

ERT/OL YEAR 1 EQUIPMENT

- GMRS Radio** These are simple, 2 way radios that are commonly found at Wal-Mart. Some have weather frequencies pre-programmed in (this is a good feature if you can get it). Make sure you can put regular batteries into the radio since we can't recharge them during extended field operations. In some states there may be licensing restrictions (in this case wait until you arrive in Canada to purchase this item). Motorola makes a good quality reliable product.
- 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".
- Sunglasses** Look for 100% UVA, UVB protection. Don't spend much on these; you will accidentally destroy them eventually.
- Knife** Short fixed blade with a sheath that will retain the knife securely in a rough rescue environment. 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.
- 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.
- 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.

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.

Chest Harness

A chest harness that can be integrated with the rock climbing harness is a requirement of WorkSafe BC. The Petzl Voltige or Edelrid chest harnesses available at Mountain Equipment Co-op are perfect.

Safety Glasses

Any low profile safety glasses with a strap to secure them in place will be adequate. Clear non-tinted lenses are essential for night operations and low light environments.

Stethoscope

Any stethoscope will be sufficient. This will be used for chest auscultation, and taking blood pressures. Caution, the cheapest models don't always provide good audio and can prolong the process of patient assessment.

ADDITIONAL ISSUED EQUIPMENT

These items will be lent to you for your use during field training days. A damage/loss deposit will be charged and refunded upon satisfactory return.

First Response Pack	Deposit
Radio Harness w/ Admin Pocket	\$100
Helmet	

CLOTHING

Rain Pants

Rain pants need to be as close to waterproof as possible, many options and price ranges are available ranging from simple coated nylon to breathable membranes. Check to make sure the seams are taped or welded. These pants need to be black or dark grey for uniform purposes.

Insulation Layer Jacket

This is the primary insulating layer and can be worn on its own or under the uniform rain jacket. 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. These need to be black or dark grey for uniform purposes.

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.

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. This needs to be black or dark grey for uniform purposes.

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.

Boots

Full leather 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.

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.

ADDITIONAL REQUIRED CLOTHING

These items will be provided to you during orientation.

2 Uniform Shirts	\$50.00
Uniform Pants	\$60.00
Uniform Jacket	~\$250 or less