

HMRS 9 day Course Packing List: 9 day school in July

**If you plan on attending an advanced course, check the individual courses webpage for any changes to the equipment list.

PUT YOUR LAST NAME ON ALL ITEMS - Consider a large back pack, duffel bag, a large heavy duty plastic container, or a footlocker with a padlock.

Uniforms - Folded and waterproof packed

- ___ 3 pair or more BDU shirt and pants, insignia (CAPM 39-1)
- ___ 2 pair uniform boots - (1 pair may be hiking boots with good insoles, they are permitted on FTX)
- ___ 1 PT Uniform – pants, shirt, and boots that can get wet
- ___ Wallet with VALID CAP MEMBERSHIP CARD and Photo I.D. card
- ___ Money
- ___ Watch
- ___ Swiss type army or pocket knife
- ___ Orange safety vest
- ___ Eating Utensils - Plastic works best bring enough for the entire school
- You may bring metal, but bring something to clean it with.
- ___ Pencils and pens, and a small notebook in zip lock bag
- ___ Several blousing bands and extra black boot laces
- ___ Glasses? - Have a strap for them, too. Don't bring contacts.
- ___ Medications? - in pharmacy container w/name, dosage and physician
(inhalers, bee sting kits, etc.)
- ___ Pain relievers and over the counter medications must be in their original containers

Other Clothing items - waterproof packed - zip lock bags are good – with your name on everything

- ___ 2-3 extra pairs BDU trousers (for Physical Training sweat pants/jeans may be worn)
- ___ 10 pair underwear (or more)
- ___ 10 or more T-shirts brown, green, or olive drab ONLY! **Do Not** Bring black or orange T-shirts, these are to be worn by our staff only!
- ___ 12 pairs of socks or more
- ___ Wool, polypropylene or fleece sweater, sweat shirt, or jacket - Military preferable
- ___ Small sewing kit
- ___ Small shoe shine kit
- ___ Swimsuit or gym shorts

Personal Hygiene items - waterproof and packed in a shower bag. Last name on everything

- ___ 1-2 bath towels
- ___ 2 wash cloths
- ___ Toothbrush and toothpaste
- ___ Shaving supplies or feminine hygiene items
- ___ Personal hygiene supplies including shampoo, deodorant, brush, foot powder etc.
- ___ Soap and container
- ___ Box of moist towelettes or baby wipes
- ___ Bag for dirty clothes

Day Gear - waterproof packed - last name on everything

- ___ Rugged day pack or military web gear
- ___ Snack food
- ___ 2 canteens, (or 1 canteen and 1 hydration system)
- ___ Sierra cup or canteen cup
- ___ 2 ponchos (or 1 rain suit and 1 poncho)
- ___ All leather work gloves
- ___ 2 pr. Latex or nitrile examination gloves
- ___ Eye protection (goggles or safety glasses)
- ___ Personal 1st aid kit: (a small one, about 2" x 3") Band-Aids, gauze pads, tape, first aid cream, moleskin, cough drops, personal medication, alcohol preps, hand sanitizer.
- ___ Flashlight and spare batteries & bulbs
- ___ Insect repellent (DEET is effective on ticks)
- ___ Sunscreen
- ___ Handkerchief
- ___ Roll of white toilet paper in waterproof container
- ___ Pencils & pens
- ___ Duct tape

Field Equipment - waterproof packed - last name on everything

- ___ Field pack - thoroughly inspected, adjusted for full load
- ___ Sleeping bag - in waterproof, brushproof bag
- ___ Tent with all poles, stakes, and lines (3 person tent, maximum)
- ___ Ground cloth, military poncho, or tarp
- ___ Closed cell sleeping pad
- ___ Optional extra field jacket with liner or other cold weather jacket
- ___ Extra flashlight or headlamp, 2 sets extra batteries, extra bulb
- ___ 5 garbage bags
- ___ Can opener - on knife?
- ___ Brillo pad
- ___ a few feet of heavy duty aluminum foil (folded)

Food

Food will be provided by the school for the students to prepare.

(Food will be provided by the school. However, you should bring snacks for yourself.)

- ___ 18 snacks (2 per day) i.e.: granola bars, beef jerky, nuts, dried fruit hard candies, trail mix, cereals, and crackers.
- ___ Juices, Gatorade mix.

No glass containers or condensed soups. Avoid dairy-based foods. Consider packing your perishable foods such as crackers, cereal, etc in small portions in sealed, waterproof containers.

Make sure you pick orange or bright colors for Search & Rescue equipment. Some items are available for purchase at the school. Check our BX page <https://pawg.cap.gov/bx>.

A disposable camera is recommended, but not mandatory. You may want to remember your stay at the Mountain, and a disposable camera would be sufficient for on the spot photography. This should also be packed in a waterproof container. Students are not permitted to have cell phones.

If you need to ship any equipment prior to the school, it can be shipped via UPS or FedEx to:

Hawk Mountain Ranger School
Attn: Your Name and CAPID #
218 Pine Swamp Road
Kempton, PA 19529

****NOTE** You must advise the shipping company you are using that your packages must be delivered between 5 July and 6 July 2013. No one will be available to sign for your packages before July 5. We can only accept packages. We have no means of shipping equipment back after the School. You will need to take all of your equipment home with you at the end of the school.**