

RTR STRW - IRW Equipment List

(Structural Tower Rescue Workshop - Industrial Rescue Workshop)

MANDATORY ITEMS:

Note: Manufacturers are underlined. (Optional Items, Page 2) See footnote below!¹

- 📦 AZTEK Kit: (one per attendee)²

Recommend CMC AZTEK Pro Series double zipper fanny pack³ **CMC AZTEK ProSeries System (SKU# 500104)**
- 📦 6 minimum locking carabiners (for personal and team use---prefer smaller aluminum)

Discussion: Auto locking type 3 aluminum carabiners are best for this as you will be using one hand to open and close the carabiner. Also NOTE, large G rated aluminum locking carabiners do not fit well into the Petzl I'D (either size) or RIG descenders. Use a smaller carabiner for this connection.
Rock Exotica rockD Auto-Lock (SKU# C2 A)
- 📦 1 Safety adjustable positioning lanyard (Petzl Grillon Hook or Yates RAD positioning lanyard -6'.)

Students will be leaning back onto their safety straps similar to linemen, so this is an essential for hands free working up in the air for these programs
1) Petzl Grillon Hook (SKU# L052CA00) 2) Yates RAD positioning lanyard (SKU # RADLANYARD2M)
- 📦 1 Full Body Rescue/Work Style Harness (adapted for rope access)

Discussion: There are so many differing harnesses out there to choose from for rope rescue work but very few really work extremely well for rope access applications. For this reason, we strongly recommend that you choose a rope access harness for this workshop which will function in the manner desired for optimal learning. Your harness should have not only the conventional D rings in the front, but also a sternal D ring attachment point, and two side D rings for positioning on the towers (IF you are using the harness for structural or tower work). Also, since you will be potentially climbing on rope during the program, we ask that you bring a harness that can accept the Petzl chest Croll ascender listed below. Harnesses that work well with the Croll are the #390 Yates/Ropes That Rescue "Tower Access", the #387 Yates/Ropeworks (trimmed down version of the 390) or the Petzl Avao® Bod or Avao Bod Croll Fast (quick connections). These rope access harnesses are used by structural rope access technicians around the world. Other harnesses may get by for the program, but we know that you will spend a lot of time rigging up something less than desirable. Hands down, the Yates harnesses are the most comfortable.
**Yates - 1) Professional Tower/Rope Access Harness (SKU# 390) 2) Basic Rope Access (SKU# 387)
Petzl - 3) AVAO BOD (SKU# C71AAA) 4) AVAO BOD CROLL FAST (SKU# C71CFA or C71CFN)**
- 📦 1 Petzl I'D Industrial Descender (gold) for 7/16" rope
Discussion: Brake racks are fine for general rescue, but an auto-stop friction brake like the well designed Petzl I'D is a must for this on rope work when free hands are a luxury at times. May substitute Petzl RIG 2018 version.
**I'D S 1) Yellow (SKU# D200S0) 2) Black (SKU# D200SN)
RIG 1) Yellow (SKU# D021AA00) 2) Black (SKU# D21AA01)**
- 📦 1 Rock Exotica 1.1" single sheave Omni Block pulley (the smallest for this application)
Omni-Block 1.1" (SKU# P54)
- 📦 1 CMC set (pair) of 8mm AZ Bound Loop Prusiks (long-green and short-red)⁴
Long (SKU# 293386) Short (SKU# 293383)
- 📦 1 Maillon Rapide short oval Screw Link (steel 7mm) (SKU# N-070-GS)
- 📦 1 Maillon Rapide long oval Screw Link (steel 7mm) (SKU# G-070-GS)
- 📦 1 pair hiking or work boots (broken in) **Vasque Breeze III GTX (SKU# 07190M)
2) Oboz Sawtooth Mid (SKU# 20701 113)**
- 📦 1 First aid kit and personal hygiene items (TP, sun block, lip balm, etc.)
Adventure First Aid Kit 1) 1 person 0.5 (SKU# 0120-0203) 2) 1-2 person 1.0 (SKU# 0120-0210)
- 📦 1 pair safety glasses; UV protection; OSHA approved
Western Safety Safety Glasses - Clear ANSI (SKU# 98366)

¹ IMPORTANT!!!: Rescuers wishing to practice efficient ascending and other skills on rope during this program should view some of Optional Items list on the following page as mandatory items

² NFPA G rated AZTEKs only available from CMC. Contact CMC for details.

³ Designed by Reed Thorne with CMC

⁴ Always carry on harness up tower/structure

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- 1 pair Work/rappel gloves ⁵ Ringer Rope Gloves 1) Red (SKU# 355) 2) Black (SKU# 353)
CMC Riggers Glove 3) (SKU# 250305)
- Inclement weather gear (cold, rain, sunny, hot, etc. Be ready for all weather-related insult)
- Head Light Bring extra batteries/bulb
1) Black Diamond Storm (SKU# BD620633) 2) Princeton Tec APEX (SKU# APX550)
- Climbing style helmet with chin strap (no fire helmets)
1) KASK Super Plasma - White (SKU# 346200) 2) Petzl ALVEO BEST - White (SKU# A20BWA)
- Sun hat/brim which works with your helmet ⁶
CMC Sunbrero 1) Black (SKU# 492155) 2) Gray (SKU# 492159)
- Whistle (prefer a good "sports-type" whistle or Fox 40)
Fox 40 1) Red (SKU# 9902-0100) 2) Yellow (SKU# 9902-0200) 3) Orange (SKU# 9902-0300)
- Water hydrations system/Extra water bottles (to carry water with you up the tower)
CamelBak 1) MIL TAC HAWG (Black - SKU# 62595, Coyote – SKU# 62596)
2) MIL TAC Mule (Coyote - SKU# 62604)
- Equipment duffle or ruck sack (lunch and personal items plus team items to be carried)
- Note paper & basic calculator— NOTE: multicolored pens or pencils Small note pad for notes
Rite In The Rain NotePad 1) 3"x 5" (SKU# 360044) 2) 4"x 6" NotePad (SKU# 360046)
- 1 set of Sterling Purcell Prusiks (long leg, short leg and chest-pre sewn)
Sterling Pre-Sewn Purcell Set (SKU# SC060NYSET)
- 1 Klein Tools Cat. No. 5142 personal canvas bag (small bag for carrying tools on harness)
(SKU# KLE5142P)
- 1 Purcell prusik soft bag (use a soft 1 quart water bottle holder as substitute)
Jandd Bottle Bag (SKU# FBOTB-NB)

Other important items (MANDATORY for some students):

(see 3 important notes below)

- Note 1:** Participants wishing to practice efficient ascending and other skills on rope during the IRW or STRW program should view some of Optional Items below as mandatory items
- Note 2:** Petzl RIG ⁷, Petzl I'D Industrial Descender D20 (gold) for 7/16" rope or D20 (red) for large 1/2" rope is mandatory for these activities. The D20 (red) is not recommended for either program. You will also need a 1.5' long 3mm anti-drop leash for the D20 red I'D.
- Note 3:** You must be in excellent physical shape to participate in these on-rope activities

- 1 Petzl Croll Chest Ascender (Large – SKU# B016AA00)
- 1 Petzl Ascension handled ascender (R-gold) right handed (SKU# B17ARA)
- 2 Petzl Progress Adjust-I adjustable lanyard (SKU# L44IR)
- 1 Petzl Absorbica-Y International Version, 80 cm (SKU# L64YUM 80)
- 1 Sterling Arizona Litter Bridle head end 7mm x 5'8" (for foot stirrup) ⁸ (SKU# SC070NYHS068)
- 2 Short sections of 1" tube webbing 6" long (wide enough for two 7mm cords to fit through)(for foot stirrup) 1) Red (SKU# WB254TT08091FT) 2) Black (SKU# WB254TT04091FT)
- 1 Petzl ASAP LOCK Mobile Fall Arrester (SKU# B071BA00)
- 1 Petzl ASAP'SORBBER AXESS L071CA00 (2 person 550# rating) ⁹ (SKU# L071CA00)
- 1 Maillon Rapide Half-moon Screw Link (steel or aluminum 10mm) (SKU# HD26061)
- 1 Maillon Rapide triangular Screw Link for use with ASAP above (steel 7mm) (SKU# D-070-GS)

⁵ Some practitioners like fingerless gloves

⁶ CMC Sunbrero

⁷ Latest generation RIG released 2018. Do not get the older generation model

⁸ You may omit this item if you are bringing your own foot stirrups/etriers.

⁹ This AXESS shock absorber is able to be used on both 1 and 2 person loads up to 550#

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Tower Rescue Team Kit: *Not required for participation in these programs but submitted for those wishing to put together a tower or industrial rescue kit*

- 6 Petzl Absorbica-Y International Version, 80 cm (SKU# L64YUM 80)
- 1 Niagara Safety #AHH 34-U 06D shepherds hook with universal end Buckingham (SKU# 41-50371U)
- 1 Hastings Tel-O-Pole #S 216 (16' long triangular poles) ¹⁰ (SKU# HV-216)
- 3 Petzl ASAP LOCK mobile fall arrester ¹¹ (SKU# B071BA00)
- 3 Petzl ASAP'SORBER AXESS L071 CA00 (2 person 550# rating) (SKU# L071CA00)
- 3 Maillon Rapide Tri-link 7mm steel (SKU# D-070-GS)
- 1 200' Sterling HTP Bi-Color kernmantle (green) 11.1mm diameter ¹² (SKU#P110210061)
- 1 200' Sterling HTP Bi-Color kernmantle (blue) 11.1mm diameter (SKU#P110260061)
- 1 400' Sterling HTP kernmantle (red) 11.1mm diameter (SKU# P110080122)
- 1 Yates RSI Rescue Diaper ¹³ (SKU# 328)
- 1 Yates 900 Spec Pak vertical patient evacuation harness (SKU# 900)
- 2 Yates canvas edge pads with grommets 1) Yates Canvas Edge Pad (SKU# 449)
2) PMI Rope Pad (SKU# RC48026) 3) CMC Canvas Edge Pad (SKU# 294018)
- 12 Petzl Protec C45 rope guards (clip on) (SKU# C45 N)
- 10 CMC Pro Series anchor strap (3') (SKU# 201022)
- 2 CMC Pro Series anchor strap (5') (SKU# 201023)
- 2 CMC Pro Series anchor strap (7') (SKU# 201024)
- 1 300' spool 1" tubular webbing - red (SKU# WB254TT08091)
- 4 Rock Exotica Single Omni Block 1.5 swivel pulley (SKU# P51)
- 2 Rock Exotica Double Omni Block 1.5 swivel pulley (SKU# P51 D)
- 1 Rock Exotica Penta Plate (SKU# RP2)
- 20 Rock Exotica Rock "D" alum. carabiners dbl auto locking (SKU# C2 A)
- 8 Yates Haul Sack (rope bag) Med. 11" x 19" (SKU# 472 RED M)
- 1 CMC MPD (Multi Purpose Device) for 7/16" rope (SKU# 333010)
- 1 Sterling AZ Tri Bridles- head end-7mm (SKU# SC070NYHS068)
- 4 Sterling AZ Bearer Tie-ins 7mm (SKU# SC070NYBT034)
- 2 Maillon Rapide 10mm tri links or 2 ea. Petzl Ring Open
1) Maillon Rapide (SKU# HD26061) 2) Petzl (SKU# P28)
- 2 Petzl Kootenay Knot passing pulley (SKU# P67)
- 2 Klein Tools Cat. No. 5109 canvas straight wall bucket (12" diameter) (SKU# 5109)
- 1 DBI-SALA Lad-Saf X2 cable sleeve – fits 5/16" or 3/8" (SKU#6160030)

¹⁰ Only buy the triangular poles for this shepherds hook. The round poles are too flimsy

¹¹ Always only purchase the ASAP "Lock" version of the ASAP. This one cannot be accidentally dropped off tower

¹² 200' is based on the maximum tower height encountered on system

¹³ For trespassers without a harness