



## Winter Survival School Packing List



All items listed in **BOLD** are required items. All members should pack for being outside for at least one night. Any member who does not bring the required items will be sent home for safety. Members are asked to bring a survival-style knife to learn about tool craft and crafting items to survive cold temperatures. Please contact school staff if you have any questions or issues with the items on this packing list.

### Activity List:

- **Two Full ABU Uniform**
- **Thermal base layers (Rated to below zero temperatures)**
- **Neutral-colored winter hat**
- **Winter gloves/mittens**
- **Winter waterproof boots (Combat Boots will not keep you warm!)**
- **Neutral or ABU jacket (Must be rated for below-zero temperatures)**
- **Snow/ski pants**
- CAPID Card and current 101 card
- Reflective Vest (PT Belts are not sufficient)
- Notepad and Pencil/Pen
- **Sleeping Bag – Required** and must be rated for below zero temperatures.
- Handwarmers
- Emergency Mylar blanket
- **Socks – At least 5 Pairs (Not cotton, wool is preferred)**
- Thermal Underwear
- Personal Items
  - Toothbrush
  - Toothpaste
  - Towel
  - Bodywash – Shampoo
  - Shaving kit – If Needed
  - Shower shoes
  - Deodorant
  - Field wipes
  - Comb/Brush
  - 3 Bras for wear in uniform (Female Only)
  - Female sanitary products (Female Only)
  - Female Hair Products
- Swimsuit (optional – allowed during shower time)
- Additional Bedding for sleeping in the barracks.



# Winter Survival School Packing List



## ○ **Full 24-Hour pack**

- GTM handbook (optional)
- Signal mirror
- Whistle
- **Survival Knife (Required)**
- First aid kit (commercially available kits are acceptable)
  - **First aid guide** (Highly recommend Readywarriorllc.com, first on scene and medical kit guides)
  - Antiseptic ointment
  - 6-10 band-aids in various sizes (finger to standard cut)
  - Moleskin (required)
  - Rolled bandage (ACE bandage style)
  - four gauze pads or rolled gauze.
  - Triangular bandage
  - Medical tape (Surgical or paper)
  - Personal medication (list what you have and dosages to give to medical and let your team leader know where the list is and what medications you have)
  - two pairs of medical gloves (nitrile is preferred)
  - Mylar blankets
  - Scissors
- Compass ((Lensatic or Orienteering) (Both are a good idea))
- Flagging tape, one roll (neon colored, not green)
- Work gloves (leather are the best)
- Neck Gaiter or lightweight scarf (optional, recommended for dense forest environments)
- Duct tape (a small role is sufficient)
- Safety glasses (sunglasses will work too, but must have clear safety glasses)
- Bug spray (must be DEET)
- Sunscreen (SPF 30+)
- Flashlight (Headlights are preferred)
  - Plus, spare batteries
- Poncho or rain jacket (jacket may be preferred in some situations)
- Jacket for colder temps if necessary
- Change of socks (**not cotton**)
  - At least one pair



## Winter Survival School Packing List



- Snacks
  - Something that will be heavy in protein (Jerky, Protein bars, or granola bars)
- Water
  - Canteen or camelback (camelback is preferred)
- Cellphone (write down and give your number to the others on your team)
  - Power bank for phone (solar charging is best, but anything will work)
- Two meals
  - MRE or MRE type able to be cooked in the field.
- Water purification (LifeStraw is best, but purification tablets work too)
- **Fire starting (flint or waterproof matches; Stay away from lighters)**
- Even more spare batteries
  - At least two more sets for your gear in all types
- Chemical lights (at least 2)
- 50' of paracord
- Change of socks
  - At least two more pairs
- Change of underclothes
- Tissue paper
- Tarp (10x12)
- Small snacks
- Gatorade or electrolyte beverage (powdered is okay)
- 72 Hour Pack items optional
  - Tent
  - Entrenching tool
  - Sleeping pad
  - Multitool