

Packing List Tips For Survival During Deployment

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RULE #1 IF YOU PACK IT THEN YOU CARRY IT, MOVE IT, WASH IT, SECURE IT!!!

MISSION ESSENTIAL EQUIPMENT:

--TA-50 (your unit provides) -2 duffel bags (s) OD green with locking device & stenciled with name

- 3-5 sets BDU's (winter/summer combination)
- 5-7 pr of underwear
- 2 BDU caps
- 6-10 pr boot socks
- insignia grade\branch subdued
- protective mask inserts
- Military ID card
- shot records
- protective mask (unit issue)
- military drivers license
- 2 set dog tags
- 5-7 undershirts/brown
- 2 belts/black w\buckle
- 2 pr boots
- 1 field jacket w\liner or Gortex
- 2 pr military eyeglasses
- ear plugs with case
- Geneva Convention Card
- black gloves w\inserts
- MOPP gear
- bla ckwork gloves

PERSONAL HYGIENE & FITNESS: (1 month supply)

- tooth brush
- dental floss
- hair brush and comb
- shampoo
- shave cream
- deodorant
- liquid laundry soap
- wet wipes (shower in a towel)
- 3 washcloths
- OTC (over the counter) medicine
- PT uniform (1-winter/2-summer)
- PT socks 2 pr.
- toothpaste
- nail clippers
- soap (liquid)
- skin lotion/sunscreen
- feminine hygiene products (tampons, pads)
- lip balm
- Q-tips
- 3 towels
- shower shoes (durable thick)
- foot care products
- 1 pr running shoes

SPECIAL NEEDS:

- Prescription Medications (1-2 month supply)
- civilian eyeglasses
- Professional Equipment
- orthopedic aids
- non mirror reflective sunglasses

CONVENIENCES:

- Swiss Army knife
- duct tape
- garbage bags large
- batteries
- insect repellent
- small hammer/nails
- bed sheets
- Leatherman tool
- rope/550 cord
- zip lock bags (lg/sm)
- sewing kit
- clothes pins
- basin (small round)
- pillow small

- small rug/carpet
- journal
- Books
- boot care kit
- boot laces

- hanging shoe bag
- letter writing materials
- handkerchiefs OD green
- shower curtain

PROHIBITED ITEMS: Absolutely no cellular phones, pagers, boom boxes, walkmans, televisions, or other electronic devices are authorized on field training exercises!!!