



Ground Team 72 Hour Pack

All items from the 24 hour pack are required in addition to:

- Comfortable backpack that you would be able to carry for at least 6 miles with full load.
- Sleeping Bag, Bedroll, or poncho liner in waterproof bag.
- One extra set BDU's
- 3 sets underclothes and socks.
- Towel
- Toiletry Kit
- One roll Toilet Paper
- Food for 3 days in addition to the 24 hour load (MRE Preferred).
- Entrenching tool, GI type (optional, but recommended by the experts).
- Space Water Container (be ready to load water before moving out).
- Four (4) Glow Sticks or more.