

Emergency Services, 72 Hour Pack Requirements

A backpack (preferably with frame) (T) containing:

- 1) Tent (optional, if you are sharing a tent with someone else who is carrying it) (T)
- 2) Spare rank and CAP cutouts (for cadets)
- 3) 5 meals (T)
- 4) 2 Leaf Bags, large
- 5) Bag, waterproof (T), containing:
 - (a) Spare uniform,
 - (b) Underwear and socks, 3 changes (T)
- 6) Sleeping pad, foam or inflatable.
- 7) Spare boot laces.
- 8) Kit, sewing, with spare buttons.
- 9) Shoe Shine Kit
- 10) Toilet Kit, that should contain:
 - (a) Toothbrush and paste (T)
 - (b) Shaving Kit (if you shave) (T)
 - (c) Deodorant (T)
 - (d) Washcloth and soap (T)
 - (e) Towel (T)
- 11) Sleeping Bag or Bedroll appropriate to climate (T)

Optional Items

- (1) Rainwear, durable
- (2) Webbing, nylon, 1" wide, 20' long.
- (3) Handheld FM Transceiver (highly recommended for Ground Team Leaders)
- (4) Water Purification Tablets
- (5) Eye Protection (highly recommended)
- (6) Entrenching Tool (highly recommended for base gear)

Additional Information

More detailed information on this topic is available in Chapter 2 of the Ground Team Member & Leader Reference Text.