

RTR PSRW Equipment List

For this RTR program ONLY: Personal Skills Rescue Workshop (PSRW)
Revised: July 2022

PSRW Required Items To Bring: Including OPTIONAL items which are strongly recommended. Page 2.

NOTE: 1) AZTEK kit should have both a rated personal end (100kg) & system end (200kg). [Questions?](#) Write!
2) 7/16" (11.1mm) rope and smaller canyoneering lines are used exclusively in this workshop.
3) SKU Numbers are from AHSRescue.com and may not match manufacturers numbers.

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- HAWAIIAN SHIRT for final day 7 group photograph! (*The more flamboyant & bodacious, the better!*)
- 1 AZTEK Kit: (per attendee) *Note: RTR strongly recommends the Technora AZTEK kit due to abrasion and accidental cut resistance + safety. See note #1 above. Prefer the double zipper fanny pack to separate personal side from system side. Below 'Safeguard' is for AZTEK travel restrict and rappels and is strongly recommended.*
AHS Rescue AZTEK Elite Kit (SKU# AELK RTR) Mad Rock 'Safeguard' (contact AHS Rescue SKU# MDGUARD)
- 12 Carabiners (For personal 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. Double auto locking can be easily opened with one hand if they are "pull—then twist" to open. Also NOTE, large G rated 40kN aluminum locking carabiners do not fit well into the Petzl I'D or RIG descenders. Use a smaller carabiner for this connection.
**1) Rock Exotica rockD Auto-Lock (SKU# C2 A) 2) Rock Exotica rockD Screw-Lock (SKU# C2 S)
3) Black Diamond RockLock TwistLock (SKU# BD2102581003ALL1)**
- 1 Mini ascender (used for AZTEK 8mm restraint cord): **Petzl Tibloc (SKU# B01B)**
- 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 on rope, much-of-the-day 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 and comfort. 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 Aveo® 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 PSRW, 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, especially for larger users. Chest ascenders are listed separately lower in this list.
**CMC 1) Ranger S/M/L (SKU#20238) 2) Ranger Rescue Chest Harness (SKU# 202315)
Yates - 3) Basic Rope Access (SKU# 387) 4) Basic Rope Access Professional (SKU# 387P)
5) Professional Tower/Rope Access Harness (SKU# 390) Note: The 390 harness is designed by Reed Thorne of RTR.
Petzl 6) AVAO BOD FAST (SKU# C071DA0) 7) Falcon (SKU# C038AA0) 8) Top Croll (SKU# C081)**
- 1 **Petzl Gated Ring Open** (second point added to harness below umbilical D ring or when tying chest harness from webbing):
Petzl Ring Open (SKU# P28)
Discussion: Do not forget the allen wrench that comes with the Petzl Ring Open! You may substitute the Mallion Rapide Half-Moon Screw Link 10mm steel but it is much heavier. (SKU# HD26061)
- 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)**
Discussion: All the above links are for fitting your harness with needed ascension hardware. These links are cheap and make for a good fit with littler play in the rigging on your harness. The Petzl gated ring above or Mallion Half Moon is needed because many harnesses do not come equipped with the needed second attachment point. Therefore it must be added. Some harnesses will not accept this ring so make sure yours will accommodate the adding of this second ring. Most Yates harnesses will have no issue. Also, if you are tying a chest harness from webbing, you will also need this ring at the chest yoke.
- 1 Small personal use swivel pulley: **Rockl Exotica Omni-Block 1.1" (SKU# P54)**
- 1 One way progress capture pulley: **1) Petzl Micro-Traxion pulley SKU# P53 PETZL 2) Petzl PRO Traxion pulley SKU# P51A**
- 1 **CMC** set (pair) of 8mm AZ Bound Loop Prusiks (long and short): **Long (SKU# 293386) Short (SKU# 293383)**
- 1 Chest Ascender: **1) Petzl Croll (SKU# B16BAA - Small or B016AA00 - Large) Prefer large if using larger ropes.
2) PMI CT Chest Ascender EVO - 8-13mm (SKU# HD26253)**

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- 1 only Petzl Ascension Handled Ascender or equivalent (right or left hand): OPTIONAL: Bring a second opposite one.
1) Right (SKU# B17ARA) 2) Left (SKU# B17ALA)
- 1 adjustable etrier (foot stirrup). OPTIONAL: Bring a second one.
Discussion: You can purchase a pre-made etrier foot stirrups or make your own from the long leg Purcell prusiks (see below)
Petzl FOOTAPE SKU# C47A
- 1 Bluewater VT prusik 8mm, Technora Sheath (SKU# 756860)
- Purcell Prusiks: Bring 35ft. of supple 6mm accessory cord to tie your own Purcell prusiks from one piece - Please, no sewn Purcells:
6mm Accessory Cord/Ft Prefer Mammut brand accessory cord due to high quality.
- 1 (or 2) short sections of 1" tube webbing 6" long if making your own etrier foot stirrups for Purcell Prusiks above
Sterling 1" Tubular Webbing/Ft - 1) Red (SKU# WB254TT08091FT) 2) Black (SKU# WB254TT04091FT)
- Purcell carry bag (use a soft 1-quart water bottle holder stuff bag as substitute): Tie to your harness.
Liberty Mountain Bottle Carrier (SKU# 146492)
- Personal rappel/belay devices: See below 1 & 2. NOTE: some are manually operated (no stop feature) and others are auto stop.
Discussion: During the PSRW, you will be rappelling on both your AZTEK and also on larger rope up to 11.1mm in diameter.
 - 1) AZTEK personal rappel device: (NOTE: device should accommodate down to 8.1mm host static rope on AZTEK)
Mad Rock 'Safeguard' (contact AHS Rescue SKU# MDGUARD)
 - 2) Friction brake and manually operated belay device.
Discussion: During your workshop, you will be using this auto stop appliance for descending AND ascending. So, a device which can accommodate both modes will be your best option. The Petzl RIG is the smaller version but does not have the "panic" nor load-wrong feature that the heavier Petzl I'D (small).
Auto stop: 1) Petzl I'D small (SKU# D020AA00), 2) Petzl RIG (SKU# D021AA00), Manual: 3) Conterra SCARAB (SKU# SFR1 or ST11) or 4) BMS Micro-Rack – Short Frame (SKU# BMSMRSD) or 5) Long Frame (SKU# BMSMRDL)
- Hiking or work boots (broken in):
Discussion: You may use light weight tennis or sports shoes for comfort during on rope skills.
1) Vasque Breeze LT GTX (SKU# 07376M) 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 - 1-2 person 1.0 (SKU# 0120-0210)
- 1 pair safety glasses: Safety Glasses - Clear ANSI (SKU# 98366)
- Work/rappel gloves: PMI Rope Tech Gloves (SKU# GL22)
- Inclement weather gear (cold, rain, sunny, hot, etc. Be ready for all weather-related insult)
- Head Light - Bring extra batteries/bulb
1) Black Diamond Storm375 (SKU# BD620640) 2) PrincetonTec APEX (SKU# APX20)
- Climbing style helmet with chin strap: Get a sun brim too. CMC Sunbrero 1) Black (SKU# 492155) 2) Gray (SKU# 49215) 3M 1) 3M SecureFit Vented Safety Helmet - White (SKU# X5001VX-ANSI)
Petzl 2) VERTEX - White (SKU# A010AA0) 3) STRATO - various colors (SKU# A020CA)
- Whistle (with tether on your helmet):
Fox 40 Classic (SKU# 9902)
- Water hydrations system/Extra water bottles:
CamelBak 100oz MIL SPEC CRUX Pack 1) HAWG - Black (SKU# 1733001000) Coyote (SKU#1734201000) 2) MULE - Coyote (SKU# 1741001000) Coyote (SKU# 1742201000)

Optional Items: (But HIGHLY Recommended) [Many practitioners consider these MANDATORY]

- 1 Petzl ASAP Mobile Fall Arrester (Must have shock Petzl Axess absorber below)
Discussion: The Petzl ASAP comes in two versions. 1) ASAP LOCK 2) and the standard ASAP. The LOCK version is OPTIONAL for climbing with a traveling safety up a fixed rope. The second version is used in the PSRW for providing two person belays with a second rope. Have one or the other for this program please. The second standard ASAP will need a tether so it cannot be dropped.
1) Petzl ASAP LOCK (SKU# B071BA00) 2) Petzl ASAP (SKU# B070AA00)
- 1 Petzl ASAP Sorber Axess for the ASAP LOCK or standard ASAP
Discussion: The Petzl LOCK used with this Axess shock absorber will be good for two person loads during rescue. (200kg)
ASAP Sorber Axess (SKU# L071CB00)
- Note paper & basic calculator— NOTE: multicolored pens or pencils are advised.
- Small note pad for field notes:
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 with a tether:
Petzl SPATHA (SKU# S92AN)
- Sun hat/brim which works with your helmet:
CMC Sunbrero 1) Black (SKU# 492155) 2) Gray (SKU# 49215)
- Small pack cover to keep rain/snow off your personal stuff
A large plastic trash bag?