

## **INDIVIDUAL EQUIPMENT SOP**

<b>ALFA PACK (Assault pack for 24 hours)</b>			
<b>Item nr</b>	<b>Item</b>	<b>Quantity</b>	<b>Remarks</b>
1.	Battle dress uniform	1	
2.	Boots	1 pair	
3.	Notes (pen, pencil, pocket size notepad)	1	
4.	Hat	1	
5.	Gloves	1 pair	Tactical
6.	First aid bondage pack	1	
7.	Watch	1	
8.	Protective Goggles	1 pair	Tactical
9.	Mosquito spray	1	Optional
10.	Military ID	1	
11.	Lighters/matches	1	
12.	Water tank or cans	1 set	Need to carry water for a day
13.	Flashlight	1	Red light filter
14.	Eating kit	1 set	Be able to warm up and consume food
15.	Other items as necessary		
16.	Assault pack (aprox. 30 LITERS)*	1	
17.	Helmet*	1	
18.	Weapon	1 set	
19.	Webbing*	1	
20.	Reflective vest	1	
<b>BRAVO BAG (3 day large bag)</b>			
<b>Item nr</b>	<b>Item</b>	<b>Quantity</b>	<b>Remarks</b>
21.	Boots	1 pair	Weather appropriate
22.	Battle dress uniform	1	
23.	Underwear Level 1	10 sets	Appropriate amount
24.	Underwear Level 2	1 set	
25.	Underwear Level 3	1 set	
26.	Socks	10 pairs	Appropriate amount
27.	Winter hat	1	
28.	Winter clothing	1	Weather appropriate
29.	Raincoat and pants (gore-tex)	1 set	
30.	Hygiene equipment	1 set	
31.	Clothing Repair kit	1 set	Thread, needle
32.	Brush	1	For clothing and boots
33.	Thermoss	1	
34.	Running shoes and clothing	1 set	According to weather conditions
35.	Slippers	1 pair	
36.	Other items as necessary		
37.	Large bag (approx. 70 LITERS)	1	

38.	Water proof bag	1	Plastic bag as alternative
40.	Field Tarp (Individual)	1	
41.	Rope	20	
42.	Military folding shovel	1	
43.	Military mat*	1	
44.	Sleeping bag (winter)*	1	
45.	Individual Gas stove + gas tank	1 set	1 per team

**RED: requested to bring your own**

**GREEN: provided by National Defence Academy of Latvia**

**\*in case you prefer to bring your own**