



ERT EQUIPMENT CHECKLIST

EQUIPMENT

Backpack

This backpack will be used for our multi-day overnight operations and needs to be fitted to your body. The pack should have an internal frame, a waist belt to support the load, and a sternum strap to ease the pressure on your shoulders. Simple and light weight is the best. You don't need fancy gimmicky options and attachments. You will need to fit ALL of your gear INSIDE the pack; professionals don't strap things to the outside. 60 liters/16gallons is a good baseline to start from.

Carabiners

3 Small locking carabiners; 1 Large locking pear shaped carabiner (used for Munter belay)

Headlamp

A hand's free headlamp is essential. LED lighting is great since they conserve battery power. Some LED lights have settings and options for more or less light output (this is a nice feature). It needs to be bright enough to allow you to operate in a challenging environment after dark. Petzl, Black Diamond and Princeton Tech all make good lights.

Knife

Small folding knife with a locking blade. Additionally, if you want to spend some bucks, the multi tools made by Leatherman and Gerber are great for rescue applications as well fixing the things that break.

Rock Harness

Any standard rock climbing harness with gear loops will be adequate. Adjustable leg loops are a nice option as they can be sized to fit over a variety of outerwear.

Safety Glasses

Clear non-tinted lenses are essential for night operations and low light environments.

Sleeping Bag

There are many options and price ranges to choose from so look for the following basics. The bag should fit you properly (extra room means extra space to heat). Buy a bag that has a hood that closes around your face to keep the warm air inside where it belongs. The bag should compress small enough that you will be able to get all of your other gear inside your backpack as well. Down or synthetic (it doesn't matter). Temperature rating: -12°C to -20°C/10°F to -4°F

Sleeping Pad

A wide variety of ground insulation sleeping pads are available for simple closed cell foam to high end inflatable down filled models. This will be a choice between functionality, budget and comfort.

Sunglasses

Look for 100% UVA, UVB protection. Don't spend much on these; you will accidentally destroy them eventually.

Watch

Any watch will do. A second hand can be a nice feature for taking patient vitals. A 24 hour time mode can also be great for record keeping.

Whistle

This is for signaling an emergency, providing location by sound and communicating in high noise environments. Buy a "Fox 40".

UNIFORM

ERT is a uniformed program, you will be issued uniform items in the first month of training and will be expected to maintain professional uniform standards.

EMS Tactical Pants (5.11 Tactical)

ERT Patch

Hat (5.11 Tactical)

Log Book (Rite in the Rain)

Rapid Assault Tactical Shirt (5.11 Tactical)

Rescue Technician T-Shirt

Thin Orange Line Patch

Training Patch

CLOTHING

Base Layer Shirt & Pants	Commonly referred to as long underwear. This shirt and pants should be tight fitting, highly wicking, quick drying and 100% synthetic. NO COTTON . These items need to be able to provide warmth even when wet.
Belt	Black belt (for uniform)
Boots	Backpacking specific boots are required. These should be well worn-in before beginning training. Some boots have Gore-Tex linings which seem to work well to keep your feet dry. If you buy boots without the Gore-Tex lining you should treat them with a waterproofing product.
Gloves	Snug fitting gloves with leather palms are needed for rope work and personal protection in the rescue environment. Try not to spend too much on these as they will be subject to high wear and tear.
Insulation Layer Jacket	This is the primary insulating layer and can be worn on its own or under the rain jacket for cold wet environments. This jacket needs to be able to provide warmth even when wet. Synthetic fabrics like fleece or pile work well. If you want to spend some bucks, "soft-shells" are a great option. These materials can serve as an insulating layer as well as a light-duty weather layer.
Rain Jacket	Rain jackets need to be waterproof and breathable (i.e. Gore-Tex)
Rain Pants	Rain pants need to be waterproof and breathable (i.e. Gore-Tex)
Running Shoes & Swim Goggles	During your year of training you will be involved in a fitness program aimed at increasing your field capabilities. You will do significant amounts of running and swimming. The shoes should be running specific to prevent joint injury. The goggles are key to preventing collisions while swimming in lanes.
Toque	This is a warm winter hat (for you non-Canadians). It's good to have one that's not too heavy for all season use. These need to be low profile and close fitting to be worn under a helmet.