

Basic Gear List

Sustenance:

Required:

- 2 liters of water

Recommended:

- Quick High Energy Food (bars, hard candy, GORP, Boost, etc)
- Hot food (soup, coca, box lunch)

Basic Survival:

Required:

- compass
- flashlight
- knife
- whistle
- first aid kit
- extra warm hat
- waterproof rain gear
- extra clothing (given the conditions)
- matches or lighter (waterproofed)

Recommended:

- extra compass
- extra socks, gloves, mitts
- hatchet or small saw
- extra small flashlight (can fit into mouth)
- extra flashlight batteries and bulb
- toilet paper
- garbage bag (orange)
- fire starter
- metal mug and spoon (cooking)
- water purification tablets or filter
- 2 safety candles (2" in diameter)

Basic Shelter:

Required:

- 8x10 tarp (polypropylene, drop cloth, tent fly, etc)
- rope or parachute cord (50' preferred)

Recommended:

- all weather solar blanket

Basic Gear:

Orange is the official colour of Eastern Shore Ground Search and Rescue.

It is recommended that all outer clothing be orange.

Required:

- Sturdy waterproof boots (covering ankle and heel with sealed tongue)
- Proper attire given the conditions (gloves, hat, long johns, etc)
- Sturdy working flashlight (plus extra batteries and bulb)
- Orienteering compass
- Notebook, pencil or waterproof marker

Recommended:

- Ziploc bags (to protect maps, radio and phones against the weather/elements)
- Extra batteries (for all gear carried - flashlight, radio, phone, gps, etc)

Optional Gear:

Other Recommended:

- GPS unit
- Binoculars
- Sun block, lip medication
- Eye protection - safety glasses/snow goggles
- Ice cleats
- Helmet
- Snowshoes and ski poles