

Appendix C: Personal Kit and Equipment Checklist

The checklist is a minimum standard of the items mentioned in the first part of the book.

✓	ITEM
	Notebook and admin. papers (i.e., Medical forms, Team roster, etc)
	2 black pens
	Permanent Marker
	Mini-first aid kit + Plus any personal medication + Hydration Salts (Glasses if you wear them)
	Few pairs of 'barrier' medical gloves (e.g. nitrile)
	Hand Sanitizer
	Cutting instrument (knife, paramedic sheers & Surgical Blades)
	Whistle (pea-less). i.e. Rescue Whistle.
	Good standard compass
	Fire Starter: Good Lighter / Survival Fire Striker (waterproof matches) tinder
	Warning / Flagging tape
	Duct Tape (compacted, wrapped on a plastic card)
	Cords etc: Elastic bands, Super glue, Cable ties & Paracord (min 25')
	Water bottle / Canteen w/ water (i.e., 500 ml which you refill as you go.)
	Food for a day including extra snacks, fruit, chocolate, nuts, seeds, granola bar...
	Torch / Flashlight (+ extra batteries!)
	Glowsticks / Flashing LED Lights
	Charged Mobile Phone (spare battery?)
	Tissues (in waterproofs sandwich bag or similar.)
	Sun screen / Skin Moisturizer / Skin Cream
	Vaseline / lip balm
	Sunglasses / goggles (Something like High Protection WILEY-X Sunglasses.)
	Some money (min \$10 / £10), your bank card / small change
	Ideally, carry a small survival tin and know how to use it.
	OPTIONAL:
	Couple of Karabiners
	Good idea: Carry Isotonic fluid/sports rehydration drink as well as salt replacement powder
	A GPS is a good investment if you can afford one. Mny iphones / Androids has Aps for that
	Local Map of the area
	Hydration/Daypack or large fanny pack
	Team radio & spare battery with corded mike (so you don't have to hold the radio in hand)
	Solar Charger / Spare Power Source
	More medical. I.e., Blister packs, Ice pack and splints etc
	Personal Mini-Admin / Ablutions kit inc. Deodorant, wash kit, toothpaste, etc