



Bonner County Search And Rescue

Suggested Minimum Personal 72 Hour Pack List

PERSONAL FIRST AID KIT, separate bag

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| 10 Aspirin tablets 81mg. | 1 Instant ice pack |
| 10 Benadryl capsules | 6 instant hand warmer packs |
| 10 Acetaminophen tablets | 1 Roll silk tape |
| 1 Glucose | 2 Roller gauze bandages - 4" |
| 1 Antibiotic ointment | 2 Triangle bandages |
| 10 Band-aids, various sizes | 1 Scissors |
| 1 Elastic ace bandage | 1 Splinter forceps, tweezers |
| 2 Moleskin pad, min. 3"x 6" | 1 space blanket |
| 2 Pair nitrile gloves | 2 Sterile dressings 4" x 8", or larger |
| 1 CPR mask | 5 Sterile dressings 4" x 4" |
| 1 Personal items, medication, glasses, contact solution, hand sanitizer | |

PERSONAL SURVIVAL KIT

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| 1 Candle, long burning | 4 Plastic bags, min.30 gal. & 4 gal ziplocks |
| 1 Duct tape (10ft.) | 1 Tarp, waterproof nylon shelter mat'l, min.8x10 |
| 6 Fire starters | 4 Safety pins, large |
| 1 Lighter, butane | 1 Signal mirror * |
| 1 Knife, min. 4" fixed blade * | 1 Space blanket |
| 1 Magnesium fire starter | 1 Toilet paper, partial roll in zip lock bag |
| 20 Matches, in waterproof container | 6 Towelette packets (anti-bacterial) |
| 1 Metal cup | 1 Water container, min. 2 Qt. |
| 1 550 Parachute cord, min.50 ft. | 1 Whistle * |
| 1 Headlight, LED AA battery, xtra batteries | 1 Pocket survival guide, SAS |
| 1 Chapstick | 1 Pack list copy |
| 1 Water purification filter, or tablets | 1 Bandana |
| 1 Insect repellent (seasonal) | 1 Towel, hand |
| 1 Clothing, extra socks, thermals, gloves, pants | 1 Gloves, weather appropriate |
| 1 Rainwear, gortex or similar material | 1 Cap, weather appropriate * |
| 1 Hand saw, folding | 1 Shovel |

PERSONAL SAR EQUIPMENT

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|---------------------------------|---|
| 20 Batteries, AA size | 1 Maps, USFS, USGS * |
| 1 Binoculars * | 1 Multi-tool, Leatherman type * |
| 1 Camera | 1 Pad & pencil or pen * |
| 1 Compass, lensatic, map type * | 2 Signaling devices (flares, laser, smoke, etc) |
| 1 Flashlight, mini-mag LED AA * | 1 Thermometer * |
| 2 Flagging tape rolls * | 6 Chem lightsticks |
| 1 Tape measure, 36" | 1 Pack, w/ frame, waterproof |

3-Day food supply : lightweight dry foods high in calories, instant oatmeal, instant soup, tea or coffee, hot cocoa hot cider mix, dry fruit, nuts, candy, jerky, rice, bouillon, powder drink mixes (Tang, Gatorade), MRE's, sugar

Items to be worn on your person: Watch, Canteen, Knife, SAR identification, SAR uniform or other bright colored clothing, Radio, GPS

(*) Indicates items that should be readily accessible while on the trail