PRO LEVEL

Light Search and Rescue Checklist

For those already past the basics. This is the kit you carry once you've trained to check homes and help neighbors safely after a disaster.

Protect yourself

- [ ] Helmet with chin strap, plus a headlamp that mounts on it
- [ ] Leather work gloves, plus a box of nitrile gloves
- [ ] Safety goggles
- [ ] N95 or P100 masks (several)
- [ ] Sturdy boots, long sleeves, and long pants
- [ ] High-visibility vest
- [ ] Knee pads

Search and mark

- [ ] Flashlight with spare batteries
- [ ] Whistle
- [ ] Search-marking crayon or fluorescent spray paint
- [ ] Permanent marker, duct tape, notebook, and pencil
- [ ] Street map of your area
- [ ] Two-way radio, with spare batteries

Light rescue

- [ ] Pry bar, 24 inches (60 cm) or longer
- [ ] Cribbing: a few short lengths of 4×4 lumber (10 × 10 cm) or wood blocks
- [ ] Multi-tool or utility knife
- [ ] Utility shut-off wrench (gas and water)
- [ ] 50 feet (15 m) of rope

Medical and triage

- [ ] Trauma kit: tourniquet, pressure bandages, hemostatic gauze, trauma shears
- [ ] Triage tags, or colored tape in red, yellow, green, and black
- [ ] Emergency blankets
- [ ] Water and snacks for yourself

Train first. Use this kit only within your training. Take CERT, or your local equivalent, before attempting search and rescue. Shut off gas only if you smell gas or hear a leak; once off, only the utility should turn it back on.