

NCRC Day One Equipment Checklist

Name: _____

Date: _____

Level (circle one): **1 2 3 TOFE IQ**

Color/ID Code: _____

Evaluator
Initials

Equipment Check

- _____ A. **Climbing Helmet** Name on both sides of helmet. Yes _____
UIAA or CE approved Mountaineering style **climbing helmet** with a 3 or 4 point Chinstrap system. (non-elastic).
- _____ B. **Three Sources of Light**,
at least two (2) helmet-mountable, and two Electric. Each being capable of allowing you to exit the cave. One Carbide source could be helpful for heat generation.
- _____ C. Sturdy, rubber soled, **boots**.
- _____ D. Two (2) 20-foot sections of one inch tubular **webbing**.
Color _____ Name on it? Yes _____
- _____ E. Sewn **Seat Harness**. Name on it? Yes _____
- _____ F. Six (6) Locking **carabiners**, must be independent of climbing system.
ID or coded? Yes _____
- _____ G. Rugged **clothing**.
- _____ H. **Descending device**. Rack, Micro rack, Bobbin w/safety carabiner, Scarab, Scarab type device or rescue 8 with ears.
- _____ I. **Ascending System**. Type _____ ID or coded? Yes _____
Must be a complete, Working system with 2 gripping points of attachment connected to the seat harness; Includes a mechanical ascender, attached to seat harness that can be manipulated with one hand; Includes a tether attached to the seat harness with a carabiner (non-lock OK) on the free end, independent of an ascender;
- _____ J. **Gloves** with leather palms. Name on them? Yes _____
- _____ K. **Water bottle** (1 quart recommended). Name on it? Yes _____
- _____ L. Heavy-duty **pack**. Name on it? Yes _____
- _____ M. Watch
- _____ N. Paper and Pencil
- _____ O. US Manual of Cave Rescue Current Edition

Checked by: _____

Office Use

- _____ A. Student questionnaire on file.
- _____ B. Liability release on file.