

## INDIVIDUAL EQUIPMENT SOP

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