

SAR COORDINATES

August 2010

TONTO RIM SEARCH AND RESCUE SQUAD, Inc.

**P.O. BOX 357
STRAWBERRY, AZ 85544**

A self-supporting, not-for-profit group of volunteer citizens dedicated to improving safety in the Arizona wilderness.

Operating under the authority of the Gila County Sheriff's Office

John Armer, Sheriff

TRSAR Squad meets monthly

**General Public Welcome
2nd Thursday @ 7:00 - 9:00 PM
Payson Public Library Meeting Room
328 N. McLane Road - Payson, Arizona**

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**Don't forget; the meetings this month are *August 10th* for the Board
and *August 12th* for the General Meeting.**

New Feature Article

Pack ✓ Check

by Greg Reed

Backpacking Checklist - The Ten Essentials

These are the basic things every backpacker should have in their pack when they go out hiking. This list applies to anyone whether they are hiking just for fun or going on a SAR rescue mission. SAR members who do not have these basic things with them may be putting themselves and/or others at risk and may be making themselves a potential liability instead of an asset on a mission.

1. Hydration

Camelback, Water bottles and Water, Water, Water!

Electrolytes

Water Filter or other water treatment system (optional)

2. Nutrition

Extra days supply of food

Energy food (energy bars, trail mix, etc.)

3. Fire

At least two ways to make fire (lighter, waterproof matches, flint & steel, etc.)
Fire starter (dryer lint, Vaseline cotton balls, commercial fire starter sticks, etc.)

4. Sun Protection

Sunscreen and lip balm
Sunglasses

5. Knife and Tools

Pocket knife, Leatherman, compact hand saw, etc.

6. First-aid Kit

7. Illumination

Headlamp or flashlight with extra bulb and batteries
Backup flashlight

8. Navigation

Map of the area in a waterproof holder
Compass (You must know how to use it or it is basically useless)
GPS (Optional as part of this list but essential for SAR)

9. Insulation and/or body covering

Extra clothing appropriate for the location and time of the year (Jacket, socks, pants,
Rain gear, etc.)

10. Emergency Shelter

Tarp, tent, bivy, space blanket, cord, webbing, duct tape - basic things necessary to make an emergency shelter.

The list above assumes that you have dressed appropriately for the location and the time of year.

Appropriate dress would include:

1. Hat - To protect you from the Sun, rain and/or keep your head cool or warm.
2. Gloves
3. Sturdy Footwear adequate for the climate and time of year.
4. Clothing suitable for the climate and time of year. Preferably synthetics in layers that can be added to or removed that wick perspiration from the body and helps to control body temperature. Clothing that protects you from the sun or rain, heat or cold, etc.
5. Wrist watch or some other reliable timepiece.

Finally, there is an additional list of pack items that are either essential or recommended for SAR members. The next installment of Pack ✓ Check will list those items. Also, future installments of Pack ✓ Check will talk about what should be included in an Extended Stay Pack, Winter Pack and many other useful items you may want to wear or carry when you go out on a SAR mission or just for a day hike.

August 2010 Training Schedule

18 Aug (Wed)	GPS Training – Time: 1800 - Place: TBA
21 Aug. (Sat)	Rope Training – Time: 0730 – Place: Box Canyon – Instructors: Roger Miotto and rope instructors in charge
Track Training - August	
11 Aug. (Wed.) Time: 1500 - Fuller Ranch - Beginners	
19 Aug. (Thu.) Time: 1500 - Pine Narrows - Intermediate/Certified	
25 Aug. (Wed.) Time: 1500 - Natural Bridge - Beginners	
28 Aug. (Sat.) Time: 1400 - Line Search - - Corrals	

Planned Training Sessions (Coming this Year)

	<i>Navigation Training – Compass and GPS</i>
	<i>Mock Mission</i>
	<i>Tracking Certification – Time: TBA – Place: TBA</i>
	<i>First Aid – Time: TBA – Place: TBA</i>
	<i>CPR – – Time: TBA – Place:</i>

If you would like to volunteer to run a training session, or if you have a training session request contact any Board Member or Don Johnson

Sign-up required to attend this training

See following notes:

To reserve use of squad ATV, contact Don Johnson at 928-474-5335. Jacket, gloves, boots, helmet, and eye protection required to operate Squad ATV

Active: Members wishing to remain on active status must attend at least three official Squad functions per quarter of the calendar year, as well as two training exercises per six months of the calendar year.

Reserve: Members who wish to remain on reserve status must attend at least one official Squad function per quarter of the calendar year as well as one training exercise per six months of the calendar year.

Business Cards for Active Members

All active members are permitted to have business cards with your SAR info on them. If you do not have them yet, or if you have used up the ones you had, contact Mike Taylor to place your order. They are nice to have when you are doing any Squad activities, and the best part is they are free. A common use for them is to hand out to family members of the search/rescue subject.

Email miket@trsar.org or call 978-8009.
