

Individual Equipment Checklist for Ground Operations

Last / First Name:		Grade:	CAPID:	Date:
School/GT:	☐ Task O-0001 Signoff	☐ General Inspection	GT Cert:	Mission #:

Self Check	On your person at all times Items Required by ALL	Inspector
☐	Complete BDU Uniform (IAW CAPM 39-1)	☐
☐	BDU Cover (IAW CAPM 39-1) NO BALLCAPS	☐
☐	Black Combat Boots; broken in.	☐
☐	Sunglasses / Eye Protection	☐
☐	Credentials: CAP ID and 101 Card in a Wallet or ID Holder	☐
☐	Small Notepad & Pencil (in a Ziploc bag)	☐
☐	Inexpensive Wristwatch	☐
☐	ANSI Class II Orange Safety Vest (Left Cargo Pkt)	☐
☐	GTM Task Book 5/24/04 Ed. (Right Cargo Pkt)	☐
☐	Whistle (attached to top button loop on blouse)	☐
☐	Pocket Knife (< 6") or Multi-Tool (attached to belt)	☐
☐	Small Flashlight (Mini Mag-Lite or Penlight)	☐

Self Check	Base Gear Items Required by ALL	Inspector
☐	Backpack (ALICE, CFP90, Internal Frame or similar)	☐
☐	Tent (1 Per Person)	☐
☐	Sleeping Bag (Rated to 40deg F)	☐
☐	Sleeping Mat (foam or inflatable)	☐
☐	*Spare Uniform Insignia (Cadets)	☐
☐	(2) Additional Large Plastic Garbage Bags	☐
☐	Entrenching Tool (aka E-Tool)	☐
☐	(4) Additional Chemical Light Sticks, must be green	☐
☐	(1) Additional set of batteries for flashlight	☐
☐	Waterproof Bag containing:	☐
☐	-(1+) Spare Uniform (Blouse & Trousers)	☐
☐	-Black T-Shirts (1 pr day + 1 extra)	☐
☐	-Undergarments (1 pr day + 1 extra)	☐
☐	-Non-Cotton Socks (1 pr day + 1 extra)	☐
☐	PT Gear (T-Shirt, Shorts or Sweats,	☐
☐	Sleeping Gear (Shorts + T-Shirt)	☐
☐	Waterproof Toiletry Kit containing:	☐
☐	-Toothbrush & Toothpaste	☐
☐	-Shaving Kit (if applicable)	☐
☐	-Deodorant	☐
☐	-Foot Powder	☐
☐	-Washcloth, Towel, Soap and Shampoo	☐
☐	-Toilet Paper (Separate Ziploc bag)	☐
☐	-*Comb or Brush	☐
☐	(2) Additional MREs	☐

Self Check	24 Hour Gear 'Daypack' Items Required by ALL	Inspector
☐	Carrying Device (Belt, Vest, and/or Backpack)	☐
☐	Composition Notebook & (2) Pens (inside Ziploc Bag)	☐
☐	(2) Meals (MREs, Dehydrated meals, etc.)	☐
☐	Shelter Material (10x10 tarp)	☐
☐	Rain gear	☐
☐	Camelbak® or similar hydration system (at least 2quarts)	☐
☐	Compass; in Pouch (Lensatic and/or Orienteering)^	☐
☐	Waterproof Map Case (Ziploc bag), map tools, washable marker	☐
☐	Personal First Aid Kit w/ minimum contents of:	☐
☐	-(4pr.) Non-Latex Medical Gloves (in your size)	☐
☐	-(2) Antiseptic / Alcohol cleaning Pads	☐
☐	-(1)Antiseptic Ointment or Solution	☐
☐	-(6) Band-Aids (various sizes)	☐
☐	-(1) Moleskin, at least 2" x 4"	☐
☐	-(1) 4" Roller Bandage, aka 'Kling'	☐
☐	-(1) Medical/First Aid Tape	☐
☐	-(4) Gauze Pads (Preferably 4" x 4" or 5"x9")	☐
☐	-(2) Triangular Bandage, aka 'Cravat' or 'Sling'	☐
☐	*Personal Medication	☐
☐	Waterproof Survival Kit containing: (Large Ziploc bag)	☐
☐	-5'-10' Duct Tape (may be wrapped around pen)	☐
☐	-(1) Large Plastic Garbage Bag	☐
☐	-(12) Waterproof Matches & container w/ striking surface	☐
☐	-(2) Chemical Light Sticks, must be Green	☐
☐	-50' - 100' of Paracord, 550 Cord, or similar nylon line	☐
☐	-Signal Mirror with protective case	☐
☐	-(1) Emergency Blanket	☐
☐	Waterproof SAR Kit containing: (Large Ziploc bags)	☐
☐	-(1pr.) Spare non-cotton Socks	☐
☐	-(2) Flagging / Surveyors Tape (2 different colors)	☐
☐	-Flashlight (w/ red lens)	☐
☐	-Insect Repellent (capable of repelling ticks)	☐
☐	-Lip Balm / 'Chap Stick'	☐
☐	-Sunscren Lotion	☐
☐	-Toilet Paper (10'-20') (Not the whole roll)	☐
☐	-Work Gloves (Preferably Leather)	☐
☐	-Hand Sanitizer	☐

(*) - Denotes Optional Item
(^) Adv. Trainees need BOTH. All compasses should 'glow in the dark' and be tethered to user with string.

- Civilian garments may be worn to conserve heat; outermost layer will be an authorized military garment
- Whistle to be attached by paracord, basic students (Olive Drab), Advanced (Yellow), Staff (Undisclosed)
- ALL Meals must be non-perishable foods that are fulfilling and nourishing. Snacks will not suffice.
- This gear is important to your health, safety, and success. Failure to bring any of these required items may result in your disqualification from the activity or mission.**

Inspected by: _____