

## PERSONAL SAR PREVENTIVE MAINTENANCE SCHEDULE

### Annually

- Chemical lights ("cyalumes") – rotate out according to the dates on labels
- Batteries - rotate out. Rubber-band together your unused batteries as a way to distinguish them from the used ones
- Water purification tablets - check expiration dates and rotate out anything that will expire in the next year
- Sterile dressings – check for punctures or wear to packaging; check expiration dates and rotate out anything that will expire
- Shelter material, pack liners, zip-lock bags, etc. – check for punctures, wear on folded edges, etc. and rotate out anything showing potential for leakage
- Personal Credentials – recertification in SAR, medical, communications, etc. – check and schedule recertification as appropriate
- Health – over 40? Get a check-up
- Amateur radio license – schedule renewal if will expire in next 12 months
- Vehicle – check and follow vehicle manual's guidelines
- Boots – check for fit and wear. Replace insoles if necessary

### Every Six Months

- GPS – check GPS manufacturer's website for software updates
- Mapping programs – check manufacturer's website for software updates
- Medications – check expiration dates and rotate out anything that will expire in the next six months
- Compass – check for bubbles in bezel; switches in needle's magnetic alignment
- Stove – function check; use manufacturer-recommended lubricant to moisten gaskets on white-gas stoves; rotate out hygroscopic fuels such as alcohol
- Vehicle – check and follow vehicle manual's guidelines; verify emergency equipment (jumper cables, etc.) are still in vehicle
- Boots – clean and waterproof

### Spring/Fall

- Clothing – rotate in seasonally appropriate clothing
- Shelter supplies – rotate in seasonally appropriate gear
- Vehicle – make appropriate winter/summer adjustments

### Monthly

- Electronic/Electrical – flashlights, GPS, etc. – function check, examine/clean battery contacts for corrosion
- Food (human and canine) – check and replace as appropriate; even "nonperishable" foods (energy bars, canned dog food, etc.) can become stale/dry, and have expiration dates
- Stove – check for fuel leaks
- Vehicle – check and follow vehicle manual's guidelines
- Boots – check laces for wear

### Daily

- Water – drink at least eight 8-ounce glasses daily; people stay chronically dehydrated
- Food – eat regularly and appropriately
- Rest – get adequate rest
- Exercise – 20 minutes of vigorous exercise at least 3 times/week; don't forget strength and flexibility exercises
- Vehicle – never return home with less than ¾th of a tank

### After each incident/exercise

- Electronic/Electrical (flashlights, GPS, etc.) – function check; replace batteries; download GPS tracks & waypoints
- Documentation (ICS 214s, maps, etc.) – submit all requisite documents to crew/team leader; record mileage, etc. if retaining information for tax purposes
- Expended supplies (food, paper, pencils, medicines, stove fuel, nitrile gloves, dressings, ICS 214's) – check and replace
- Vehicle – fuel up and do PM check for tires, oil, and fluids – steering, transmission, and brakes
- Tents, tarps, raingear – air and dry anything exposed to moisture before re-packing
- Clothing – clean and replace clothing in pack as well as uniform items worn to/from incident
- Rope Gear – clean, check, and replace as appropriate
- Water – clean/dry hydration bladders
- Rest – get plenty
- Dog (canine handlers) – carefully inspect for injuries, particularly to paws; look for ticks, "hotspots," etc., and remove twigs, burrs, etc., entangled in coat or ears or between paw pads
- Other – make list of "lessons learned" on the incident - notes of tactics or equipment that worked well/poorly, etc.