

KISAR MINIMUM PERSONAL EQUIPMENT LIST

Personal First Aid and Survival Kit		Technical Rescue Gear	
1 Plastic bag, ziplock, qt. size for kit		1 Climbing harness	
4 Acetaminophen (Tylenol) or aspirin tablets		1 Helmet	
2 Antiseptic cleansing pads		1 pair Leather palm gloves	
1 Antiseptic ointment		4-6 locking carabiners	
6 Band aids, various sizes		4-6 non-locking carabiners	
1 Duct tape, 5-10 ft.		1-2 prusik minding pulleys	
1 Waterproof container with matches and strike strip		6mm cord in lengths of 4', 6', 12', 25'.	
1 lighter		1 purcel prusik	
1 Roller gauze bandage		10 meter of 7mm cord	
2 Safety pins, large		1 ATC with large gate carabiner	
1 Space type blanket		1 double runner	
1 Small amount of hand sanitizer			
1 Whistle			
		Snow Travel	
		Skis with climbing skins or Snowshoes	
		Poles with snow baskets	
Personal SAR Equipment		Avalanche Beacon	
1 Large pack		Snow shovel	
1 Write in the rain paper and pencil		Snow probe	
1 VHF Radio		Crampons	
1 Cell Phone		Ice axe	
1 Compass, orienteering type		Gators	
1 GPS or Navigation software on smart phone with maps		Sun glasses or tinted goggles	
1 Flagging tape, roll			
4 ziplock plastic bags, Various sizes, Quart and Gallon			
2 very large plastic trash bags		Helicopter Operations	
1 Headlamp w/ extra batteries		1 Helmet	
1 Footwear, sturdy, waterproof		1 Goggles	
1 Micro-spikes or crampons		1 pair ear plugs	
1 Pair of collapsible hiking poles			
1 or more drybags for extra clothes		Optional	
1 Clothing (worn)		Sat phone or inReach or equivalent	
1 Clothing (extra set)		Sun glasses	
1 Clothing (warm layer)		Folding saw	
1 Rainwear jacket and pants, durable/breathable		Pack cover	
1 Hat		Water purification	
1 Gloves		Sunscreen	
1 Eye protection, clear		Insect repellent	
1 Knife or multi-tool		Signaling devices	
1 Canister stove with integrated cook pot & spoon		Voile strap(s)	
1 Nylon cord or small rope, 50 feet		Bear spray	
1 Shelter or bivy sac		Hand warmers	
1 Food, minimum 1 days worth		Bug head net	
2 Liters water		Waterproof cellphone case	
1 Toilet paper		Second headlamp	
1 Sleeping bag		Extra batteries for phone, radio etc.	
1 Sleeping pad		Thermos with hot beverage	
		Fire starter	