

PACKING FOR DEPLOYMENT

In the following pages you will find both suggested packing lists and the pros and cons of different clothing and equipment. This is a compellation of thoughts and ideas generated by several people with many years of working in remote and austere environments. Appendix I gives a list of potential vendors to find clothing and equipment at discount/economical prices. Also remember other team members may have stuff you can borrow.

We will be going into austere environments, but the art to being able to function well in any environment is to look after yourself and be comfortable. It is also best to prepare for the worst case scenario. This is a philosophy we hope to instill.

CLOTHING:

BASE LAYER

In general it has been found that in all environments synthetic or wool provide the best base layers versus cotton. These can also be washed and dried easier than cotton. An example of this was seen in the response to Hurricane Katrina, many responders suffered from a diaper rash type of chaffing from excessive sweating in the hot, humid, conditions. In short try and avoid cotton.

On that note both men and women should consider a boxer style brief. Women should also consider a comfortable athletic sports bra.

SOCKS

Good quality socks cannot be beaten. In this case I am really recommending wool for all environments. There are many good brands out there, such as 'Darn Tough', 'Smart Wool' Consider a pair a day. Avoid the cheap and nasty tube socks at all costs.

MID LAYER

This is an insulating layer, lower body would be long underwear, or light fleece pants that could be worn under BDU's. Upper body would be a long sleeve fleece or expedition weight insulating layer.

In a hot environment you may just want to pack a fleece vest in your gear.

INSULATING LAYERS

For temperate and cold environments more insulation is needed. Although down is nice should it become damp it is useless. A fleece jacket is the standard piece of equipment but if more is needed then consider something like a primaloft jacket and pants.

OUTER LAYER

Waterproof and windproof is important. Ideally a breathable material such as gortex or a similar material is advisable. It also should be a heavy duty material versus a lightweight version. We are likely to be in the aftermath of a natural disaster.

The top should be a hooded jacket either military or mountaineering spec.

As for the bottoms, I have a preference for bibs with reinforced seat and knees. Though the same is for pants.

Remember these should be roomy enough to build up the insulating layers beneath.

HEAD GEAR

Need to cover both extremes of weather here. Though a boonie hat part of our uniform.

In a high sun environment a boonie or ball cap is advised. The sun protection is better with the boonie style. One of our cadre found a synthetic boonie hat made by underarmour .

In a cold environment think of a hat that is also a wind block, and covers the ears. When I'm working in a cold environment I actually like to wear a headband,[windproof].

Principals of Packing

When you are packing for a deployment bear this in mind, your gear will be in two bags, an “A” bag and a “B” bag.

Never assume any bag is waterproof, line it with a contractor grade trash bag. Make it a pack you can carry, rolling duffels are not suitable.

A BAG

The “A” bag is what you need to function for 24 hours. This goes on a plane with you. There will be some MRE’s and water in there. I like to have enough gear to ‘bivi’ with, or form a sleeping shelter. We advise traveling to deployment in civilian clothing, so in you’re a bag is a set of BDU’s, synthetic T-shirt, socks and underwear. [travel in your boots, they are bulky]
More details in the packing list.

B BAG

This bag contains the bulk of your gear. Spare uniforms, and all the gear and clothing to set up camp and be comfortable for 2+ weeks.

Always with You

NMDS ID & Passport

Gov Travel Credit Card / Cash

Drivers Lic.

Vaccination Record

PACKING CHECK LISTS

A BAG

Pack

Pack liner, [heavy duty trash bag]

Sleeping Bag

Sleeping Pad, [appropriate to environment]

Bivi Bag*

Wash kit, [simple]

Tarp*

Uniform BDU

Team T-Shirt

Belt

Work Gloves

4 MRE's

3 liters H2O

Snacks

Iodine [water purification]

Hat, [boonie type]

Helmet*

Headlamp/batteries

Compass*

Rope*

Cell Phone/charger

*** = Optional**

B BAG

Pack w/liner

Bug Netting

Tent*

Thermarest

Travel Pillow

Camp Chair*

Stove/Pot*

4 MRE's

Snacks

Gatorade powder*

Coffee/tea

6 prs Underwear

6 prs Socks

2 civi Shirts

1 civi pants

Warm base layer, [longjohns/shirt]

Bathing Suit

Sneakers/Sandals

Wash Kit, [see personal hygiene list]

Baby Wipes

Repair Kit/Sewing Kit

Iodine

P-Cord

Duct Tape

Knife/Multitool

Fan*

Ziplocks

Notebook, pencil, pen, sharpie

Spare Headlamp*

