

CAP Personal Gear Checklist

ON YOUR PERSON

- Uniform w/CAP
- Notepad
- Pencil
- CAP ID
- 101 Card
- Watch
- Tissues
- Reflective Vest
- Comb
- Signal Mirror
- Whistle
- Knife or Multipurpose Tool

24 Hour Pack

- 1st Aid Kit
- 2 Antiseptic Cleansing Pads
- Antiseptic ointment
- 6 Band-aids
- Moleskin
- Roller Bandage
- 2 Safety Pins
- 4 Gauze Pads
- 1 Triangular Bandage
- First Aid Tape
- 2 Pair Surgical Gloves
- Personal Medication

- Survival Kit
- 5-10 ft. Duct Tape
- Large Leaf or Garbage Bag
- 12 Wooden Waterproof Matches
- 1 Light Stick
- 50' Nylon Line

- SAR Equipment
- 1 Pair Socks
- Flagging Tape
- Flashlight w/Red or Blue Lens
- Spare Flashlight Bulb
- Spare Flashlight Batteries
- Spare Flashlight
- Insect Repellent
- Lip Balm w/sunscreen
- Sunscreen lotion
- Toilet Paper

SAR Equipment (cont.)

- Leather Work Gloves
- Interviewing Forms
- 4 Moist Towelettes
- Cell Phone/Calling Card/Change
- 2 Meals
- 8' x 10' Shelter Material
- Coat
- Poncho
- 2 1qt Canteens or Equivalent
- Compass & Compass Pouch

72 Hour Pack

- Toiletry Kit
- Toothbrush
- Toothpaste
- Shaving Kit
- Deodorant
- Washcloth & Soap
- Towel

- Sleeping Bag or Bedroll
- Tent
- Sapre Rank
- 5 Meals
- 2 Lg. Plastic Leaf Bags

- Waterproof Bag
- Spare Uniform
- 3 Underware
- 3 Socks
- Spare Bootlaces
- Sewing Kit
- Shoe Shine Kit

- Optional Items
- Rain Gear
- Nylon Webbing
- Handheld FM Transceiver
- Water Purification
- Eye protection
- Trenching Tool