**Packing List for Volunteers to Ukraine 2022**

The following are requirements, not suggestions and ideas.

**Requirements**
1. Valid Passport
2. Proof of vaccination against Covid-19 (at least two doses) and Cholera (Dukoral)
3. Proof/Documentation of prior military experience

The following are suggestions and ideas, not requirements.

**Clothing**

1. Underwear, x7 pairs

2. Socks, x10 pairs

3. T-shirt, x3

4. Long Sleeve shirt/combat shirt, x2

5. Base layer (i.e. skiing layer), x2 pairs

6. Insulated jacket (Not puffy)

7. Wool hat, x1

8. Cap x1

9. Gloves with good grip surface, x1 pairs

10. Warm gloves, x1 pair

11. Comfortable boots i.e. hiking/outdoors, x1 pair

12. Sneakers or tennis shoes, x1 pair

13. Balaclava x1

**Hygiene**

1. Toothbrush x1

2. Toothpaste

3. Soap bar, non-perfume, x2

4. Shampoo

5. Deodorant

6. Lip balm, x2

7. Nail file

8. Nail clipper

9. Razor (Non-electric)

10. Shaving cream

11. Comb

12. Baby powder, non-perfume

13. Wet wipes, non-perfume

14. Lotion, non-perfume
15. Everything you might want for your feet.

**Equipment**

1. Magazine pouches for Combat vest/Carry rig (AK74, AK47/M)

2. Optics (Red dot, magnifiers, scopes, IR, Thermal etc).

3. Backpack, capacity 30L

4. Belt, leather or nylon, x1 par
5. Active EarPro/ComTac i.e PELTOR, SORDIN, Razor Walkers

5. Protective glasses/goggles i.e ESS, Oakely

6. Multitool

7. Lighter + matches, moisture resistant

8. Fire steel

9. Knife, straight-edge

10. Flashlight (Red)

11. Headlamp (Red)

12. Extra batteries for lamps

13. Compass

14. Pen and notepad

15. Wrist watch
16. Sunglasses
17. Sunscreen

18. Duct tape
19. Electrical tape
20. IFAK (
Tourniquet, x1 (x2 preferred)

Surgical gloves, x1 pair

Disinfectant wet wipes, x4

Scissors, x1

Sterile compress, x2

Bandage roll, 4,5m, x1

Bands-aids, finger, x4

Band-aids, flex/elastic

Band-aids, foot (brand Detox)

Surgical tape

Ibuprofen, 400mg, x4)