This lists the activities a Trainee might need to complete to become competent at Basic-level survival and wilderness travel and to pass the survival and wilderness travel section of the Basic practical test. This is a guide, not a set of requirements. Most Trainees have sufficient experience to make at least a few of these items unnecessary. If you have performed the items many times more than is listed, just write "PAST" in the blocks. If you have performed the items just a few times in the past, write in your best approximation of the date. As you complete items, fill in the date.

The official reference is SMRG Module 1 and its attendant texts, except where ASRC or SMRG standards conflict with the texts. The final judge of correct technique in training sessions and in testing is the Group Training Officer. Italics indicate items not found in the ASRC Training Guide, but thought important by SMRG.

I. Equipment

Review several examples of each piece of equipment in terms of the qualities described; this may be done in an outfitter or by examining other members' equipment. Suggested reference: Mountaineering: Freedom of the Hills, Fourth Edition, Chapters Two, Three, and Four.

Boots: support, sole grip, waterproof qualities, materials/insulation, type, fit.

Packs: suspension, waist/ sternum straps, rain resistance, load distribution.

Sleeping bags: differential cut, hood closure, fill materials baffled/ batting construction.

Pads: weight, insulation per unit thickness, size of convection cells, open vs. closed cell.

Stoves: fuel type, heat output, ability to start in cold, pump, windscreen, ability to simmer.

Bivouac shelters: tents and bivy sacks (Goretex, coated, noncoated + rainfly), plastic bags.

Outdoor foods: preparation; fat, carbohydrate, and protein; durability, weight, and taste

II. Cross-country Travel


1  2  3  4 (fill in month/year)

/ Hike at least 5 miles cross-country (off-trail) in a wilderness area (at least once in a middle Appalachian wilderness)
SURVIVAL CHECKLIST

in summertime, 4 times.

+----+----+ / Same 5 off-trail miles in fall or spring,
|    |    | < at least once in a mid-Appalachian
+----+----+ wilderness.
+----+----+ / Wade a rapidly-moving stream more than
|    |    | < knee-deep using a staff for support.
+----+----+ 
+----+    + Rig a safety belay for a river crossing.
+----+    + With a full SAR pack, climb fourth-
|    |    | class rock using a belay rope.
+----+----+ + Climb an ascending trail with a full SAR
|    |    | < pack with no rest stops for one hour
+----+----+ \ (rest-stepping is permitted)

III. Bivouacs

Suggested references: Mountaineering: Freedom of the Hills,
Fourth Edition, Chapter Three, and Surviving the Unexpected Wil-
derness Emergency, Chapters Seven and Nine.

+----+ / Using the gear you normally carry in your pack for
|    | \ in the rain and come out able to work another day.
+----+ - Same, but on a night below freezing.
+----+ / Build an emergency shelter from materials that
|    | < are found terrain such as the Blue Ridge, and
+----+ \ disassemble when done.
+----+ / Using the materials normally carried in your SAR
|    | < pack, and after 24 hours of rain, build a fire.
+----+ 

IV. Improvised Evacuations

Use each of the following to transport a person at least 100
meters (yes, it can be a small person). Suggested references:

+----+----+ / 2-person linked-arms "chair" carry (several varia-
|    |    | < tions will work)
+----+----+ \ 
+----+ / 2-person packstrap-and-pole carry
+----+----+ 
+----+ / Split coil "piggyback" carry
+----+----+ 
+----+ / Sling "piggyback" carry
+----+----+ 
+----+ / Rope stretcher
+----+----+ 
+----+ / Parka and pole stretcher
+----+----+ 
+----+ / Blanket and pole stretcher
+----+----+ 

B-2
This lists the activities a Trainee might need to complete to become competent at Basic-level land navigation and to pass the land navigation section of the Basic practical test. This is a guide, not a set of requirements.

The official reference is SMRG Module 2 and, except where ASRC or SMRG standards supersede them, its attendant texts. The final judge of correct technique in training sessions and in testing is the Group Training Officer.

The ability to picture terrain from contour maps is one that may come readily or take months of work; therefore, this checklist makes no attempt to quantify the amount of work that would go into acquiring this talent. Land Navigation Handbook: The Sierra Club Guide to Map and Compass has an excellent introduction to reading contour maps.

I. Map Symbols

Find each of the following on a topographic map:

- Major Highway
- Foot Trail
- Power Transmission Line
- Church
- Water Storage Tank
- Picnic Area
- Vertical Angle Bench Mark
- Park or County Boundary
- Depression/Sinkhole
- Perennial Stream
- Falls
- Marsh

- Jeep Trail
- Footbridge
- School
- Cemetery
- Cave
- Campsite
- Spot Elevation
- Fence Line
- Road/Rail Cut
- Intermittent Stream
- Spring
- Summit
LAND NAVIGATION CHECKLIST

II. Edge Information
Find the following information on a 7.5 minute series topographic quadrangle map:

- Date of Field Check
- Contour Interval
- Magnetic Declination
- UTM Grid Declination
- Latitude Grid Ticks
- UTM Grid Ticks
- Names of Adjacent Maps
- Scale

III. Grid Systems
Using the maps provided in Module II, (or better, an original topographic map with ASRC Grid Overprint and an original Aeronautical chart), do the following:

- Pick four sets of ASRC coordinates at random. Locate their positions on the ASRC-gridded topo map. Now,
  - Calculate the latitude and longitude
  - Calculate the CAP (UMS) grid quadrant
  - Calculate the UTM (MGRS) reference
  - Calculate the azimuth and distance off the nearest VOR

IV. Night Direction-finding
On four separate nights,

- Find the North Star
- Find Orion's belt

V. Following a Bearing
Go to a place for which you have a 7.5 minute topo map.
Plot a course from an easily found landmark (e.g. a road or trail intersection) across at least two-tenths of a mile of relatively featureless woods to a perpendicular catching feature with a distinctive landmark (see the example below).

```
\ trails /road
\ \ \ {bearing} \ \ \ }
\ \ \ \ \ \ \ \ \ \ \ \ \ \ {measure distance N/S of junction}
\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ {error in degrees}
```

DON'T AIM OFF! Aim straight to the landmark on the catching feature. Calculate the true bearing from the attack point to the target, then the magnetic bearing. Follow the bearing. When you get to the catching feature, see how far you're off from your target. Use the following formula to estimate your error:

\[
\text{Distance from target in meters} \times 0.6 = \text{error in degrees}
\]

\[
\text{Distance along bearing in kilometers}
\]

B-4
LAND NAVIGATION CHECKLIST

Do this (on different routes) at least four times. Try some of the techniques described in Module II to improve your accuracy.

+----+----+----+----+
| :  :  :  :  |
+----+----+----+----+

VI. Orienteering Courses

Complete 8 Basic-level orienteering courses, at least 3 of which are point-to-point courses.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
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</table>
+----+----+----+----+----+----+----+----+
|   |   |   |   |   |   |   |   |
+----+----+----+----+----+----+----+----+

VII. Resection

Have a friend take you out to somewhere for which you have a topo map (it doesn’t even have to be in the woods, as long as you’re away from metal objects) but where there are no landmarks immediately nearby. Have your friend determine the location precisely, tell you the general area. Use resection and modified resection to locate your position on the map.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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</thead>
</table>
+----+----+----+----+
|   |   |   |   |
+----+----+----+----+
This lists the activities a Trainee might need to complete to become competent at Basic-level search and to pass the search section of the Basic practical test. This is a guide, not a set of requirements.

The official references are the ASRC SAROP and Operations Manual, and SMRG Module 3. The final judge of correct technique in training sessions and in testing is the Group Training Officer.

I. Search Tactics and Leadership

On a lost person search, an Auxiliary Training Session, or a simulated lost person search, participate in a search task.

On a lost person search, an Auxiliary Training Session, or a simulated lost person search, lead a search task.

On a downed-aircraft search or simulated search, participate in an interrogation/visual search task.

II. Communications

Given an ASRC VHF-FM handheld radio, check it over and make it ready for field use, including:

Given a message, pass it over an ASRC radio channel with proper proword use, proper identification procedures, and proper ITU phonetic spelling of at least three words.

B-6
Shenandoah Mountain Rescue Group  BASIC MEMBER TRAINING COURSE  Keith Conover, Editor

APPENDIX B-4: MOUNTAIN RESCUE SKILLS CHECKLIST

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This lists the activities a Trainee might need to complete to become competent at Basic-level mountain rescue, and to pass the mountain rescue section of the Basic practical test. Unlike the other Skills Checklists, Trainees are required to complete all items on the Mountain Rescue Checklist to be eligible for Basic Membership. The boxes are usually initialed by a designated instructor at a Group training session, but may be filled in (with a check-mark) by the Trainee, without instructor supervision. Items marked with a plus-sign (+) are skills not found in the Basic mountain rescue section of the Training Guide, but considered part of SMRG training. Within a section, column A should be finished before starting on Column B, B before C, and so on; it makes little sense to perform the same skill five times in rapid succession and consider the skill well-learned. Columns marked with an asterisk (*) should be performed blindfolded.

The checklist is in two parts, A: Vertical Ropework, and B: Rescue. Each could correspond to a weekend training session. In a general way, the skills of Part A are a prerequisite for the skills of Part B.

The official reference for technique is the ASRC Mountain Rescue Manual. The final judge of correct technique in training sessions and in testing is the Group Training Officer.

SAFETY NOTE: During SMRG training sessions, even at Carde-rock, helmets (or at least hardhats) must be worn in exposed or potential rockfall areas, gloves must be worn during all rappels and top belays, and all rigs must be checked by another person before use. Failure to meet these standards may be cause for expulsion from the training session or the Group.

=================================================================

PART A: VERTICAL ROPEWORK

I. Knots
   Notes:
   1. Each knot shall be tied without coaching and should be presented in complete form to the instructor for pass/fail evaluation.
   2. Each knot should tied at least once in kernmantel rope (A), once in laid rope (B), and once in webbing (C), except as noted (XXX).
   3. All knots except the barrel bend must be backed up with an adjacent barrel knot in rope, or two overhands in webbing; 3 to 12 inches of running-end tail should remain after backup.

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<th>D*</th>
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<tbody>
<tr>
<td>kern</td>
<td>laid</td>
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(student’s choice of rope for D and E)

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<tr>
<td>Bowl ine, backup</td>
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<tr>
<td>Overhand bend; contour and backup</td>
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<td></td>
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<tr>
<td>Figure 8 loop; contour and backup</td>
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<td></td>
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<tr>
<td>Figure 8 bend; contour and backup</td>
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</tbody>
</table>

B-7
MOUNTAIN RESCUE CHECKLIST

I. Prusik knot using standard pretied ASRC tie-in loop (ON kern & laid)
Prusik knot using end of rope
Headaden knot using pretied webbing loop (on kern (A) & laid (B))
Barrel bend
Clove hitch using middle of rope
Clove hitch using end of rope
Square knot, backup

II. Rope handling

A B C D
kern laid
Uncoil, stack, inspect, coil, and tie-off rope (use lap coil or knee coil)
Coil rope with alternating turn kinkless coil and cast without tangles
Coil rope with chained-loop "rescue coil" and cast without tangles
Rig bowline anchor with barrel knot backup; demonstrate proper padding
Rig treewrap anchor with Prusik knot and barrel backup; explain proper padding
Under tension, switch treewrap anchor to treewrap belay and tie on new rope
Rig webbing-loop tree anchor with pretied loop slings, adjust for max. strength,
Cast rope from handheld figure 8 loops without tangles

III. ASRC Seat Harness

A B C D
Tie, put on, tension, and rig for rappel

IV. Belaying

NOTE: Proper calls must be used during each belay item for it to be considered completed.

A B C D
Bottom-belay a rappeller; stop, control, release, resume belaying
Set up a sitting belay with tiein to anchor; explain aim and stance
Belay a climber from above with a sitting belay; catch a fall each time
Using a Prusik loop, tie off a fallen climber hanging on the belay line; resume belaying
Set up a standing tree-belay for a semi-tech evacuation; demonstrate up- and down-belays

B-8
V. Ascending

- Assemble a redundant two-knot rig with two Prusiks, a length of webbing, a locking carabiner, and an ASRC seat.

- Ascend, with the above rig, a free drop of at least 40 feet.

- Descend with above rig at least 40 foot free drop.

- Using above rig, ascend past a breakover.

VI. Rappelling

NOTE: All mechanical rappels should be bottom-belayed, and rappellers must use proper calls.

- Arm rappel
- Body rappel
- Figure 8 rappel, single wrap
- Figure 8 rappel, double wrap
- Carabiner wrap rappel
- Muenter hitch rappel
- Rappel rack rappel
- Free rappel over 40 feet; tie off and invert; recover and continue.

PART B: MOUNTAIN RESCUE

I. Litter Setup

- Assemble litter and rig bare litter with standard ASRC patient tie-ins
- Direct loading of and packaging of patient with no specific injuries
- Attach rope for semi-technical evac.

II. Non-technical evacs

NOTE: The member must coach and lead team of "untrained" litter bearers in all items.

- Lifting the litter
- Carrying the litter
- Litter bearer rotation
MOUNTAIN RESCUE CHECKLIST

| +----+----+----+----+ |
| l   | l   | l   | l   | | Laddering across obstacles
| +----+----+----+----+ |
| l   | l   | l   | l   | | Toenailing up and down slopes
| +----+----+----+----+ |
| l   | l   | l   | l   | | Setting the litter down
| +----+----+----+----+ |
| l   | l   | l   | l   | | (Proper calls taught)

### III. Semitechnical evacs

As member of a real (or simulated) rope team, using tree belays, run 5 pitches up and down with no mistakes in calls, belaying, or rope handling.

| A  | B  | C  | D  | |
|----|----|----|----| |
| l  | l  | l  | l  | | Up 5 pitches
| +----+----+----+----+ |
| l  | l  | l  | l  | | Down 5 pitches
| +----+----+----+----+ |
| l  | l  | XXXXXXXXX | | Belay a litter down a steep slope with a tree belay
| +----+----+ |
| l  | l  | XXXXXXXXX | | Belay a litter down a steep slope with a figure 8 descender
| +----+----+ |
| l  | l  | XXXXXXXXX | | Belay a litter down a steep slope with a rappel rack
| +----+----+ |
| l  | l  | XXXXXXXXX | | Belay a litter up a steep slope with a tree belay
| +----+----+ |
| l  | l  | XXXXXXXXX | | Participate in a brute-force hauling system as rope-team member

On my honor as an ASRC member, I have properly completed all items so marked on these checklists.

__________________________ (signed)
CLOTHING

___ Hiking boots
___ Sturdy outdoor clothing
___ Adequate raingear
___ A wind shell jacket with a hood
___ Two heavy wool sweaters or shirts, or equivalent warm-when-wet clothing
___ A wool balaclava hat or wool stocking cap

GEAR

___ A bivouac/storm shelter; two large plastic leaf bags will suffice
___ A rucksack or daypack
___ A water bottle or canteen, at least 1 liter capacity
___ An electric HEADLAMP (not flashlight) with alkaline, nickel-cadmium, or lithium batteries; carbon-zinc or "heavy-duty" batteries are not acceptable due to poor performance in the cold. (A flashlight with a headstrap is acceptable.)
___ Spare batteries AND bulbs for the headlamp.
___ Leather gloves for litter handling

SUGGESTED ADDITIONAL GEAR

  o (A whistle)
  o (An orienteering compass)
  o (A pocket knife)
  o (An emergency fire-starter, e.g. waterproof matches and a candle)
  o (48 hours worth of field rations)
  o (A waterproof notebook and pencils)
  o (A warm sleeping bag)
  o (An Ensolite pad or equivalent)
  o (Wool pants and wool mittens)
  o (Fifteen feet of 2" seatbelt webbing fastened in a loop with a 2" Fastex buckle, for a litter load strap and back-carry strap)
APPENDIX C-2: EQUIPMENT CHECKLIST FOR TRAINEE MEMBERS

Items in parentheses are recommended, but all others are required. Substitutes may be acceptable but require the approval of the Training Officer. This equipment should be quickly and readily available for missions (i.e. prepacked, or easily located).

CLOTHING

___ Hiking boots
___ Sturdy outdoor clothing
___ Adequate raingear
___ A wind shell jacket with a hood
___ Two heavy wool sweaters or shirts, or equivalent warm-when-wet clothing
___ A wool balaclava hat or wool stocking cap

GEAR

___ A bivouac/storm shelter; two large plastic leaf bags will suffice
___ An orienteering-type compass
___ An electric HEADLAMP (not flashlight) with alkaline, nickel-cadmium, or lithium batteries; carbon-zinc or "heavy-duty" batteries are not acceptable due to poor performance in the cold.
___ Spare batteries AND bulbs for the headlamp.
___ A whistle
___ A waterproof notebook and pencils
___ An emergency fire-starter, e.g. waterproof matches and a candle
___ A water bottle or canteen, at least 1 liter capacity
___ A rucksack or large daypack
___ A pocket knife
___ 48 hours worth of field rations
TRAINEE EQUIPMENT CHECKLIST

--- A warm sleeping bag

--- An Ensolite pad or equivalent

--- A basic first aid kit, containing at least the Dressings and Bandages listed for the Personal Wilderness Medical Kit:

   ___ 4 - 3" x 4" pieces of moleskin
   ___ 1 - 1" (by at least 3 yards) waterproof adhesive tape
   ___ 1 - 3" by 5 yards (stretched) elastic ("Ace") bandage
   ___ 1 - 3" by 5 yards (stretched) conforming roller gauze (Kling)
   ___ 10 - small adhesive bandages (e.g. 1" x 3" Bandaids)
   ___ 8 - medium-size (e.g. 3" x 3") gauze pads
   ___ 5 - medium-size butterfly strips or "suture strips"
   ___ 1 - triangular bandage with 2 safety pins
   ___ 1 - wire mesh splint

TECHNICAL RESCUE EQUIPMENT

--- A helmet or hardhat with a nonstretch chin strap (Note: a climbing helmet is required for Basic Membership.)

--- Leather gloves

--- A seat harness; 6 meters of 1" tubular nylon climbing webbing will suffice

--- 2 Prusik/tie-in loops, each tied from a 1.5 meter long, 6 mm diameter piece of nylon kernmantel climbing-grade rope

--- 1 locking carabiner

--- Fifteen feet of 2" seatbelt webbing fastened in a loop with a 2" Fastex buckle, for a litter load strap and back-carry strap

SUGGESTED ADDITIONAL GEAR

○ (Sunglasses)

○ (A small toilet kit; it might include: toilet paper, soap, small towel, toothbrush, toothpaste, tampons or pads, or contact lens solutions)

○ (A few extra locking carabiners and some extra 1" tubular webbing)

○ (Wool pants and wool mittens)
Items in parentheses are recommended, but all others are required. Substitutes may be acceptable but require the approval of the Training Officer. This equipment should be quickly and readily available for missions (i.e. prepacked, or easily located).

CLOTHING

___ Hiking boots

___ Winter footwear suitable for extended searches, including insulated hiking boots and several changes of wool or synthetic Ragg socks or boot liners.

___ Crampons, instep crampons, or "creepers;" for icy conditions

___ WaterPROOF raingear (i.e. no 60/40 parkas) with leg protection, such as rain pants, chaps, or high gaiters with a long cagoule

___ A wind shell parka with a hood

___ Two heavy wool sweaters or shirts, or equivalent warm-when-wet clothing

___ A wool or synthetic balaclava

___ A winter-warmth insulated parka, vest, or equivalent upper-body garment

___ Wool pants, or wool or synthetic underwear

GEAR

___ A bivouac/storm shelter; two large plastic leaf bags will suffice

___ An orienteering-type compass

___ An electric HEADLAMP (not flashlight) with alkaline, nickel-cadmium, or lithium batteries; carbon-zinc or "heavy-duty" batteries are not acceptable due to poor performance in the cold.

___ Spare batteries AND bulbs for the headlamp.

___ A whistle

___ A waterproof notebook and pencils
BASIC EQUIPMENT CHECKLIST

___ An emergency fire-starter, e.g. waterproof matches and a candle

___ A water bottle or canteen, at least 1 liter capacity

___ A rucksack or large daypack

___ A water protection system for the pack’s contents: e.g. a raincover or separate waterproof stuffsacks for all gear.

___ A pocket knife

___ A cup suitable for cooking, and a spoon

___ A watch with a second hand (for taking vital signs)

___ Several large zip lock plastic bags (e.g. for keeping maps and forms dry)

___ 48 hours worth of field rations

___ A warm sleeping bag

___ An Ensolite pad or equivalent

___ A Personal Wilderness Medical Kit (see checklist #4)

TECHNICAL RESCUE EQUIPMENT

___ A climbing helmet with a nonstretch chin strap (MSR, JB, and Ultimate helmets are acceptable: check with Training Officer about others)

___ Leather gloves

___ Mittens, or mittens/mitten shells, suitable for winter rope-work, i.e. having leather or other non-slip palms

___ A seat harness; 6 meters of 1" tubular nylon climbing webbing will suffice

___ A lightweight ascending system, e.g. a two-knot Texas rig

___ 2 Prusik/tie-in loops, each tied from a 1.5 meter long, 6 mm diameter piece of nylon kernmantel climbing-grade rope (in addition to the ascending rig)

___ 2 locking carabiners (in addition to any required for the ascending rig

___ A rappel device (e.g. 8 or rack) suitable for a semi-technical lowering

___ Fifteen feet of 2" seatbelt webbing fastened in a loop with a 2" Fastex buckle, for a litter load strap and back-carry strap
BASIC EQUIPMENT CHECKLIST

SUGGESTED ADDITIONAL GEAR

- (Sunglasses)

- (A small toilet kit; it might include: toilet paper, soap, small towel, toothbrush, toothpaste, tampons or pads, or contact lens solutions)

- (A towel to dry off with after a wet mission)

- (A few extra locking carabiners and some extra 1" tubular webbing)

- (A small alcohol or gasoline stove)

- (A small tent)

- (If you have it, some additional gear to loan: a spare balaclava, raingear, compass, or water bottle)
Shenandoah Mountain Rescue Group  BASIC MEMBER TRAINING COURSE
Keith Conover, Editor

APPENDIX C-4: Personal Wilderness Medical Kit

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Items in parentheses may be added for certain situations, but are not part of the basic MEDKIT that members are expected to carry on missions. Module I of this Course contains a detailed explanation of the contents of the MEDKIT and its use. This version has been updated based on the recommendations of the Group's Medical Advisor.

MEDICATIONS  (Prescription-only items are noted by the Rx)

<table>
<thead>
<tr>
<th>Number/amount</th>
<th>Item and size/strength</th>
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<tbody>
<tr>
<td>#30:</td>
<td>aspirin tablets, 325 mg (5 gr.)</td>
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<tr>
<td>1:</td>
<td>3cc squeeze bottle oxymetazoline nasal spray (e.g. Afrin)</td>
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<tr>
<td>#8:</td>
<td>sustained-release pseudoephedrine tablets 120 mg. (e.g. Sudafed)</td>
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<td>#8:</td>
<td>sustained-release chlorpheniramine tablets 8 mg. (e.g. Chlor-Trimeton)</td>
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<td>#10:</td>
<td>CaJDalox or similar antacid tablets</td>
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<td>#5:</td>
<td>bisacodyl tablets 5 mg. (e.g. Ducolax)</td>
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<td>Rx #6:</td>
<td>Trans-Derm/Scop transdermal scopolamine patches</td>
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<td>Rx #10:</td>
<td>Tylenol #3 tablets</td>
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<td>Rx #10:</td>
<td>Lomotil tablets</td>
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<tr>
<td>Rx #10:</td>
<td>prochlorperazine tablets 10 mg. (e.g. Compazine)</td>
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<tr>
<td>Rx 1:</td>
<td>15 cc dropper bottle proparacaine HCl ophthalmic solution (e.g. Ophthetic)</td>
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<tr>
<td>Rx 1:</td>
<td>3.5 g tube polymyxin/bacitracin ophthalmic ointment (e.g. Polysporin)</td>
</tr>
<tr>
<td>Rx 1:</td>
<td>anaphylaxis kit (includes injectable epinephrine) (e.g. Anakit)</td>
</tr>
<tr>
<td>Rx 1:</td>
<td>15g tube fluocinolone acetonide cream 0.2% or similar high-strength steroid cream or lotion (e.g. Valisone, Benisone, Lidex, Kenalog, Aristocort, Uticort, Synalar)</td>
</tr>
<tr>
<td>3:</td>
<td>1g foil packets povidone-iodine ointment</td>
</tr>
</tbody>
</table>
| 1:            | 30 cc bottle mild liquid soap, e.g. Hibiclen
PERSONAL MEDKIT

- 1: 15 cc bottle Sting-Eeze solution
- 2: packets Gatorade or ERG powder, each to make 1/2 liter

(The following medications are for longer trips or expeditions)
- (Rx) 1: 15g tube miconazole nitrate cream 2% (e.g. Micatin)
- (Rx #40): erythromycin tablets 250 mg.
- (Rx #20): Bactrim DS tablets
- (Rx 1): 5 cc dropper bottle Cyclopentolate HCl ophthalmic solution, e.g. Cyclogyl
- (Rx #20): acetazolamide tablets 250 mg., e.g. Diamox

DRESSINGS AND BANDAGES
- 4: 3" x 4" pieces of moleskin
- 1: 1" (by at least 3 yards) waterproof adhesive tape
- 1: 3" by 5 yards (stretched) elastic ("Ace") bandage
- 1: 3" by 5 yards (stretched) conforming roller gauze (Kling)
- 10: small adhesive bandages (e.g. 1" x 3" Bandaids)
- 8: medium-size (e.g. 3" x 3") gauze pads
- 5: medium-size butterfly strips or "suture strips"
- 1: triangular bandage with 2 safety pins
- 1: wire mesh splint

MISCELLANEOUS
- 6: Alcohol prep pads, in foil
- 6: Betadine prep pads, in foil
- 6: sterile cotton applicators ("Q-tips")
- 3: #11 scalpel blades, sterile
- 1: paper clip, medium size
- 1: pr. small sharp scissors
- 1: pr. fine-point splinter forceps
- 1: Cutter Snakebite Kit
- 1: low-reading clinical thermometer
- 1: nylon zipper bag for MEDKIT
- 1: plastic-laminated contents/instructions