

Technical Rescue Personnel: Cave Rescue Awareness, Operations, & Technician Levels

Physical Requirements: This is a physically demanding course which requires students to be in good physical condition, and have good upper body strength and stamina.

Personal Gear Required:

- Helmet, UIAA/CE approved, four/five point suspension, and chin strap (no fire helmets)
- Three independent light sources (with batteries and spare batteries) with two mountable on helmet
- Sturdy, lugged-sole boots for muddy & wet environment
- Gloves, leather and/or nitrile coated
- Optional knee and/or elbow pads
- Water resistant, durable caving pack for 12 hours underground. Size the pack so it is just large enough for personal gear, approximately from 16 L to 32 L. Avoid zippered packs as they tend to fail in mud.
 - In the pack, bring:
 - Adequate water (at least 2 liters recommended) and food
 - Small personal first aid kit (including personal medications as applicable)
 - Pencil, Rite-in-the-Rain notepad, and watch
- A complete vertical kit for Single Rope Technique (SRT) is required. If you own or have access to this equipment, bring it with you for approval. If not, Huntsville Cave Rescue Unit can provide limited gear. A complete vertical kit for SRT includes:
 - Commercially sewn seat harness
 - Chest harness to hold up chest ascender
 - Chest ascender
 - Short and long lanyards with locking carabiners
 - Long lanyard (without carabiner) should be roughly 31.5”
 - Short lanyard (without carabiner) should be roughly 12” – 18”
 - Some adjustable lanyards are acceptable
 - Third ascender on separate lanyard to act as a quick attach safety (QAS)
 - Upper ascender, attached to long lanyard with foot loop
 - Descent control device – (All devices must come from reputable manufacturers) The following are approved devices:
 - 6 bar rack
 - 4 bar micro rack
 - Bobbin style
 - Static cam device
 - Pulley cam device
 - Other devices may be acceptable
 - Note: All rope grabs must be mechanical style ascenders

Personal Gear Highly Recommended:

- Clean clothing after coming out of cave
- Rugged Clothing (No Cotton): Use layered clothing, while avoiding cotton. Wool and synthetics are a good option. Outer layers should be durable and expect them to get muddy and torn.
- Layers for cave temperature at 57-degree temperatures, for both stopped and moving
- Knee and/or elbow pads
- Sitting pad
- Palmer furnace or equivalent
- Chair to sit in when waiting
- Sunscreen
- Safety glasses
- Clean clothing after coming out of cave
- Several Locking carabiners
- **Tuning a frog system (guidance)**