ground Team Tasks Book</i> (\$11 from Lt Nardoni)	"
<input type="checkbox"/>	<input type="checkbox"/>	Multipurpose pocket knife, preferably one with a can opener. Recommend Swiss Army knife, Leatherman, or Gerber Tools.	"
<input type="checkbox"/>	<input type="checkbox"/>	Jacket* appropriate for climate (keep in pack if not wearing)	"
<input type="checkbox"/>	<input type="checkbox"/>	Base layer (thermals) when working in cold weather	"
<input type="checkbox"/>	<input type="checkbox"/>	Day pack for beginning trainees: Any old backpack is acceptable, or find one at a thrift store. At this stage, we don't recommend a nice one, as it is likely to get wet and dirty. It is also acceptable to wear items in pouches off your ammo belt and/or on a semi-transparent survival-style vest. The non-trainee packing list is longer, and the 36-hour packing list is even longer than that, so if you want to invest in a sturdy, quality pack now, see Lt Nardoni for suggestions.	"

Bought	Packed	Item	Where to keep
<input type="checkbox"/>	<input type="checkbox"/>	Pocket-sized first-aid kit in Ziploc bag. Find individual items at Walmart. NOTE: Include any personal medication—and be sure your team leader knows what you have and where you carry it.	Day pack
<input type="checkbox"/>	<input type="checkbox"/>	Twelve wooden, waterproofed matches in Ziploc bag	“
<input type="checkbox"/>	<input type="checkbox"/>	One green chemical light stick (Dollar Tree)	“
<input type="checkbox"/>	<input type="checkbox"/>	One pair of socks in Ziploc bag	“
<input type="checkbox"/>	<input type="checkbox"/>	Pen light in Ziploc bag (use Amazon and FakeSpot to choose)	“
<input type="checkbox"/>	<input type="checkbox"/>	Toilet paper in Ziploc bag	“
<input type="checkbox"/>	<input type="checkbox"/>	Leather work gloves in Ziploc bag	“
<input type="checkbox"/>	<input type="checkbox"/>	Two dry meals in Ziploc bag (more in cooler if for SAREX weekend)	“
<input type="checkbox"/>	<input type="checkbox"/>	Any other cold-weather gear, such as hand/foot warmers	“
<input type="checkbox"/>	<input type="checkbox"/>	Clear poncho (not the \$1 flimsy type); Air Force Gortex preferred. Watch eBay for good deal on a used item.	“
<input type="checkbox"/>	<input type="checkbox"/>	Extra 1qt canteen, filled and sealed securely (unless you have a Camelbak or 2qt canteen, listed above)	“
<input type="checkbox"/>	<input type="checkbox"/>	Optional comb or brush	“
<input type="checkbox"/>	<input type="checkbox"/>	Lip balm with sunscreen	“

\*Outerwear such as coats and jackets are normally required to comply with the uniform manual CAPM39-1 available on [gocivilairpatrol.com](http://gocivilairpatrol.com). However, the manual can be overridden by the incident commander or her deputy in extreme circumstances.

## Optional Camping Items

*At SAREX, there are always members who want to camp, and that is nearly always allowed. Sometimes the host will also allow members to sleep indoors. Overnight activities demand members always comply with cadet-protection practices, which are described in detail here:*

*<https://www.gocivilairpatrol.com/programs/cadets/parents/cadetprotection/>*

Bought	Packed	Item	Where to keep
<input type="checkbox"/>	<input type="checkbox"/>	Weather-appropriate sleeping bag	Mission base
<input type="checkbox"/>	<input type="checkbox"/>	Weather-appropriate sleeping pad	“
<input type="checkbox"/>	<input type="checkbox"/>	Weather-appropriate tent, if owned	“
<input type="checkbox"/>	<input type="checkbox"/>	Other desired items or items requested by your ES officer	“
<input type="checkbox"/>	<input type="checkbox"/>	It is best to plan for additional meals on longer trips, and cadets can almost never have too many healthy snacks	“

*This is draft version 2/28/2020 of the packing list and is enhanced from NESA official documentation. Please email corrections and suggestions to [andersoncivilairpatrol@gmail.com](mailto:andersoncivilairpatrol@gmail.com).*