

2009 PSRW Equipment List

(Personal Skills Rescue Workshop)

MANDATORY Items: (Optional Items, Page 2)

AZTEK Kit: (per attendee)

Uses RTR/Rock Exotica AZTEK Omni® pulleys and Sterling AZTEK sewn components contains: *(recommended because pulleys are rated for two person load)*

- 1 ea. RTR/Rock Exotica AZTEK Omni® pulleys (orange)
- 1 ea. RTR/Rock Exotica AZTEK Omni® pulleys (blue)
- 1 ea. RTR/Rock Exotica AZTEK Omni® becket rope cover
- 1 ea. RTR/Rock Exotica AZTEK Omni® quick pin¹
- 1 ea. 50 ft. of 8mm Sterling AZTEK accessory cord with sewn eye on one end
- 1 ea. 6mm Sterling AZTEK sewn shock absorber
- 1 ea. 6mm Sterling AZTEK accessory cord ratchet (orange)
- 1 ea. 6mm Sterling AZTEK accessory cord ratchet (blue)
- 1 aluminum auto-locking (type 3 or 4) carabiner
- 1 ea. Mallion Rapide 7mm short steel screw link
- 1 ea. AZTEK double zipper fanny pack

12 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.

1 Full Structural Tower Rescue-style Harness (RTR/Yates #390 or #385, PETZL Navajo® BOD Croll Fast

Discussion: There are so many differing harnesses out there to choose from for rope access 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 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 is the #390 Ropes That Rescue/YATES "Tower Access", the YATES #387 (trimmed down version of the 390) or the PETZL Navajo® Bod Croll Fast. These rope access harness is 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.

1 Petzl I'D Industrial Descender D20S for 7/16" rope or D20L for large 1/2" 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.

1 Rock Exotica 1.5" single sheave Omni Block pulley

1 Petzl Croll Chest Ascender B16 (coupled together with the B17 below. See discussion on next item)

1 only Petzl Ascension Handled Ascender B17 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 Sterling Marathon Lanyard (0.8 meter finished length 2 sewn eyes) S10106LA000.8

1 RTR/Sterling set (pair) of 8mm AZ Bound Loop Prusiks (long and short)

¹ Some order an extra pin as a spare and store this in the second pulley

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- 🍷 1 ea. RTR/Sterling AZ Litter Bridle head end 7mm x 5'8" (for foot stirrup)²
- 🍷 2 Short pieces of PVC pipe (6" x 3/4") or short sections of 1" tube webbing 6" long (wide enough for two 7mm cords to fit through) (for foot stirrup)
- 🍷 1 Mallion Rapide short oval Screw Link (steel 7mm)
- 🍷 1 Mallion Rapide long oval Screw Link (steel 7mm)
- 🍷 1 Mallion Rapide triangular Screw Link (steel 7mm)
- 🍷 1 Mallion Rapide Half-moon Screw Link (Aluminum 10mm)
- 🍷 Hiking or work boots (broken in)
- 🍷 First aid kit and personal hygiene items (TP, sun block, lip balm, etc.)
- 🍷 Work/rappel gloves
- 🍷 Weather gear (cold, rain, sunny, hot, etc.)
- 🍷 Head Light Bring extra batteries/bulb
- 🍷 Climbing style helmet with chin strap (no fire helmets)
- 🍷 Sun hat which works with your helmet
- 🍷 Whistle (prefer a good "sports-type" whistle)
- 🍷 Water hydrations system/Extra water
- 🍷 Soft frame pack or ruck sack (lunch and personal items plus team items to be carried)
- 🍷 Note paper & basic calculator— NOTE: multicolored pens or pencils (pulley systems look great in color!)
- 🍷 Small note pad for field notes
- 🍷 1 set of Purcell Prusiks (long leg, short leg and chest) (Available from Sterling pre-sewn) or bring 33 ft. of 6mm cord to tie your own
- 🍷 1 Purcell bag (*use a soft 1 quart water bottle holder as substitute*)

Optional Items:

- 🍷 2 Petzl ASAP Mobile Fall Arrester with Petzl OK Triac carabiner (for those wanting a self belay and following the rope access model)
- 🍷 1 Petzl L71-20 Sorber for use with ASAP above
- 🍷 1 Petzl L71-40 Sorber for use with ASAP above
- 🍷 2 Mallion Rapide triangular Screw Link for use with ASAP above (steel 7mm)
- 🍷 Leatherman "WAVE" Multi-tool

² You may omit this item if you are bringing your own foot stirrups/etriers.