

# RTR STRW Equipment List

For this RTR program: Structural Tower Rescue Workshop (STRW),  
Revised: April, 2021

**General Required Items To Bring:** Including OPTIONAL items which are strongly recommended.

- NOTES: 1) AZTEK kit should have both a rated personal end (100kg) & system end (200kg). [Questions?](#) Write!  
2) SKU Numbers are from AHSRescue.com and may not match manufacturers numbers.  
3) Participants wishing to practice efficient ascending and other rope access skills on rope during the STRW program should view some of Optional Items (Page 2) as MANDATORY equipment.

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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 variation of the 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, locking)  
*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 steel or aluminum carabiner for this connection.*  
*1) Rock Exotica rockD Auto-Lock (SKU# C2 A) 2) Rock Exotica rockD Screw-Lock (SKU# C2 S)*
- 1 Safety adjustable positioning lanyard  
*Discussion: Students will be leaning back onto these adjustable positioning lanyards similar to linemen on poles or towers, so this is an essential for hands free working up in the air for these programs. The ropes in these lanyards should be ideally Technora fiber sheath for durability and cut resistance. NOTE: If you are bringing a nylon lanyard (as #1 in our list below), it must have a sheath protector on it. The Yates RAD has a Technora sheath with a bright orange inner sheath wear indicator and needs no sheath protector. Some students elect to bring two of these for double belting when passing obstructions on a climb.*  
*1) Petzl Grillon Hook (SKU# L052CA00) 2) Yates RAD positioning lanyard (SKU # RADLANYARD2M)*
- 1 Full Body Rescue/Work Style Harness (adapted for structural 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 structural 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 may be potentially climbing on rope during the program, we ask that you bring a harness that can accept a chest ascender listed in the OPTIONAL section on page 2. Harnesses that work well with the Petzl 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. These rope access harnesses are used by structural rope access technicians around the world. Other harnesses may get by for the STRW / IRW, 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.*  
*Yates - 1) Professional Tower/Rope Access Harness (SKU# 390) Note: The 390 harness is designed by Reed Thorne of RTR.  
2) Basic Rope Access (SKU# 387) Petzl - 3) AVAO BOD (SKU# C071CA0) 4) ASTRO BOD FAST (SKU# C083BA0)*
- 1 Klein Tools Cat. No. 5142 personal canvas harness bag (for above harness)  
*Discussion: This handy item is a small harness bag for carrying ascending system, gloves, etc. (SKU# KLE5142P)*
- 1 Auto Stop Descender for 7/16" rope (Auto stop friction brake)  
*Discussion: During this STRW, 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 I'D does.*  
*Petzl 1) I'D S (SKU# D020AA00) 2) RIG (SKU# D021AA00)*
- 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 for climbing with a traveling safety up a fixed rope. The second version is used in the STRW 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)  
Petzl ASAP Sorber Axess (SKU# L071CB00)*

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- 1 Rock Exotica small personal use swivel pulley: Omni-Block 1.1" (SKU# P54)
- 2 Bluewater Technora 8mm VT prusiks, 8mm 33" long. (Used for personal structural anchoring) (SKU# 756860)
- 1 set of 6mm Purcell Prusiks (long leg, short leg and chest) Sterling Pre-Sewn Purcell Set (SKU# SC060NYSET)
- 1 (or 2) short sections of 1" tube webbing 6" long if making your own 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):  
Liberty Mountain Bottle Carrier (SKU# 146492)
- 1 Petzl Gated Ring Open: 1) Second point added to harness below umbilical D ring 2) 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 on the gated ring and all of the screw links above: All the above screw links are for fitting your harness with needed ascension hardware. These links are cheap and make for a good fit with little 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 accommodating the ring. Suggestion: Get a couple of each.*
- 1 Folding knife you can clip to your harness (NOTE: Must have a tether) Petzl SPATHA (SKU# S92AN)
- Hiking or work boots (broken in):  
*Discussion: During the STRW in particular, you will be standing on structural members on a tower which are very uncomfortable for any length of time. Make sure your work boots have a stiff sole to help distribute your weight and add to your comfort.*  
1) Vasque Breeze LT GTX (SKU# 07376M) 2) Oboz Sawtooth II Mid Waterproof (SKU# M-23701/W-23702)
- First aid kit: (Personal use) Adventure First Aid Kit - 1-2 person 1.0 (SKU# 0120-0210)
- 1 pair safety glasses: OSHS Approved, UV protection: Safety Glasses - Clear ANSI (SKU# 98366)
- Work/rappel gloves: (Some prefer fingerless gloves on steel) 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: 3M 1) 3M SecureFit Vented Safety Helmet - White (SKU# X5001VX-ANSI)  
Petzl 2) VERTEX - White (SKU# A010AA0) 3) STRATO - various colors (SKU# A020CA)
- Sun hat/brim which works with your helmet: CMC Sunbrero 1) Black (SKU# 492155) 2) Gray (SKU# 49215)
- Whistle (with tether on your helmet): Fox 40 Classic (SKU# 9902)
- Water hydrations system: NOTE: All water bottles must be securely tethered to your harness so they cannot fall off and hit someone below. A self contained hydration system like the below is the best and safest option.  
CamelBak 100oz MIL SPEC CRUX Pack 1) HAWG - Black (SKU# 1733001000) Coyote (SKU#1734201000) 2) MULE - Coyote (SKU# 1741001000) Coyote (SKU# 1742201000)
- Soft frame pack or ruck sack (lunch and personal items plus team items to be carried)  
CMC 1) Palisade 2.0 Pack (SKU# 440638) 2) Whitney 2.0 Pack (SKU# 440648)
- Small note pad for field notes: Multicolored pens or pencils are advised.  
Rite In The Rain NotePad 1) 3"x 5" (SKU# 360044) 2) 4"x 6" NotePad (SKU# 360046)

## Other STRW Optional Items:

(MANDATORY for those STRW students wanting to climb rope and other skills)

### IMPORTANT NOTE:

Participants wishing to practice efficient ascending and other rope access skills on rope during the STRW program should view some of Optional Items below as MANDATORY.

- Chest Ascender: 1) Petzl Croll (SKU# B16BAA - Small or B016AA00 - Large) *Prefer large Croll for larger rope.*  
2) PMI CT Chest Ascender EVO - 8-13mm (SKU# HD26253)
- 1 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 foot stirrup. OPTIONAL: Bring a second one.  
*Discussion: You can purchase a pre-made foot stirrup or make your own from the long leg Purcell prusiks*  
Petzl FOOTAPE SKU# C47A
- 1 Yates 874 Double Lanyard (These Technora double lanyards are what many utility companies use for linemen climbing on steel towers. They will work on any size member which is an advantage.) (SKU# 874)
- 1 Petzl one way progress capture pulley: 1) Petzl Micro-Traxion pulley SKU# P53 PETZL 2) Petzl PRO Traxion pulley SKU# P51A
- 1 CMC Structural Anchor AZZARD designed by Reed Thorne 1) AZZARD 24" SKU# 201828 2) AZZARD 30" SKU# 201829

## STRW Wish List: (Not mandatory, nevertheless include if you can!)

- 1 Petzl Podium (Luxury harness seat if hanging for extended period of time): (SKU# S071AA00)
- 1 Petzl Progress Adjust-I progression lanyard (excellent quick adjustable lanyard for tying in) (SKU# L044BA00)