

# PERSONAL ROPE RESCUE EQUIPMENT CONSIDERATIONS

2008

- (1) Set of **8mm** Tandem Prusiks (cord passing the pinch test. / **Short: (135cm) 53"** / **Long: (165 cm) 65"** tied with double overhand bend with sort tail (no more than two finger width length tails). These are sized to fit 11mm - 12.5mm rescue rope.
- (1) **8mm** 10m (33 ft.) accessory cord
- (4-5) Locking carabiners (25 kN +)
- (2) Non-locking carabiners
- (1) set of Prucell Prusiks
- (2) 60cm (24") sewn slings (spectra or nylon)
- (1) 15 ft webbing length
- Personal sit harness
- Chest harness (commercial or improvised / with a connector strap)
- **Personal Rappel Device** (i.e. Petzel Reverso, Black Diamond ATC, Omega Pacific SBG II, BMS micro brake rack, or similar that can accommodate the rope and ideally will not impart a twist in the rope - (FIRE RESCUE: the compact Omega SBG II slot style device will accommodate an 11mm - 12.5mm diameter rope).
- (1) **42" 6mm cord** - cut length (for conditional self-belay below the rappel device for single or double rope rappels). **IMPORTANT:** Use your rappel loop on your harness, connector strap, or similar to extend the rappel device from the harness system. This will ensure the prusik loop (prusik hitch application), if clipped at a leg loop with a locking carabiner on your brake hand side will NOT jam into the rappel device and possibly get minded when activated. Use a **3-wrap Prusik hitch for a single rope rappel** / a **2-wrap Prusik hitch for a double rope rappel**. Check proper activation before decent.
- (2) extra utility prusik slings (6-7 mm 60" cut length. Tie into a loop with double overhand bend).
- Pack large enough to easily accommodate personal gear and some group gear.
- Storm gear
- Small 1<sup>st</sup> Aid Kit
- Helmet
- Leather gloves
- Headlamp
- Knife
- Fluid / Food considerations

## OPOTIONAL:

- (2) Mini-PMPs: (CMC Protech Pulley or SMC brand mini prusik minding pulley).

**NOTE:** Keep your harness organized and clean - not all of the items above need to be on your harness. Try to keep needed items clipped on the harness accessible and low profile - not hanging low where they become a trip hazard.