



Sea Bag list:

Item	Mandatory / Optional
Fleece sleeping bag (to put inside sleeping bag)	Optional
Water bottle (Steel is preferred)	Mandatory
550 Paracord at least 50'	Mandatory
2 flashlights and back up batteries	Mandatory
Mess kit (see recommended gear document)	Mandatory
Spoon and fork	Mandatory
Hat	Mandatory
Camping knife	Mandatory
Pocket knife	Optional
Multitool	Optional but highly recommended
Sewing kit	Mandatory
Walking pole	Mandatory
2 rolls of toilet paper (see recommended gear document)	Mandatory
Body lotion	Optional
Chap Stick	Optional by highly recommended
Contact lenses / glasses	Optional as needed
Fire starting kit consisting of:	Mandatory
1. Magnesium and flint	
2. Match box	
3. 5 cotton balls coated with Vaseline	
4. Lighter	
Camping soap / sponge	Mandatory
Deodorant	Mandatory
Small toothbrush	Mandatory
Small toothpaste	Mandatory
Tactical scarf (Shemagh) (see recommended gear document)	Mandatory
3 pieces of underwear	Mandatory
(fast dry underwear usually made of Nylon)	

PT Gear	Mandatory
6 Wool socks (see recommended gear document)	Mandatory – Changed from 3 to 6 pairs
1 Outdoor quick dry Short	Mandatory
1 Outdoor quick dry Pants	Mandatory
3 quick dry T-Shirts	Mandatory
1 long sleeve quick dry shirt	Mandatory
1 light Sweater	Optional
1 Light jacket (see recommended gear document)	Mandatory
Hiking boots (see recommended gear document)	Mandatory – Highly recommend water proof boots
Flip flops	Mandatory
1 Newspaper	Mandatory
1 Tactical belt or belt made of webbing	Mandatory
Sunglasses	Mandatory
Beanie	Mandatory – Changed from optional to mandatory
Gloves	Mandatory
Snow gloves or nice warm gloves	Mandatory - Added
1 Garbage bag	Mandatory
Fishing license	Optional but recommended
Kleenex	Optional
Notebook and pen, pencil	Mandatory
Inflatable pillow	Optional
Fishing rod, fishing tackle we will provide this	Optional but recommended – change: do not bring,
Camera	Optional but recommended
GPS or GPS enabled cell phone	Optional but recommended
External battery for cell phone or GPS	Optional but recommended
Small water filter	Optional but recommended