



RTR PSRW Equipment List

(Personal Skills Rescue Workshop)

PSRW MANDATORY Items: (Optional Items, Page 2)

Note: 7/16" (11.1mm) rope is used exclusively in this program

- AZTEK Kit: (per attendee) Note: CMC kits are the only G rated kit. Contact AHS Rescue for more details.
1) AES AZTEK Elite Kit - not G rated (SKU# AELK RTR) 2) CMC RESCUE AZTEK ProSeries System - G rated (SKU# 500104)
- 6 locking carabiners (for personal and team use---prefer 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. Double auto locking type 4 carabiners are also recommended if they are Rock Exotica "RockD" style. These can be easily opened with one hand.
Rock Exotica 1) rockD Auto-Lock (SKU# C2 A) Black Diamond 2) RockLock TwistLock (SKU# BD2102520000ALL1)
- 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 climbing on rope during the PSRW, we ask that you bring a harness that can accept the PETZL chest Croll ascender listed below. Harnesses that work well with the Croll is the #390 YATES/Ropes That Rescue "Tower Access", the #387 YATES/Ropeworks (trimmed down version of the 390) or the PETZL Avao® Bod or Aveo 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) Basic Rope Access (SKU# 387) 2) Basic Rope Access Professional (SKU# 387P) 3) Professional Tower/Rope Access Harness (SKU# 390)
Petzl - AVAO BOD FAST - 4) Black/Yellow (SKU# C71AFA) 5) Black (SKU# C71AFN)
- 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
Petzl I'D Small 1) Yellow (SKU# D200S0) 2) Black (SKU# D200SN) RIG 1) Yellow (SKU# D021AA00) 2) Black (SKU# D021AA01)
Yates - ISC D4 Descender (SKU# RP880)
- 1 Rock Exotica 1.1" single sheave Omni Block pulley (the smallest for this application): Omni-Block 1.1" (SKU# P54)
- 1 Petzl Croll Chest Ascender: 1) Petzl Croll (SKU# B16BAA - Small or B016AA00 - Large)
- 1 only Petzl Ascension Handled Ascender or equivalent (right or left hand):
Discussion: Climbing rope is a major emphasis of this seminar. You must be in excellent physical condition to perform these skills. It is mandatory for successful completion of this workshop. 1) Right (SKU# B17ARA) 2) Left (SKU# B17ALA)
- 1 Sterling Marathon Lanyard (0.8 meter finished length 2 sewn eyes): (SKU# SCIO6NYLY031)
- 1 CMC set (pair) of 8mm AZ Bound Loop Prusiks (long and short): Long (SKU# 293386) Short (SKU# 293383)
- 1 ea. RTR/Sterling AZ Litter Bridle head end 7mm x 5'8" (for foot stirrup): (SKU# SC070NYHS068)
- 2 Short pieces of PVC pipe (6" long x 3/4" dia.) or short sections of 1" tube webbing 6" long (wide enough for two 7mm cords to fit through) (for foot stirrup): Sterling 1" Tubular Webbing/Ft - 1) Red (SKU# WB254TT08091FT) 2) Black (SKU# WB254TT04091FT)
- 1 Mallion Rapide short oval Screw Link (steel 7mm): (SKU# N-070-GS)
- 1 Mallion Rapide long oval Screw Link (steel 7mm): (SKU# G-070-GS)
- 1 Mallion Rapide triangular Screw Link (steel 7mm): (SKU# D-070-GS)
- 1 Mallion Rapide Half-moon Screw Link (steel 10mm): (SKU# HD26061)
- Hiking or work boots (broken in): 1) Vasque Breeze III GTX (SKU# M-7190/W-7195) 2) Oboz Sawtooth II Mid Waterproof (SKU# M-23701/ W-23702)
- First aid kit and personal hygiene items (TP, sun block, lip balm, etc.):
Adventure First Aid Kit 1) 1 person 0.5 (SKU# 0120-0205) 2) 1-2 person 1.0 (SKU# 0120-0210)
- Work/rappel gloves (also fingerless gloves as second set): Ringer Rope Gloves - Black (SKU# 353)
- 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 - various colors (SKU# 3462X)
2) Petzl ALVEO BEST - various colors (SKU# A20BX)
- Sun hat which works with your helmet: CMC Sunbrero 1) Black (SKU# 492155) 2) Gray (SKU# 492159)

- Whistle (prefer a good "sports-type" whistle): **Fox 40 1) (SKU# CLASSIC RED) 2) (SKU# CLASSIC ORANGE) 3) (SKU# CLASSIC YELLOW)**
- Water hydrations system/Extra water bottles:
CamelBak MILTAC Pack 1) HAWG - Black (SKU# 62595) Coyote (SKU# 62596) 2) Mule - Coyote (SKU# 62604)
- Soft frame pack or ruck sack (lunch and personal items plus team items to be carried):
CMC Rescue 1) Palisade Pack - Red (SKU# 440633) 2) Whitney Pack - Red (SKU# 440643)
- Small note pad for field notes. Note paper & basic calculator— NOTE: multicolored pens or pencils are advised:
Rite In The Rain NotePad 1) 3"x 5" (SKU# 360044) 2) 4"x 6" NotePad (SKU# 360046)
- Folding knife you can clip to your harness: **Petzl SPATHA (SKU# S92AN)**
- 1 length of 33 ft. (10M) of supple 6mm cord to tie your own Purcells: **6mm Accessory Cord/Ft**
- 1 Purcell carry bag (use a soft 1 quart water bottle holder stuff bag as substitute): **Jandd Bottle Bag (SKU# FBOTB-NB)**

Optional Items: (but recommended)

- 1 Extra length of 33' 6mm supple accessory cord for practice Purcell (will not cut but will use for tying practice only):
6mm Accessory Cord/Ft
- 1 Petzl ASAP Mobile Fall Arrester: 2 choices: (a) Petzl "LOCK" or (b) Petzl standard ASAP with OK Triac carabiner (for those wanting a self belay and following the rope access model):
1) ASAP LOCK (SKU# B071BA00) or 2) ASAP (SKU# B071AA00) & 3) OK TRIACT-LOCK (SKU# M33 TL)
- 1 Petzl Asap'Sorber Axess for either the ASAP or ASAP Lock:
ASAP'Sorber Axess (SKU# L071CA00)
- 1 ea. 3mm accessory cord leash 1.5 foot (18") in length for use with #2 Standard ASAP above (not needed for #1):
Sterling Accessory Cord - 3mm/Ft (SKU# AN30010001FT)
- 1 Mallion Rapide triangular Screw Link for use with ASAP above (steel 7mm): **(SKU# D-070-GS)**
- 1 ea. 3mm accessory cord leash 3 foot (36") in length (for ASAP above): **Sterling Accessory Cord - 3mm/Ft (SKU# AN30010001FT)**