

New Jersey Region – National Ski Patrol Essential Equipment for Nordic Patrollers

Introduction:

The equipment to be carried for emergency care and personal survival depends on:

- Trip purpose
 - Recreational skiing
 - Patrolling
 - Wilderness Search and Rescue
- Planned trip length
 - A few hours
 - All day
 - Single Overnight
 - Multi-day
- Number of people in party (and their background/experience level)
- Type(s) of transportation to be used (skis vs. snow shoes)
- Possible (**not** probable) type(s) of weather which could be encountered
- Special area considerations
 - Avalanche equipment (Transceivers, shovels, probes, etc.)
 - Technical equipment (Ropes, carabiners, harnesses, etc.)
 - Evacuation/transportation equipment (Groomer, Snowmobile, Expedient sled, etc.)

Expedient Sled Materials:

The type of expedient sled preferred within the Eastern Division requires the following materials:

- 5mm rope – 1 x 100 feet **or** 2 x 50 feet
- Tarp – 6 feet x 8 feet (Note: Patient's feet will stick out!)
- 2 prussick loops made from 3mm rope to close ends of tarp – 4 feet each
- 2 non-climbing ("garbage") carabiners to close ends of tarp
- 2 pieces of webbing to tie down patient – 10 feet each
- Closed cell foam padding to at least cover bindings ("Shortie" to full length)
- 2 D-rings for NNN bindings (optional)

In addition, the following materials are needed for the 4 people hauling the expedient sled:

- 4 pieces of webbing for harnesses – 10 feet each
- 4 locking or 8 non-locking carabiners for hauling harnesses
- 5mm rope for extending hauling lines – 50 feet

Carrying Gear:

Although a patrol vest or patrol belt may suffice when patrolling an area with groomed trails, a pack may be needed depending on the amount of equipment to be carried.

Pack Notes:

- Consider a pack with a minimum of 2,000 to 3,000 cubic inches (33 to 49 liters)
- Look for an internal frame of some kind (as opposed to no frame or an external frame)
- The pack should have a padded waist belt, padded shoulder straps, and sternum strap
- Multiple attachment points and exterior pockets are useful

Category	Item	Note(s)
Navigation	Maps of area (laminated or in zip-loc bag)	
	Compass (adjustable declination and sighting mirror are useful)	EXT
	GPS	OPT
Sun Protection	Sun Glasses or Goggles	
	Sunscreen	
	Chapstick	
Insulation (extra clothing)	Hand warmers	
	Extra Insulating Layers	
	Extra Wind/Water Resistant Layer	
	Extra Gloves, Hat, Gaitor, Balaclava	
Illumination	Headlamp and small flashlight (Mini Mag Lite)	
	Extra batteries/bulbs	
First-Aid Supplies	Small Swiss Army Knife with scissors and tweezers	
	Paramedic shears	OPT
	SAM or forearm splint (improvised – bleach bottle or “shortie” pad)	
	Improvised traction splint (Rope ankle hitch and 8 inch ski pole spreader)	EXT
	Bandaging Materials – 2 inch tape, band aids, butterflies, mole skin, safety pins, surgipads, kling, Ace bandage, 4x4 bandages, and 4 cravats	
	BSI Precautions – gloves, face shield/pocket mask, alcohol wipes/waterless cleaner	
	Other – Vaseline Gauze, Glucose, Chemstrips, Neosporin, Betadyne	OPT
	Personal Medications – Tylenol/Ibuprofen, Tums	OPT
	Storage bags	
	Pen and notebook	
Fire	Lighter and waterproof matches	
	Firestarters	
	Aluminum Foil for windscreen (see Hydration)	
Repair Kit and Tools	Multi-tool	
	Pole splint, extra basket, strapping / duct tape, hose clamps, cable ties, waxes, steel wool and binding screws, bailing wire, needle/thread	EXT
Nutrition (extra food)	1-2 Extra Meals – Caloric needs can range from 3000-5000 calories/day (high carbs; consider ready-to-eat snacks and soup / hot drink mixes)	
Hydration (extra water)	1-2 wide mouth Water Bottles in insulated carriers	
	Thermos of Hot Water (or premixed with soup or a hot drink)	
	Stove (e.g. Esbit), Fuel, Windscreen (see Fire)	EXT
	Metal cup or small pot and pot holder	EXT
Emergency Shelter	Shortie Pad (Small Piece of Closed Cell Foam)	
	Emergency “Space” Blanket or Bivy Sack	
	6 x 8 Tarp	
	Several large trash bags	OPT
	50 feet of 3mm (1/8 inch) cord	
	Shovel (Avalanche or Snowclaw) – also useful for grooming	OPT
Other	Toilet Paper	
Communication (Signaling)	Whistle	
	Area Radio	
	Cell phone	OPT

Notes: OPT Optional Item
EXT Item useful for extended patrolling in back country or remote areas