

MEDDET Uniform, Equipment, Supply, First Aid & Dog Tag Requirements

For personal that have no affinity to slightly used uniforms or equipment contact S1 PFC John Fulton Supply Officer 1BDE MEDDET for discount uniforms and equipment at [jfulton50\(AT\)charter.net](mailto:jfulton50(AT)charter.net) - change (AT) to @ - .

Uniform Requirements (Minimum)

The uniform is very important and should be worn with pride and respect at all times. The uniform should be neat and clean with no wrinkles or rips. Remember that when you wear your uniform you represent all who wear it and all who have worn it before you. It is a symbol of military service and should be respected as so.

- 2 BDU Shirts
- 2 BDU Pants
- 1 Black Web Belt
- 1 Black Belt Buckle
- 3 Brown T-Shirts
- 3 Pair Brown Tube Socks
- 1 Pair Combat Boots
- 1 Black Beret
- 1 BDU Field Cap
- 1 Pair Black Leather Gloves
- 1 Set Dog Tags¹ see below for dog tag information
- 1 Red Cross Arm Band – Medics Only (see supply officer S1)

Equipments Requirements (Basic)

LBE System (Load Bearing Equipment)

- 1 LBE Belt OD Green
- 1 Set LBE Suspenders
- 2 Canteens w/cases
- 1 First Aid Kit OD Green² see below
- 1 Angled Flash Light OD Green
- 1 FSR Radio w/Ear Piece & Holder (optional)
- 1 Butt Pack OD Green
- 1 M16 Ammo Pouch OD Green
- 1 Compass Pouch OD Green

- 1 25-50ft Parachute Cord OD Green
- 1 Poncho Camo
- 1 Compass
- 1 Whistle
- 1 Set Ranger Pacing Beads
- 1 Locking Pocket Knife or Sheath Knife ≤ 3”

- 1 Medic Bag – Medics Only
- 1 Package of Purification Tablets
- 1 Sewing Kit³ see below

Equipments Requirements (Advanced)

LZ Equipment

- 1 Cavlar Helmet with Liner*
 - 1 Tactical Goggle*
 - 1 Pair Ear Plugs
 - 1 Strobe Light*
 - 4 Flares*
 - 1 Colored Smoke Marker*
- *(DO NOT PURCHASE UNLESS DIRECTED)**

¹Dog Tags

Dog tags are a way to identify you if the worst case scenario were to happen. They are a way for you to communicate when you are unable to.

Any personal that has an allergy or special medical conditions needs to make sure they have 1(one) ORANGE or RED tag attached to their chain in addition to their 2 (two) inscribed tags. This indicates that there is a medical precaution that the medic must be made aware of.

Line 1: Last Name, First Name, Middle Initial

Line 2: SS#

Line 3: Religious Affiliation

Line 4: Allergies, Blood Type

If you need Dog Tags download Dog Tag Order Form “Form DTOF-2005” and follow the directions. ***Dog Tags may be purchased with a \$3 donation.***

²First Aid Kit (Basic Personal)

The Basic Personal First Aid Kit is to be worn on the LBE at all times and is for you to use in an emergency and or for the Medic to use on you and is the minimum required. Place all First Aid supplies in a zip lock baggie to keep from becoming contaminated and or wet.

- 2 Sets Rubber Gloves
- 2 4x4 Gauze Pads
- 3-4 2x2 Gauze Pads
- 1 Abdominal Pad
- 2 Eye patches
- 1 Gauze Roll

- 1 Pad Moleskin
- 10 MD Band aids
- 5 LG Band aids
- 10 Alcohol Swabs
- 1-2 Neosporin
- 1-2 Blistex Lip Ointment
- 1 Sting Soother
- 1 Pack of Head Ache Meds
- 1 Pack Anti Diarrhea Meds
- 1 Pack Antacid
- 1 Oragel

Basic Personal First Aid Kits may be purchased complete with or without the LBE holder from the 1BDE MEDDET S1: \$30 without the LBE holder, \$35 with the LBE holder respectively. This is a complete kit with everything listed above using NEW high quality medical supplies in a water resistant package. Do not skimp on medical supplies! You can be Clark Smart all day long, just not with this!

³Sewing Kit (Personal Basic)

There is nothing worse then being in the field and having a button come off your pants! Or a shoe lace breaking. To prevent any mishaps that would expose you to any possible embarrassments be prepared with a personal Sewing Kit.

- 1 Spool OD Sewing Thread (small)
- 1 Package Assorted Needle Sizes
- 10 Safety Pins (4 lg, 3 md, 3 sm)
- 1 Thimbal
- 1 6" Velcro Strip
- 2-4 BDU Buttons
- 1 Pair Black Boot Laces
- 1 Set Rank Pin Backers (optional)
- 1 Container of Super Glue (small)
- 1 2' Spool of Duct Tape

Basic Personal Sweing Kits may be purchased complete with or without the LBE holder from the 1BDE MEDDET S1: \$10 without the LBE holder, \$13 with the LBE holder respectively. This is a complete kit with everything listed above using NEW high quality supplies in a water resistant package.