MEDDET 3 DAY DEPLOYMENT PACK CHECKLIST

NAME: _____ UNIT: _____ DATE: _____

QUANTITY	ITEM
	Uniform Requirements
	2 BDU woodland uniforms with appropriate patches, rank and insignia
	3 army brown t-shirts
	1 black web belt with open black buckle
	3 pair black or OD socks
	1 pair black military boots
	1 set of dog tags
	1 GSDF identification card
	1 BDU woodland uniform utility cap
	1 Black beret with red GSDF flash
	1 M65 Field Jacket (woodland camouflage)*
	* field jacket not needed until weather is colder.
	Equipment Requirements
	1 web belt (OD)
	1 pair suspenders (OD)
	2 one-quart canteens
	2 canteen covers (OD)
	1 canteen cup
	1 compass / milspec or “Silva/ Brunton etc type
	1 compass pouch (OD)
	1 map case (ziplock bag)
	1 pace counter
	1 flashlight – angled head (OD)
	Extra bulb and batteries for flashlight
	1 knife (6 inches blade or less, knife required in field)
	1 Buttpack (OD)
	1 military poncho or Gortex Clothing (OD or camouflage)
	Sewing kit with needles and safety pins, OD thread and Extra buttons
	Pill bottle to store sewing kit in
	1 pack waterproof matches in waterproof container
	2 containers of water purification tablets

QUANTITY	ITEM
	1 individual minimal first aid kit
	3 - Elastic Strip light woven 1 x 3"
	3 - Plastic Strip Bandage 1" x 3"
	2 - Fingertip Elastic Bandage light woven
	1 - Patch Elastic Bandages
	3 - Antiseptic Cleansing Towelettes
	2 - Neosporin Ointment 1/32 oz.
	2 - Blistex Lip Ointment 0.5gm
	2 - Sooth a Sting Wipes
	1 - Bayer Aspirin (2/pkg) 325 mg coated
	1 - Tylenol (2/pk) 325mg
	1 - Advil (2/pkg) 200 mg
	1 - Nutralox antacid mint flavored
	* any personal medications needed by the individual
	1 M-16 pouch to hold personal first aid kit
	FIELD GEAR
	Pack or Duffel Bag to store personal gear
	Bedroll and or sleeping bag
	Folding cot
	Personal toiletries for 3 days
	Toothbrush & paste
	Soap, cloth & towels
	Toilet paper in a zip lock bag
	Razor, ie shaving gear
	Meals for 3 days. Some prefer MREs but they are not required
	Extra cash