INTERNATIONAL SPECIAL TRAINING CENTER
NATO Special Operations Combat Medic (NSOCM) PACKING LIST

PACKING LIST:

REQUIRED:

- Complete combat field uniform (4 sets)
- Military Boots (2 pair)
- Field head gear (patrol cap)
- Formal head gear (beret)
- Seasonal military uniform clothing
  - Example: wet weather parka & trousers, Gore-Tex jacket and trousers, field coat, cold weather hat, gloves, rain gear or winter undergarments
- Military physical training clothes (2 sets)
- Civilian physical training clothes (5 sets)
- Physical training shoes
- Casual civilian clothing w/ shoes or boots
- Personal hygiene & toiletry kit (1 each)
- Bath towel (1 each)
- Shower sandals (1 pair)
- Load-bearing equipment
- Body armor
- Ballistic or military bump helmet w/ chin strap (1 each)
- Large military rucksack or large patrol pack (1 each)
- Sleeping bag complete (1 each)
- Flashlight/hand torch (1 each)
- Water bottle or Camelback (2 each)
- Protective eyewear with clear lenses (1 pair)
- Hearing protection, (Peltors or ear plugs) (1 pair)
- Headlamp with blue or green lens (1 each)
- Pens, pencils, notepad – enough for 22 weeks of classroom instruction
- Combination or keyed padlocks (2 each)
- Money (Euro) for meals on weekends
- Wrist watch
- Combat gloves
- Military ID card
- Passport
- HIV and Hepatitis B and C negative (no older than 3 months)
- Tetanus Immunization
- DISCLAIMER see enclosure 1-2 to annex I

OPTIONAL (RECOMMENDED):

- Laptop computer for self study/entertainment**
- Small day pack
- Knee & elbow pads
- Helicopter tether/lanyard
- Sunscreen/sun-block
- Dictionaries, Medical & English
- Boot cleaning kit

**ITEMS PROVIDED BY ISTC:**

- Medical aid bag with necessary supplies and equipment
- Linens, blanket, & pillow
- Medical textbooks & SOF Medical Handbook CD
- Class workbook & study guide
- Group computer lab with internet access

* Clothes washing facilities available at no additional cost; students must provide their own detergent.

** Computer Lab & Internet access available at no additional cost.