



VADF Individual Mobilization Equipment List (72-hour Load)

Documents:

VADF I.D. Card and Personal Medical Info Card
Drivers License,
First Aid/ CPR cards, Radio Operator Licenses
Dog Tags (set)

Load Bearing and other Related Equipment:

Pistol Belt and Shoulder straps
Butt Pack or Day Pack
Folding Shovel (Entrenching Tool)
Flashlight and extra batteries
Two 1-quart canteens with covers
Compass with case
Whistle with lanyard (optional)
Knife (small folding)

Mess Gear:

Mess Kit (cooking/eating/utensils)
Meals (*MREs, or dehydrated camping food)
Water, 6-gallons in impact resistant container
Matches (watertight container with striker)

Sleeping Gear:

Sleeping bag (civilian or military), mosquito netting
Ensolite Pad or Airmattress
Tent (one or two person) with ground sheet and rigging

Clothing:

Class "C" (*BDU) Uniform—Woodland Camouflage, 2 sets
Patrol Cap
Underwear, 3 sets (brown t-shirts)
Boot socks, 3 sets
Combat Boots
Rain Gear or poncho
Field Jacket (in season)
Work Gloves (in season, wool, leather, Gortex, etc.)
Watch
Safety Vest (orange with reflective tape)
Hard Hat (white plastic), Safety Glasses, and Hearing Protection

Personal Hygiene and Grooming:

Shoe shine kit, clothes brush, small sewing kit, shower shoes
Toilet paper, watertight container, soap/shampoo/toothpaste - (field biodegradable)
Personnel Hygiene items related to gender
Prescription Medicines
Extra pair of glasses/contact lenses
Other items as appropriate

First Aid

Individual First Aid Kit (band aids, antiseptic, etc.)
Mole Skin
High SPF Sunscreen (30+_
Insect Repellent (DEET content)
Chap Stick

* MREs - Meals Ready to Eat
BDU - Battle Dress Uniform (Woodland Camo)