

## HMRS 9 day Course Packing List

Cadet Ranger Staff Training, Field Medic Course, Ranger Team Commanders Course, and Independent Study Course

**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
- \_\_\_ Orienteering or lensatic type compass on lanyard
- \_\_\_ Orange safety vest
- \_\_\_ Eating Utensils - Plastic works best
- \_\_\_ 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 PT 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
- \_\_\_ Climbing helmet (Optional – if you have one)
- \_\_\_ Leather ropework gloves (Optional – if you have them)

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

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

## Day Gear - waterproof packed - last name on everything

- \_\_\_ Rugged day pack
- \_\_\_ 2 canteens, (or 1 canteen or water bottle or 1 hydration system)
- \_\_\_ Sierra cup or canteen cup
- \_\_\_ Rain suit or a 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
- \_\_\_ Survival Kit (optional - if you have one)
- \_\_\_ Insect repellent (DEET is effective on ticks)
- \_\_\_ Sunscreen
- \_\_\_ Handkerchief
- \_\_\_ Roll of white toilet paper in waterproof container
- \_\_\_ Pencils & pens
- \_\_\_ Navigation Aids (optional if you have them)
- \_\_\_ Duct tape 10 yds. is plenty
- \_\_\_ Roll of blazing / surveyors tape
- \_\_\_ Camera (Optional)

Tents – Due to safety and accountability concerns, cadet students will share tents with other cadets; all students should expect to be assigned tent mates. Packing a tent is encouraged, but not mandatory. Cadets, who choose not to bring a tent, must bring an extra 10' x 12' tarp as part of a shelter. Recommended size for tents is 2 to 4-man, but a 5 to 6-man is acceptable. Tents will be set up according to need and all tents may not be used. During the school, tents are used for sleeping only. All equipment is kept in a squadron equipment tent. If you do not own a tent do not purchase one just for the school.

## 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 (2 - 6 person tent, maximum) or an extra 10' x 12' tarp
- \_\_\_ Closed cell sleeping pad
- \_\_\_ 50' Paracord (or heavy nylon cord)
- \_\_\_ 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
- \_\_\_ Brillo pad
- \_\_\_ a few feet of heavy duty aluminum foil – neatly folded

## Food

Food will be provided by the school for the students. Some of the food will be prepared by the students. However, you need to 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.

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 <http://capranger.org/hawkbx.html>.

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 9 – 11 July 2015. No one will be available to sign for your packages before 9 July. 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. school.