



Minnesota Ground Team Academy

Student Packing List



All Items are required unless specifically noted as optional or recommended.

Most of the training will be conducted outdoors and in deeply wooded areas. Please plan and pack accordingly. Training will be conducted RAIN or SHINE. Lodging will be cabins for most of the activity, and you will spend one night outdoors. Bring your bedding (Sheets/Sleeping Bag, Pillow)

Required Items to Attend:

- COMPLETE 24-Hour Pack
- Complete ABU/CFDU Uniform
- CAPID Card
- Current 101 Card
- Canteen/Camelbak
- Safety Vest (ANSI 2)
- Bug Repellant (DEET)
- Sunscreen

Utility Uniform (ABUs) – 1 Required. A second uniform is recommended if you have another set.

- ABU Blouse - 1
- ABU Trousers - 1
- ABU Cover - 1
- ABU Belt-1
- Desert Tan T-shirts - 3
- Black Boots - 1
- Boot Blousers - 2 pair
- Black Boot Socks - 3 pair
- Civilian Clothes -1 Pair
- PT Uniform (Optional)

Toiletries, Bedding, and Personal Items

- Pillow and Pillowcase - 1
- Sleeping Bag or Sheets (no linens are provided)
- Blanket - 1
- Toothbrush and Toothpaste -1 each
- Towel-1
- Wash Cloth - 1
- Shampoo-1
- Body Soap -1
- Razor/Shaving Kit -1 (If needed)
- Comb/Brush - 1
- Deodorant - 1
- Shower Shoes - 1
- Bathing Suit (optional)
- Sleepwear- 3
- Underwear/Undergarments - 5 Pairs
- Female: Sports Bra - 3
- Female: Hair Supplies
- Female: Sanitary Supplies
- Laundry Bag
- All required and Needed Medications
- Note taking Material
- Watch

24 Hour Pack

- Backpack to fit all gear (LAPG, SOG, MILSPEC Monkey, Walmart, should be **hydration compatible**)
- Complete ABU uniform
 - Uniform cover may be replaced with bright colored hat or appropriate hat for weather
- Notepad and pencil (not pen)
- CAPID card and current 101 card
- Watch
- Reflective vest (ANSI approved, orange preferred, **PT BELTS ARE NOT SUFFICIENT**)
- Jacket for colder temps if necessary
- GTM handbook (optional)
- Poncho or rain jacket (jacket may be preferred in some situations)
- Snacks
 - Something that will be heavy in protein (Jerky, Protein bars, or granola bars)
- Cellphone (write down and give your number to the others on your team)
 - Power bank for phone (solar charging are best, but anything will work)
- Spare Batteries
- Gatorade or electrolyte beverage (Powered is fine)
- Deck of cards (optional)
- First Aid Kit
- Field Sanitation Gear
 - Toothbrush – Toothpaste
 - Shaving Kit
 - Deodorant
 - Disposable Towelettes (Shower Wipes)
 - Tissue Paper
 - Change of socks (**not cotton**)
 - At Least 2 Pairs
 - Change of Undergarments
- Shelter/Survival Gear
 - Sleeping bag (Appropriate for temperatures)
 - Tarp (10x12)
 - Tent (optional, may share with someone, also depends on mission)

First aid kit (commercially available kits are acceptable)

- **First aid guide** (Recommend Ex: 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)
- 4 gauze pads or rolled gauze
- Triangular bandage (Recommended)

- Medical tape (Recommended)
- 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)
- 2 pairs of medical gloves (nitrile is preferred)
- Mylar blanket

- Rope/Paracord 50'
- Mylar/Emergency Blanket
- Folding Shovel/E-Tool
- 2 meals (Optional for GTA)
 - MRE's are good
- Water purification (LifeStraw is best, but purification tablets work too)
- Fire starting (flint or waterproof matches, Stay away from lighters)
- Signal mirror
- Whistle
- Pocket knife, multi tool, or survival knife (multitools are preferred, survival type knives may take place of pocketknife if mission necessary)

Search Gear

- Compass ((Lensatic or Orienteering) (Both is a good idea))
- Flagging tape, 1 roll (neon colored, not green)
- Work gloves (leather are the best)
- Neck Gaiter or lightweight scarf (optional, recommended for dense forest environments)
- Duct tape (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
- Water
 - Canteen or camelback (camelback is preferred)
- Chemical lights (at least 2)
- Change of underclothes