

## RECOMMENDED PACKING LIST

The first packing of your gear is to get through the TSA security inspection, the second packing occurs when you get on the ground at your destination. So get used to packing and unpacking your gear.

### **Rules to Remember about the Suitcase or Back Pack:**

1. Remember you bring back more than you take, so allow for extra stuff in your bags!
2. The more remote you go, the more gear you will need.
3. A rolling suitcase is great in the city but horrible when you are climbing a mountain.

Before you can pack you have to know these answers:

1. How long is the mission?
2. Will I have time and access to a washer and dryer or can a service do my laundry?
3. Will I have to hand wash my clothes?
4. What is the normal temperature for the areas I will be visiting? (Horror story: Team packs for Northern Africa, but their plane breaks down and they are stuck in Greenland during the winter for a week.)

Typical Load Outs for traveling.

### **Carried on Traveler:**

Passport

\$250 in cash (depending on the location and duration).

2 Forms of government identification.

Credit card.

Calling card (as back up means to call home).

Pants or short pants as appropriate.

Shirt (No American Logos)

Cell phone.

Watch, pen and paper.

### **Carry On Bag:**

All medicines needed for mission (include meds for diarrhea).

Gold Bond Powder or an anti-fungal powder is a must!

Spare eye glasses (can be older prescription).

Map of areas you will be traveling included in your Contingency Plan Micro Book.

Laptop/Tablet with charger.

Phone charger.

1 set of pants or short pants, shirt, undergarments, socks.

Waterproof Jacket or fleece

Small flashlight (with extra batteries)

Small Camel Bak bottle (empty)

Toiletries Bag (soap in plastic container or plastic bag)

Camera

**Emergency Pooh Kit** kept in the carry on: (Traveling is very hard on stomachs)

20 Wet Ones in the single use packs

1 Bottle of Pepto bismo Pills

8 Oz bottle of hand sanitizer

1 Small plastic Zip Lock bag to put everything in

**Then fill in the amounts on this packing list:**

Shirts

Undergarments

1 or 2 Towels (Always take a small towel with you)

Socks

Pants or short pants (At least 1 pair of pants)

1 Set of spare shoes

Small first aid kit

Blister kit

Batteries!

Waterproof jacket to go over fleece in the event it rains

Spare shoe laces

Shower shoes (athletes foot shows no mercy)

Second flashlight (with extra batteries)

Box of Wet Ones in the single packs

1 Big bottle of hand sanitizer

1 8 Oz bottle of hand sanitizer

Extra aspirin, soap, think extra for all critically needed items.

Small packets of laundry soap just in case.

Gloves (brown leather)

Sleep System: (See Medical-Sleep Tab on Right)

### **Communications at Least 1 Per Traveler Group:**

Satellite Phone with SOS Beacon. Or SOS Beacon with text message capability.

Mission Essential Supplies: This is mission directed and the list could be long and complicated.

### **Team Medical Equipment:**

Large First Aid Kit

Sawyer Extraction Kit per Team (Recommend 1 per traveler!)

EpiPen Reaction/Allergy Kit at least 4 pens per allergic person, just in case you have to keep them alive for several days. It's recommended that medical professionals give additional doses if you need more than two injections per anaphylactic episode, but medical help may be miles away. So learn about how the EpiPens work before you have to use them.

Emergency Dental Kit (A bad tooth will wreck a person pretty quick.)

In the Go, Run and Hide Now! Situation, small day packs work perfectly as you should have it with you anyway. Plan on living out of it for 72 hours. After you get in country and where you are going do a quick re-pack of your gear. Recommended items include: 3-4 water bottles or a Camel Bak (Normally plan on one gallon of water per day for drinking and even more if it's really hot or you are out of shape). Water purification tablets. Life Straw, filter system. 10 High Calorie Energy bars. Emergency Pooh Kit. A dark colored rain jacket. Very small first aid kit (with aspirins for the headache you will get from being dehydrated.) Small Quick Clot Kit. Leather gloves. Reflective space blanket. Flashlight. Small knife. Hopefully you'll have an SOS satellite beacon with you.

### **Helpful Tips:**

1. On the waterproof jacket, get a plain darker color, I like Gore-Tex military style jackets with the cobra hood. They have six pockets, arm pit ventilation, and they also have room for fleece jackets inside them, if you're not too fat. To a civilian they look like an ordinary jacket. When it gets really wet and windy the fold in your collar hoods tend to blow around and that's why I like the cobra style hoods. Plus when you sleep in them they are more comfortable.

2. Waterproof socks are great to take with you, I've been in places where immersion foot happened in four days because of the constant rain which rendered 40% of the travelers unable to walk.

### 3. Clothing Tips:

- A. Clothing should be fairly loose as tight clothing causes more sweat, which can lead to jungle rot, where you get an extremely itchy and soul sucking rash.
- B. Fabric also plays a large role in sweat evaporation, so you want your material to breath as more than likely it will be hot and you will be sweating a great deal.
- C. Wool is still king as it reduces body heat loss even when it's soaked.
- D. Tennis shoes are great until they get wet, so at least have some water proof shoes with you or even better yet waterproof socks.
- E. The pants with the zip off legs are awesome! They keep you cool in the day and warm at night. Highly recommended if you're outside a bunch.
- F. Good socks are vital, baggy socks or socks that are too tight cause blisters which can get infected, spend the money and get good socks.
- G. Get shoes you can walk around a lot in, a good rule to remember is, if the shoe hurts your feet to wear them, don't take them with you! You want comfortable shoes or boots as you will be doing a lot of walking.
- H. Think of sandals as fast food restaurants for leeches, spiders, scorpions, tape worms and other critters, just wear them in the shower and put your shoes on when you're outside.