

**Packing List for Weekend Training Events 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.
- All attendees must be a current member of Civil Air Patrol (CAP) with a valid membership card.
- All attendees must have completed all prerequisites to attend HMRS events.
- All attendees must complete their registration in Registration Zone.
- All required forms must be completed and uploaded in Registration Zone.
- All cadets must have parental permission to attend.
- All members must have a printed copy of the CAPF 160(I) and CAPF 161(I) folded and placed in a zip lock bag in their right cargo pocket.
- To physically prepare for an HMRS Weekend Event, practice extended walks with your full gear on your back. For activities in cold weather, sleep outside in the cold with your sleeping bag prior to the weekend.
- ***For events after mid-October and through mid-May, there will be no running water at HMRS. You must bring at least 4 quarts of water with you.***
- ****Tents:** Due to safety and accountability concerns, cadet students will share tents with other cadets. Recommended tent size is 2-4 persons. Packing a tent is encouraged, but not mandatory. **Do not purchase a tent just for the weekend.**
- Tents are for sleeping only. All equipment will be kept in a squadron equipment shelter.
- A disposable camera is recommended, but not mandatory. It should be packed in a waterproof container. Students are not permitted to have cell phones.

This packing list is for weekend events only. There is a separate packing list for the summer school in July.

All items on the packing list are required unless marked "recommended" or "optional." ***Please pay attention to the column headings, which will indicate whether or not the item is for a cold weather environment. At HMRS, cold-weather is common, but not limited to, from mid-October through April.***

Put your last name on your items.

Packing List of Minimum Equipment Required for Weekend Events

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

Pack and wear appropriate clothing. During cold weather training, 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! For cold temperatures, please follow these guidelines:

- 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, waterproof boots

Check item off	Required Items	Notes
	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.
	Printed copy of the CAPF 160(I) and CAPF 161(I) folded and placed in a zip lock bag in your right cargo pocket.	Signed by parents if required.
	Wallet & money	Gear & souvenir items are available in BX.
	CAPID & 101 Card	
	Backpack for extended field gear – field pack with an external or internal frame, thoroughly inspected and adjusted for full load (waist straps are a must!)	Ideally can also hold day pack inside it
	Day Pack – rugged; needs to be able to fit binders/paper-sized objects; a durable bag similar to a backpack will work.	Packing for daily missions.
	Pencils & pens and a small notebook in zip lock bag	

Safety Equipment – all items required unless marked “optional” or “recommended”

Check Item Off	Required Items for All Weekend Events	Notes
	Orange Hat (recommended)	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.**
	2 flashlights & extra batteries	A headlamp may replace one flashlight. Recommend red lens for one light.
	Small, personal first aid kit – about 2"x3"; band aids, gauze pads, tape, iodine, first aid cream, moleskin, cough drops, personal hygiene gloves, alcohol preps, waterless soap, personal hygiene items	Recommended items for personal use.
	Sunscreen (optional)	
	Tick repellent (optional)	Deet is effective.

Clothing Items

Check Item Off	Required Items for All Weekend Events	Required Items for Winter Operations Weekend and Cold-weather Events	Notes
	ABU or Blue Field Uniform	Modify for cold weather as needed.	CAPR 39-1
	Underwear	Wool or synthetic material, isolated long underwear	
	Temperature appropriate fleece or coat	Winter Coat	It does not have to be military style (safety first – the warmth is more important than a “military” appearance)
		Heavy knit hat (adjust your hard hat to fit over your hat)	
	Leather gloves	Insulated gloves or mittens with water resistant shell & leather palm	
		Clothing to be layered for warmth	See video on capranger.org
	Socks – at least 2 pairs (in addition to the ones you are wearing)	Thermal Socks & sock liners – at least 6 sets. Wool or wool blend outer sock with polypropylene liner to wick away perspiration.	
	Boots	Boots – waterproof, insulated , cold weather	
		Hand/foot/toe warmers (optional)	
	Rain gear/Poncho required, but an extra poncho is recommended	Mandatory even if no rain is in the forecast.	Rain suit may be substituted for one poncho.
	Sweaters, vests, windbreakers (optional)	Sweaters, vests, polypropylene shirts, windbreakers (optional)	
		Gaiters (optional)	Cover boots and protect the lower portion of legs.
		Snowshoes and/or ice cleats (optional)	
	Sunglasses (optional)	Snow or Ski Goggles or Sunglasses (optional)	
	Rain pants (optional)	Windproof or snow Pants (optional)	

Hydration and Food

Check Item Off	Required Items for All Weekend Events	Required Items for Winter Operations Weekend and Cold-weather Events	Notes
	2 quarts of water in Canteens or Reusable water bottles	4 quarts of water in Canteens or Reusable water bottles	There is no running water from mid-Oct through Mid May!
	Snacks (Meals will be provided Saturday Lunch & Dinner & Sunday Breakfast)		Snacks are important for their calories.
	Eating Utensils (Optional)		If needed for your snacks.

Sleeping

Check Item Off	Required Items for All Weekend Events	Required Items for Winter Operations Weekend and Cold-weather Events
	Foam sleeping pad (optional, but highly recommended).	Closed cell foam sleeping pad (optional, but highly recommended)
	Sleeping Bag – rated for expected weather.	Sleeping Bag – Extreme freezing weather, down or synthetic filled
	Ground “cloth” – a plastic tarp or poncho	
	Optional – Tent ** – 2-4 persons, small, lightweight	
	10'x12' tarp (required only if you have no tent)	10'x12' tarp (required only if you have no tent)

Miscellaneous Supplies

Check Item Off	Required Items for All Weekend Events	Notes
	2 or 3 Trash bags, 20-35 gal	A large, heavy-duty bag can be used as a shelter in emergency situations.
	Vaseline impregnated cotton balls	Fire starter and doubles as lip protection
	Small pocket Knife	
	Personal medications/supplements.	Must be in original containers, listed on CAPF160 and/or eServices, and turned into Medical per CAP regulations.
	Personal hygiene items such as toothbrush & paste, deodorant	
	Toilet paper in a waterproof bag (small amount for personal use)	
	Soap & small towel. Disposable body/baby wipes are an alternative.	
	25' paracord (or heavy nylon cord)	Highly recommended
	Handkerchief (optional)	
	Duct tape (25' rolled into a small roll)	
	Can opener (optional)	Recommended for advanced training

Survival Kit – all items required unless marked “optional” or “recommended.” ***Complete Survival Kits are optional for basic level courses but are required for advanced courses.***

Check Item Off	Required Items for Weekend Events
	Metal signal mirror
	Wooden matches/waterproof with striker
	Sewing needle & heavy nylon thread
	5-10' steel 30 gauge snare wire
	Small pliers (optional)
	Little candle
	Butane lighter
	fishhook
	Safety pins
	Garbage bag
	Mylar emergency blanket
	Water purifier tabs
	3' heavy duty aluminum foil (optional, but recommended)

Navigation Kit – all items required unless marked “optional” or “recommended.” ***Complete navigation Kits are optional for basic level courses but are required for advanced courses such as Navigation Weekend.***

Check Item Off	Required Items for Weekend Events	Notes
	Compass – orienteering or lensatic	If you want a compass for a basic course, please purchase an inexpensive compass.
	Pencils	Mechanical recommended
	Pens	
	Protractor	
	mm ruler	
	Magnifying lens (optional)	For those who need help reading tiny print
	Roll of blazing/surveyor's tape	