**Crisis Response Training Gear**

Omitted from this list are most of the items you would wear during training (especially if training as a group of ALERT Cadet families, like a unit) and the items you would use while camping during the training. In the event you are training as a unit or other grouping of Cadets, or camping, these items are listed for you on the third page.

While bivouacking overnight is not a requirement for earning the CRT Award, a real crisis response could easily require an unexpected campfire for heat, light, or comfort. This is the purpose for having dry fire-starting items with you at all times.

**Apparel:**

* Socks – *SmartWool, DarnTough,* or a similar wool product is highly recommended
* River shoes (shoes that you are willing to wear in the water, like old tennis shoes)
* Trail shoes (light hiking shoes) -- to be worn all day in woods and underbrush
* Sweatshirt and/or jacket (weather dependent)

**Daypack**

This pack should be comfortable for day-long use and no bigger than needed for the contents. Pack in such a way that essential items are easy to access and can be readily located in the dark, which should be practiced.

**Daypack contents:**

|  |  |
| --- | --- |
| * Bible (compact)
* Journal pages
* Work gloves
* Compass
* Small mirror
* Pace counter
* Pens
* Notepad
* Washcloth
* Toothbrush & toothpaste
* Underwear
* Socks
* Black *Sharpie* pen
 | * One liter (minimum!)of water
* Water purification method – tablets, filters, etc.
* Space blanket
* Sheet of plastic (minimum 3 mil)
* Extra clothing for your torso
* Rain poncho/coat
* Two headlamps (or one flashlight and one headlamp)
* Energy snacks
* First-aid kit
* Roll of orange surveyors tape
* Sunscreen and/or insect repellent (optional)
* 50 feet of 550 paracord
* 20’ length of 1” tubular webbing (optional)
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**Additional items preferably carried on your person (or readily accessed in your daypack:**

* Time piece (even your phone)
* Two-way radio
* Whistle
* Quality fixed-blade knife (or locking-blade pocketknife) \*
* Multi-tool - good quality *(Gerber, Buck, or Leatherman)* with a file or wood rasp
* Fire-starting ignition devices - twotypes per person\*\*
* Portable tinder (fire-starting material) -- at least one type per person\*\*

\*For a survival knife, consider a 90 degree, or "sharpened," spine for making tinder and/or striking a ferro rod. Keep in mind that this sharp edge can be uncomfortable to grip with your thumb and could potentially cut you. Sgt. Maj. Bilodeau recommends a Morakniv for a cheap utility fixed blade with quality steel.

\*\*There is an advantage to having a variety of types among the family members.

**Notes**

The concept of the daypack and its contents is the “to-go bag” that you would always keep ready to grab if you had to evacuate your present location (home, transportation vehicle, motel, etc.) for a short term. It is scaled down from the “survival kit” which is put together as part of Personal Emergency Preparedness and kept in your home for an extended emergency. If you had to live remote from familiar surroundings for an extended period you would need to be creative and resourceful in supplementing your “to-go bag,” which of necessity must be compact and light for handy accessibility and on-foot travel.

If you will be spending time in the woods, for maximum tick protection you may want to treat the pants (and possibly shoes and socks) you will be wearing with Permethrin at least two days prior to your time in the woods (which will ensure that they are fully dry before you wear them).

**For an ALERT Cadet group:**

* ALERT Cadet t-shirts (It does not matter what is printed on the shirt as long as it is issued by ALERT Cadet.) -- to be worn all the time, day and night
* ALERT Cadet polo shirt (optional)
* Duty uniform:
	+ BDUs\*
	+ BDU belt
	+ Marine-style cover
* PT shorts (not cargo, as they take longer to dry)
* Green ALERT Cadet sweatshirt (if you have one)

\*Save your good BDUs. If you do not have back-up BDUs, then other khaki cargo pants, or any suitable khaki pants, are preferable to wearing your Duty Dress BDUs.

**For a ceremony at the end of the training (optional):**

* Chambray with ribbons
* Boots
* Clothes iron and lint-free towel (for ironing on a table) – if away from home

**For camping:**

* Tent and ground cloth -- individual tents or one tent for the family – or hammock
* Sleeping bag or blankets
* Sleeping pad
* Pillow and case (or just a case in which to put clothes to function as a pillow)
* Towel
* Toiletries
* 2nd pair of trail shoes (highly recommended in case first pair gets water-soaked)
* Shower shoes/sandals (optional)
* Hiking socks -- a clean pair for each day
* Underwear for each day (in case you are relying completely on this list as to what to bring)
* Water bottles with a total capacity of at least 2 liters
* Campfire chair