

**Winter Operations Training at
Hawk Mountain Ranger School (HMRS)**
218 Pine Swamp Road; Kempton, PA 19529
717-685-5041



THERE ARE NO BUILDINGS TO HOUSE STUDENTS OR STAFF.
EVERYONE WILL BE SPENDING THE DURATION OF THE SCHOOL OUTDOORS,
REGARDLESS OF WEATHER CONDITIONS.

Use Base Camp's zip code **19529** to check the weather prior to traveling to HMRS; it is your responsibility to pack accordingly. All activities will be outside – camping, hiking, and classes.

Winter Event Courses for both Cadets & Senior Members:

Basic Course – First year course emphasizes navigation, winter search and rescue techniques, wintry weather survival, camp site selection, and preparing for wintry weather operations to include mission scenarios and patient evacuation.

Introduction to Winter OPS – Basic introduction to wintry weather operations, clothing, equipment, safety, first aid, basic survival, search techniques, and woodsmanship. This is NOT a prerequisite course. This is designed for students that have no experience in wintry weather operations.

Advanced Course – A second year course continuing the education, skills, and experiences of search & rescue operations in a wintry weather environment. **Before taking this course, you must have completed a Winter Ranger School.**

Special Advanced Course – The course will include field mobility, advanced search techniques, winter survival, natural shelters, and team leader skills. **Before taking this course, you must have completed the Winter Ranger Advanced Course.**

To physically prepare for an HMRS Winter School:

- Be able to carry your gear for a few miles in the woods.
- Sleep in the cold with your gear prior to winter school.

****Tents:** Due to safety and accountability concerns, cadet students will share tents with other cadets. Recommended tent size is 2-4 persons, but larger is acceptable. Packing a tent is encouraged, but not mandatory. **Do not purchase a tent just for this weekend.**

Tents are for sleeping only. All equipment will be kept in a squadron equipment shelter.

Ranger Staff Training for Cadets & SMs – Interested in becoming a Ranger Staff Training Candidate?

- Q&A session will be conducted at Winter School.
- Training programs are offered in-person & through our Google Classroom.
- Contact HawkMountain@cap.gov with any additional questions.

Packing List of Minimum Equipment Required for Winter SAR Operations

This focus is on a positive winter training experience with many learning objectives, and **safety is our number one priority for students and staff**. The following are mandatory:

- All required forms must be completed.
- Winter clothing:
 - The base layer, against the skin, should be a wicking, synthetic material (for example, polypropylene).
 - 4-5 other layers with the outermost being windproof.
 - The windproof, outer layer's appearance needs to be warm; the warmth is more important than a "military" appearance.
 - Multiple layers allow the removal/addition of clothing to adjust to activity levels and the temperature.
 - Hats & gloves (retain body heat)
- Insulated boots

You will have times of low activity during which you will lose heat. At other times, you will be hiking in the woods & carrying heavy loads causing you to get hot & perspire. Proper layers that you can add and remove are important!

Check item off	Required Items	Notes
Required Forms		
	CAPF60-80 – Download this form from Registration Zone. This is required for cadets only.	Email to HawkMountain@cap.gov
	CAPF160(I)	Email to HawkMountain@cap.gov
	CAPF161(I)	Email to HawkMountain@cap.gov
	CAPF163 – for cadets only	Email to HawkMountain@cap.gov
	SQTR (keep with you so instructor can sign each completed task)	Download from eServices
	Ranger Testing Sheet (keep with you so instructor can sign each completed task)	Click here to download.
	Wallet & money	Gear & souvenir items are available in BX.
	CAPID & 101 Card	
	Backpack for extended field gear	Ideally can also hold day pack inside it
	Day Pack	Packing for daily missions.
Safety Equipment		
	Orange Hat	Click here to order.**
	Orange Hard Hat	Click here to order.**
	Orange Safety Vest	Click here to order.**
	Leather Gloves	Click here to order.**
	Eye Protection	Click here to order.**
	Eyeglass strap for prescription glasses (no contacts)	Click here to order.**
	Optional – sunscreen	
	Optional – tick repellent	
Required Clothing Items		
	ABU or Blue Field Uniform, modified for cold weather.	
	Wool or synthetic material long underwear	

Check item off	Required Items	Notes
	Winter Coat	does not have to be military (safety first – the warmth is more important than a “military” appearance)
	Heavy knit hat (adjust your hard hat to fit over your hat)	
	Insulated gloves or mittens with water resistant shell & leather palm	
	Clothing to be layered for warmth	Video coming soon.
	Thermal Socks & sock liners – at least 6 sets	Wool or wool blend outer sock with polypropylene liner to wick away perspiration
	Boots – waterproof, insulated, cold weather	Must be insulated!
	Rain gear/Poncho	Mandatory even if no rain is in the forecast.
Optional Clothing Items		
	Sweaters, vests, polypropylene shirts, windbreakers	
	Gaiters	Cover boots and protect the lower portion of legs.
	Snowshoes and/or ice cleats	
	Snow or Ski Goggles or Sunglasses	
	Windproof or snow Pants	
Hydration and Food		
	4 quarts of water in Canteens or Reusable water bottles	There is no running water!
	Snacks (Meals will be provided Saturday Lunch & Dinner & Sunday Breakfast)	Snacks are important for their calories.
	Eating Utensils	If needed for your snacks.
Sleeping		
	Closed cell foam sleeping pad	Optional, but highly recommended.
	Sleeping Bag	Extreme freezing weather, down or synthetic filled
	Ground “cloth”	Plastic tarp or poncho
	Optional – Tent ** – 2-4 persons, small, lightweight	Bring a 10'x12' tarp if you have no tent.
Miscellaneous Supplies		
	2 flashlights & extra batteries	A headlamp may replace one flashlight
	Trash bag	One large, heavy-duty bag can be used as a shelter in emergency situations.
	Vaseline impregnated cotton balls	Fire starter and double as lip protection
	Pocket Knife	
	Compass (optional)	
	Small, personal first aid kit	
	Personal medications/supplements	Must be listed on CAPF160 and/or eServices.
	Personal hygiene	Toothbrush & paste, deodorant
	Toilet paper in a waterproof bag	
	Soap & small towel	Disposable body/baby wipes are alternative
	Optional – Hand/foot/toe warmers	

A disposable camera is recommended, but not mandatory. This should also be packed in a waterproof container. Students are not permitted to have cell phones.