

Cumberland County ARES/RACES
24-hour pack checklist

(Complete, separate and insert into each pack section)

LEVEL I - Pockets, or briefcase contents

MUST Optional INSP DATE _____ by _____
Recommended

- Cell phone and /or pager
- Small "Backup" AA flashlight
- Personal medications and hygiene items
- Eyeglasses
 - 2-meter / dual-band HT (preferred)
 - Alkaline battery shell for HT
 - Extra battery for cell phone and /or HT
 - Notebook and pencil / pen
 - Scout Knife
 - Matches or lighter
 - Whistle
 - VDOT or City / County road map
 - Sunglasses
 - "Backup" pocket compass
 - Emergency cash (\$ 5.00 in bills/change)
- Other _____

LEVEL II

ARES/RACES Operating Supplies In Waist pack

MUST Optional INSP DATE _____ by _____
Recommended

- 2-meter /dual-band HT (preferred)
- Extra phone, or HT battery pack
- Extra notebook and pencil / pen
- Primary, larger 4-AA flashlight, headlamp
- Extra bulb and AA batteries for flashlight + HT
- First Aid Kit, personal meds, hygiene items
- Scout Knife or Multi-Tool
- Sun / Rain Hat
- Windbreaker or light duty rain gear
- 2 liters of water and snacks for a day
- Whistle
- HT "Gain" antenna, telescoping 1/2 wave, wind- up J-Pole or "Long" Flexible dual-band
- Extra "warmth" layer of wool or fleece
- Orienteering compass
- VDOT road map
 - Sector area USGS Topographic map
 - Sunglasses
 - Sunscreen
- Other _____

LEVEL III - Backpack

MUST Optional INSP DATE _____ by _____
Recommended

"The Ten Essentials"

- MAP – USGS, 7.5 minute topographic
- COMPASS, orienteering type on cord
- FLASHLIGHT, 4AA size, with EXTRA bulb, extra alkaline batteries for flashlight + HT
- WATER, total of 1 gallon / day minimum
- FOOD, nonperishable, adequate for 24 hrs.
- WIND / RAIN PROTECTION, hat, windbreaker or poncho, wool sweater or fleece for layering
- FIRE STARTING MATERIALS, 3 methods: matches, lighter, flint starter or burning lens and tinder (cotton infused with petroleum jelly in film can)
- KNIFE - Scout type or multi-tool
- FIRST AID KIT and first aid manual
- SIGNAL, whistle and signal mirror
- Cumberland County ARES/RACES documents

REQUIRED FOR CERT / DAMAGE ASSESSMENT

- ❖ SAFETY GLASSES ANZI Z87.1-1989
- ❖ HARDHAT ANZI Z89.1-1997 Type I
- ❖ VEST, reflective
- ❖ RESPIRATOR, N95 rated or higher
- ❖ WRENCH, adjustable, to turn off utilities

Clothing

- Sun / Rain Hat
- Cold weather warm hat (wool or acrylic)
- Initial "wicking" layer next to skin
- Outer wind / rain resistant "shell" layer
- Extra insulating "warmth" layer, wool or fleece
- Boots, ankle support, safety toe, traction sole
- Socks, non-cotton, wool-blend w/ polypro liner
- Gloves, leather, work shell protective
- Gloves, wool liners, for warmth
 - Gaiters

Additional Optional Items

- FLARE, automotive, fire starting, wet environment.
- FUEL / CANDLE, six Trioxane bars, 9 hr. candle
- Personal EPA rated water filter, purification tablets
- GEL CEL BATTERY, with transceiver power cord
- MULTI-TOOL, Leatherman®, or Gerber®
- SHELTER, Space Blanket®, military poncho, or plastic trash bag, one man tent, etc.
- SLEEPING BAG
- SLEEPING PAD, closed cell foam
- MESS GEAR, mil. canteen cup, warming stand, spoon
- ROPE, 20 ft. nylon "flatline," and 50 feet #550 cord
- CAMP KNIFE / MACHETE or AXE (one per team)
- FOLDING SAW (one per team)
- FOLDING SHOVEL, (one per team)
- OTHER _____