



**St. Louis County
Rescue Squad**

State Pre-Trip Preparations

Member Name: _____

Number: S-100

Revision: 0

Date: 03-01-06

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OBJECTIVE

Given a verbal checkout with an evaluator, describe how to prepare for a trip to the woods. List (or better yet, demonstrate) the items found in a well-stocked search or survival pack, and describe how to leave word with others of your itinerary. Discuss the concept of a Safety Direction, stating how to determine one. Finally, describe clothing considerations for wilderness trips. State the three layers of an effective clothing rig, and give at least two examples of suitable materials for each layer. Also, state considerations for the use of cotton as a clothing material. *See attached criteria list for this module.*

PREREQUISITES

None

RESOURCES

None

ADDITIONAL RESOURCES

Any Rescue Squad member

Handout: *Survive!* WoodsTalk, 2006

Handout: *Wilderness Search Procedures*, WoodsTalk, 2004

AUTHORIZED EVALUATORS

Any Rescue Squad sergeant or officer

Any Rescue Squad Wilderness Search and Rescue Technician

MAXIMUM RENEWAL TIME

3 years



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Skill Sheet

S-100, State Pre-Trip Preparations

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NOTES TO EVALUATOR:

Task	Go	No-Go
Describes maintaining two packs: A field pack, and a garrison pack, the latter which is kept in the Base Camp and includes at least a change of clothes to wear after the operation.		
Lists or shows the following items: Tarp, flame source (mechanical match is best), space blankets, rope or cord, knife, water container, sierra cup or similar, water filter or tablets, morale builder (candy, tobacco), signal mirror		
Describes leaving a "panic button" time (as opposed to an expected return time), and detailed itinerary		
Describes checking direction of travel; describes Safety Direction as direction most likely to bring you to safety, with most tolerance of deviation error		
Describes three clothing layers; gives at least two examples of wicking layers (polypro, duofold, thermax); two examples of insulation layer (wool, Polar-Tech, Polar-Fleece, field expedient dry leaves/grass); two examples of shell layer (Nylon, Gore-Tex, Helly-Tech, field expedient plastic bag)		
Describes cotton as excellent summertime wicking layer; contraindicated for winter		

Critical Criteria

Check if Go; Circle if No-Go

- Must not describe cotton as a material of choice in winter conditions
- No more than two on-the-spot corrections in the balance of the skill check

_____ **Go**

_____ **No-Go**

_____ **Evaluator**

(Initial & 7100-number)