INTERNATIONAL SPECIAL TRAINING CENTER
ADVANCED MEDICAL FIRST RESPONDER PACKING LIST

PACKING LIST:

REQUIRED:

- COMBAT FIELD UNIFORM, COMPLETE (2 SETS MINIMUM)*
- MILITARY BOOTS (2 PAIR)
- OUTDOOR UNIFORM CLOTHING FOR HOT, COLD, OR WET WEATHER – SEASON DEPENDANT
  FOR EXAMPLE: WET WEATHER PARKA & TROUSERS, GORE-TEX JACKET AND TROUSERS, FIELD COAT, HAT, GLOVES, RAIN GEAR, OR WINTER UNDERGARMENTS
- CASUAL CIVILIAN CLOTHING, COMPLETE W/ SHOES OR BOOTS – ENOUGH FOR 15 DAYS*
- PERSONAL HYGIENE & TOILETRY KIT (1 EACH)
- BATH TOWEL (1 EACH)
- SHOWER SANDALS (1 PAIR)
- LOAD-BEARING EQUIPMENT AND/OR BODY ARMOR (1 SET)
- MILITARY HELMET WITH CHINSTRAP (1 EACH)
- BALLISTIC OR MILITARY BUMP HELMET W/ CHIN STRAP (1 EACH)
- WATER BOTTLE OR CAMELBAK (1 EACH)
- PROTECTIVE EYEWEAR WITH CLEAR LENSES (1 PAIR)
- HEARING PROTECTION – EAR PLUGS OR EARMUFF TYPE (1 PAIR)
- HEADLAMP WITH BLUE OR GREEN LENS (1 EACH)
- PENS AND/OR PENCILS – ADEQUATE SUPPLY FOR 12 DAYS OF CLASSROOM INSTRUCTION
- NOTEBOOKS AND/OR NOTEPAD – ADEQUATE SUPPLY FOR 12 DAYS OF CLASSROOM INSTRUCTION
- COMBINATION OR KEYED PADLOCKS (2 EACH)
- MONEY (EURO) FOR MEALS
- WRIST WATCH

OPTIONAL ITEMS: (RECOMMENDED BUT NOT REQUIRED)

- CIVILIAN PHYSICAL TRAINING CLOTHING & SHOES
- SUNSCREEN/SUNBLOCK
- LAPTOP COMPUTER OR TABLET (FOR INDEPENDENT STUDY & ENTERTAINMENT)**
- SMALL DAY PACK
- MEDICAL/ENGLISH DICTIONARIES & REFERENCES
- BOOT CLEANING KIT
- NIGHT VISION GOGGLES
- KNEE PADS

**ITEMS PROVIDED BY ISTC MEDICAL BRANCH DURING THE COURSE**

- MEDICAL AID BAG WITH NECESSARY MEDICAL SUPPLIES & EQUIPMENT
- LINENS, BLANKET & PILLOW
- MEDICAL TEXTBOOKS AND CD
- CLASS NOTEBOOK AND STUDY GUIDE
- GROUP COMPUTER LAB WITH INTERNET ACCESS

*CLOTHES WASHING FACILITIES ARE AVAILABLE ON CAMP AT NO ADDITIONAL COST*

**COMPUTER LAB AND INTERNET ARE PROVIDED AT NO ADDITIONAL COST.**