

e. Annual Combat Water Survival Swim Test certification (CWSST) within one year of course attendance, successful completion verified by a memorandum signed by student's company command or battalion operations officer dated within 30 days of reporting to SERE. CWSST is not needed for Marines, Special Forces-qualified Soldiers, or Ranger-qualified Soldiers. Non-swimmers do not qualify to attend SERE High Risk Level C training

f. Land Navigation proficiency memorandum. The land navigation training should include: Lensatic compass familiarization, terrain association, map reading, techniques utilizing terrain contouring, as well as participation in a **Day AND Night** basic land navigation course. The memorandum must be dated not more than 30 days prior to the start date of the SERE class they are attending.

g. Students attending SERE training are required to comply with Army grooming standards in accordance with AR 670-1.

This clothing and equipment list Dated: **06 APRIL 2022** supersedes all previous packing lists for SERE High-Risk Level "C" clothing and equipment lists.

#### **PACKING LIST (as of 06 APRIL 2022):**

##### **ITEMS TO BE WORN TO IN PROCESSING**

- 1SET ACU/MCU/OCP Uniform (Complete With Patches)
- 1EA Undershirt (Tan/Brown)
- 1EA Undershorts (Optional)
- 1PR Socks
- 1EA Patrol Cap (ACU/MCU/OCP Pattern)
- 1PR Boots, Army Issue (summer)
- 1EA Military ID Card
- 1SET ID Tags (Must Be On Standard Chain, No 550 Cord or Similar Material)
- Money (Minimum \$50.00) (Not To Exceed \$100.00) (Small Denominations)
- 1EA Wrist Watch – (Inexpensive, Without Compasses or GPS)
- 2EA Pen (Black Ink)
- 1EA Mechanical Pencil
- 2EA Note Book
- 2PR Glasses, Prescription, Military Issue or Civilian (AS REQ)  
(**Contact Lenses will not be worn during any portion of the SERE course**)
- 1EA LBE, LCE, FLC or Suspenders and Pistol Belt (no items tied down)
- 2EA Cover Canteen, 1QT attached to LBE, LCE, FLC or Suspenders and Pistol Belt
- 2EA Canteen, 1QT
- 1EA Cup, Canteen
- 1EA Compass, Lensatic (Army issue) attached to LBE, LCE, FLC or Suspenders and Pistol Belt
- 1EA Whistle

- 2EA Pouch, Ammo 5.56 attached to LBE, LCE, FLC or Suspenders and Pistol Belt
- 1EA Magnesium Bar Fire Starting Device or Ferro Rod
- 1EA Safety Glasses, Clear Lens W/ Case (No Sunglasses)
- 1EA Knife, Pocket or Fixed Blade (Blade < 7") Or Multi Tool
- 1EA Sports Bra (Female) (IAW AR 670-1 and designed for high intensity activities)

#### **ITEMS TO BE PACKED IN RUCK SACK**

- 1EA Field Pack, (ALICE or MOLLE) Large with Frame
- 1EA Patrol Bag, Bivy Cover (Gortex), and Stuff Sack (All 3 systems together if issued)
- 1EA Flashlight with One Set of Extra Batteries (or headlamp)
- 2EA Bag, Wet Weather
- 3SET ACU/MCU/OCP Uniform
- 1EA Poncho, Wet Weather (If issued)
- 1EA Tarp, Wet Weather (If issued)\* **SUBDUED (GREEN/ BROWN/ BLACK)**

#### **CIVILIAN TARP IS AUTHORIZED IN LIEU OF NOT BEING ISSUED A MILITARY TARP**

- 1EA Liner, Poncho
- 1PR Boots, Army Issue (summer) (Additional to the pair worn)
- 6PR Socks, Wool, Cushioned Sole
- 4EA Undershirt, (Tan/Brown)
- 4EA Sports Bra (Females Only) (IAW AR 670-1 and designed for high intensity activities)
- 4EA Undershorts
- 2EA Towels
- 1PR Gloves, Leather, Work (Or Army Issue Black Leather Gloves)
- 1EA Wet Weather Top, Gortex
- 1EA Wet Weather Bottom, Gortex
- 1EA **SPEARS Top (Polypro Authorized)**
- 1EA Personal Hygiene Items for 19 Days (Females see Note 4 below)
- 1EA 550 Cord (20 Feet minimum)
- 5EA Bungee Cords
- 1EA Protractor
- 1SET Map Markers
- 1SET Bobby Pins (Stay Right Brand, model/style 1352)
- 1EA Sewing Kit
- 1EA Drinking Bottle (32oz large opening, not glass)
- 1EA Bug Repellent
- 1EA Baby Wipes Pack
- 1EA Shirt (Civilian Roughts / Hiking Attire)
- 1EA Pants (Civilian Roughts / Hiking Attire)
- 1EA Jacket (Civilian, Inclement Weather)
- 1EA Baseball Style Cap (Optional)
- 1EA Carabiner clip

#### **ITEMS TO BE PACKED IN DUFFEL BAG OR AVIATORS KIT BAG**

- 2EA Bag, Duffel (Or Aviators Kit Bag)

1EA Bag, Barracks  
1PR Shower Shoes  
1SET Army Physical Fitness Uniform (summer, Shorts, Shirt) or service equivalent  
1PR Running Shoes  
2PR Socks (White, Cotton)  
1EA Combination Lock

#### **ADDITIONAL ITEMS DURING WINTER MONTHS (01 October thru 30 April)**

1EA Fleece Jacket (Military Issue) Worn or in Ruck Sack  
1EA Boots, Army Issue (Cold Weather) Worn or in Ruck Sack (replaces 1 set of summer)  
4PR Cold Weather Socks (Optional) in Ruck Sack  
1EA APFU Jacket  
1EA APFU Pants  
1EA Cap, Watch (Black/ACU green/brown) Worn or in Ruck Sack  
1EA Neck Gator Worn or in Ruck Sack  
1EA Balaclava (Optional) Worn or in Ruck Sack  
1EA SPEARS Top (Or May Substitute With Polypro) Worn or in Ruck Sack  
2EA SPEARS Bottom (Or May Substitute With Polypro) Worn or in Ruck Sack  
1EA Patrol Bag, Intermediate Cold Weather Bag, Bivy Cover (Gortex), and Stuff Sack  
1PR Cold Weather Gloves, (Army Issue)

#### **OPTIONAL ITEMS:**

1. Pocket Size Survival Kit
2. Sleeping Mat (Military or Civilian)
3. Field Jacket Liner
4. Tobacco Products
5. Tent Stakes
6. Sewing Kit
7. Laundry Detergent

#### **PROHIBITED ITEMS:**

1. Reading Material, exceptions for Religious, POW, Survival literature, Ranger Handbook, and Tactical Book
2. Audio/Visual (I.E. Radio, Camera, CD player, iPod, Camcorder, Pager, Etc.) (Cell phones will be collected day one and returned at out processing)
3. Camp Stoves or Heat Tablets
4. Any Food Items
5. Contact Lenses
7. E-Tool
8. Saws
9. Tents, Hammocks, civilian shelter or tarp
10. Non-prescribed Medications. All prescribed medications will be reviewed by SERE medic

11. No dietary supplements are authorized. Students are prohibited from consuming or possessing any form of the following supplements within 30 days prior to training:

(a) Ephedrine Sulfate: Commonly known as Ephedra, Ephedra Sinica, or Ma-Huang

(b) Synthetic Creatine (Creatine Monohydrate): Citrate, Phosphate or Monohydrate Salts

**Note 1:** No machetes or other knives with a blade over 7".

**Note 2:** Belt, army issue non-stretch will be used for specific tasks during survival training.

**Note 3:** If an item is not on this list, then do not bring it with you!

**Note 4:** Females will need to bring personal hygiene supplies for menstrual cycles in the form of pads only (no tampons) to cover a week timeframe. Other forms of hygiene supplies are not authorized.

Violations of this packing list will constitute a Pre-Requisite failure and students will not be allowed to continue in the course.

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