

ACA Suggested Basic Equipment/Gear List

Personal Gear: You must provide these items!

Personal Flotation Device: Type III or V, should allow freedom of movement.

Head Protection: Should provide adequate protection for the forehead, temples, ears, and the back of the head.

Cold Protection: Wetsuit or Drysuit, Polypro, Splash gear.

Foot protection: Sturdy footwear providing protection from sharp rocks and other debris while providing some thermal protection. **NO Sandals** – use an old pair of sneakers.

****PPE: Cloth face mask.** Required during class and after class hours when you are within 6 ft of others. LL will have masks available on site in the event you arrive without one.

**While not required, it is suggested that all ACA members acquire the rest of this basic rescue gear and technical rescue gear over time:*

***Basic Rescue Gear:**

Rope	Throw bag containing 70' of 3/8" or larger floating line. Needs to be constructed as a kernmantle braid, <i>Spectra</i> core has considerable strength advantage.
Knife	Easily accessible knife which can be opened/prepared with one hand, stainless steel blade, and rubberized hand grip.
Whistle	A loud plastic whistle which can be heard at long distances over noise of rapids.
First Aid Kit	A well-stocked kit should include at least bandaging and splinting supplies, cold packs, latex gloves, CPR microshield, emergency food (sugar/candy). Should be stored in a water-tight bag.

***Technical Rescue Gear:**

Webbing	A 10-15' length of 1"/4,000 lb. test, tubular nylon webbing tied in a loop.
Carabiners	Two locking AD@ aluminum carabiners rated in excess of 5,000 lb. tensile strength.
Prussik Loops	Two prussik loops large enough to tie a triple wrapped prussik knot on a 1/2" rope. Prussiks should have a tensile strength of at least 4,000 lb., yet their diameter should be between 5.5 and 7 mm.