

Virginia RACES  
24-hour pack Checklist

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(Complete, separate and insert into each pack section)

**LEVEL I - Pockets, or briefcase contents**

MUST Optional INSP DATE \_\_\_\_\_ by \_\_\_\_\_  
Recommended

- Cell phone and /or pager
- Small "Backup" AA flashlight
- Personal medications and hygiene items
- Eyeglasses
  - 2-meter / dual-band HT
  - Extra battery for cell phone and /or HT
  - Notebook and pencil / pen
  - Scout Knife
  - Matches or lighter
  - Whistle
  - VDOT or City / County road map
  - Sunglasses
  - "Backup" pocket compass
  - Emergency cash
- Other \_\_\_\_\_

**LEVEL II**

**RACES Operating Supplies In Waist pack**

MUST Optional INSP DATE \_\_\_\_\_ by \_\_\_\_\_  
Recommended

- 2-meter /dual-band HT
- Extra phone, or HT battery pack
- Weather resistant bound notebook, pencil / pen
- Message forms and operating references
- Primary, larger 4-AA flashlight, headlamp
- Extra bulb and AA batteries for flashlight + HT
- First Aid Kit, personal meds and hygiene items
- Scout Knife or Multi-Tool
- Sun / Rain Hat
- Windbreaker or light duty rain gear
- 2 liters of water and snacks for a day
- Whistle
- HT "Gain" antenna, telescoping 1/2 wave, wind- up J-Pole or "Long" Flexible dual-band
- Extra "warmth" layer of wool or fleece
- Orienteering compass
- VDOT road map
  - Sector area USGS Topographic map
  - Sunglasses
  - Sunscreen
- Other \_\_\_\_\_

**LEVEL III - Life Support / PPE Backpack**

MUST Optional INSP DATE \_\_\_\_\_ by \_\_\_\_\_  
Recommended

**"The Ten Essentials"**

- MAP – USGS, 7.5 minute topographic
- COMPASS, orienteering type on cord
- FLASHLIGHT, 4AA size, with EXTRA bulb, extra alkaline batteries for flashlight + HT
- WATER, total of 1 gallon / day minimum
- FOOD, nonperishable, adequate for 24 hrs.
- WIND / RAIN PROTECTION, hat, windbreaker or poncho, wool sweater or fleece for layering
- FIRE STARTING MATERIALS, 3 methods: matches, lighter, flint starter or burning lens and tinder (cotton infused with petroleum jelly in film can)
- KNIFE - Scout type or multi-tool
- FIRST AID KIT and first aid manual
- SIGNAL, whistle and signal mirror

**REQUIRED FOR CERT / DAMAGE ASSESSMENT**

- ❖ SAFETY GLASSES ANZI Z87.1-1989
- ❖ HARDHAT ANZI Z89.1-1997 Type I
- ❖ VEST, reflective
- ❖ RESPIRATOR, N95 rated or higher
- ❖ WRENCH, adjustable, to turn off utilities

**Clothing**

- Sun / Rain Hat
- Cold weather warm hat (wool or acrylic)
- Initial "wicking" layer next to skin
- Outer wind / rain resistant "shell" layer
- Extra insulating "warmth" layer, wool or fleece
- Boots, ankle support, safety toe, traction sole
- Socks, non-cotton, wool-blend w/ polypro liner
- Gloves, leather, work shell protective
- Gloves, wool liners, for warmth
  - Gaiters

**Additional Optional Items**

- FLARE, automotive, fire starting, wet environment.
- FUEL / CANDLE, six Trioxane bars, 9 hr. candle
- Personal EPA rated water filter, purification tablets
- GEL CEL BATTERY, with transceiver power cord
- MULTI-TOOL, Leatherman®, or Gerber®
- SHELTER, Space Blanket®, military poncho, or plastic trash bag, bivvy shelter, etc.
- SLEEPING PAD, closed cell foam
- MESS GEAR, mil. canteen cup, warming stand, spoon
- ROPE, 20 ft. nylon "flat line," and 50 feet #550 cord
- CAMP KNIFE / MACHETE or AXE (one per team)
- FOLDING SAW (one per team)
- FOLDING SHOVEL, (one per team)
- OTHER \_\_\_\_\_