

DMAT CA-6 MINIMUM PERSONAL EQUIPMENT LIST

This is the minimum equipment list for DMAT CA-6 members. We assembled this list to identify requirements for specific items and to assist people unfamiliar with this equipment. Refer to the complete DMAT PERSONAL EQUIPMENT LIST for a full list of equipment.

All items on this list are required for deployment, unless "optional item" indicated. All Uniform and Load Bearing Equipment items on this list are required for field exercises, unless "optional item" indicated.

"Minimum specs" means the item must meet these minimum specifications. (Some optional items have minimum specifications, if you choose to carry them.) "Recommended" means we recommend these specifications, in addition to any minimum specifications. Other comments are simply descriptions, to help you purchase the right item.

Vendors in this list are just suggestions; there are many more suppliers for these items. Quoted prices are for new, top-of-the-line equipment. **Shop carefully for better prices! Military surplus and used sporting goods vendors usually sell for substantially less.** Use the CA-6 DMAT cover letter when requesting discounts with vendors. Vendors not listed on the cover letter might still offer discounts if you ask.

Questions? Contact Dave Lipin at (650) 551-8935.

Uniform (put spares in backpack)

Item (Qty)	Specifications	Vendor (approx. price)
Belt (for uniform pants)	Minimum specs: khaki (tan) nylon web, brass-colored open-face (aluminum) buckle	<ul style="list-style-type: none"> • U.S. Cavalry (\$6)
Boots	<p>Minimum specs: black, leather (not cloth, nylon, Cordura or suede), high ankle support, min. 8 eyelets, able to be shined to a high gloss</p> <p>Recommended: steel toe and shank add hazard protection, but may be cold in low temps</p> <p>Wear inner and outer socks when fitting boots. Drug stores carry a variety of insoles for added comfort and insulation</p>	<ul style="list-style-type: none"> • Hi-Tech • sporting goods stores <p>(\$80 and up)</p>
Hat, brimmed	Minimum specs: baseball-style BDU (battle dress uniform), khaki	<ul style="list-style-type: none"> • Ranger Joe's (\$5) • U.S. Cavalry (\$13)
ID, Driver's license		
ID, NDMS card		
Jacket, field	<p>Minimum specs: khaki, M-65 type</p> <p>Recommended: thinsulate liner w/ the jacket</p>	<ul style="list-style-type: none"> • Ranger Joe's (jacket-only \$62) • U.S. Cavalry (jacket-only \$60)
Pants (2-3)	<p>Minimum specs: qty 2, ripstop cotton, khaki, BDU trousers, no insignia or patches</p> <p>Recommended: qty 3, summer weight</p>	<ul style="list-style-type: none"> • Ranger Joe's (\$23) • U.S. Cavalry (\$30) • Mass Army/Navy (\$30) • Dom's Surplus (\$40) • Brigade Quartermaster (\$22)

Item (Qty)	Specifications	Vendor (approx. price)
Shirt, long sleeve (2-3)	Minimum specs: qty 2, ripstop cotton, khaki, BDU blouse Recommended: qty 3, summer weight See <i>DMAT CA-6 Uniform and Load Bearing Equipment</i> for patch and insignia specifications	<ul style="list-style-type: none"> • Ranger Joe's (\$23) • U.S. Cavalry (\$30) • Mass Army/Navy (\$30) • Dom's Surplus (\$40) • Brigade Quartermaster (\$22)
Socks, pair, outerwear (3)	Wool, wear outside inner socks w/ boots	• sporting goods store
Socks, pair, liners (3)	Thin, polypropylene, wear inside wool socks w/ boots	• sporting goods store
T-shirt (2-3)	Minimum specs: qty 2, team issue Recommended: qty 3	
Underwear (3)	Recommended: smooth waistband to prevent abrasions from LBE or backpack; some swim suits work well	

Load Bearing Equipment (LBE)

LBE – We strongly recommend the items below, but you may substitute an all-black daypack instead (no visible labels or colors other than black)

Item (Qty)	Specifications	Vendor (approx. price)
Belt pouch (1-2)	Minimum specs: khaki or black, M-16 style, qty 1 Recommended: qty 2 Wear on LBE belt, to left and right of buckle; for small, personal items	• U.S. Cavalry (\$10)
Canteen cover (2)	Minimum specs: khaki or black, 1 qt military-style Wear on LBE belt, right and left sides (leave room for fanny pack in back)	<ul style="list-style-type: none"> • Ranger Joe's (\$7) • U.S. Cavalry (\$7) • Dom's Surplus (\$7)
Fanny pack	Minimum specs: all black Recommended: Cordura nylon Wear on top of LBE belt, between canteens; for food and other equipment in LBE list	• sporting goods store
First aid pouch	Minimum specs: khaki or black, military style (first aid dressing and compass pouch) Wear on right LBE suspender strap; contains personal first aid kit	• U.S. Cavalry (\$3)
LBE belt	Minimum specs: khaki or black Recommended: plastic snap buckle, w/ extender (increases belt diameter for wearing over field jacket in cold weather) A.k.a. pistol belt or web belt	<ul style="list-style-type: none"> • Ranger Joe's (\$15) • U.S. Cavalry (\$17) • Mass Army/Navy (\$9) • Dom's Surplus (\$11)

Item (Qty)	Specifications	Vendor (approx. price)
LBE suspenders	<p>Minimum specs: khaki or black; H, Y or special forces style</p> <p>Recommended: special forces style (attaches to adjustable loops on LBE belt, rather than clipping through belt grommet holes)</p> <p>A.k.a. ALICE suspenders</p>	<ul style="list-style-type: none"> • Ranger Joe's (\$16) • U.S. Cavalry (\$16) • Mass Army/Navy (\$13) • Dom's Surplus (\$15)

Gear in LBE or daypack

Item (Qty)	Specifications	Vendor (approx. price)
Canteen, w/ water (2)	<p>Minimum specs: 1 qt, plastic, black (preferred) or olive drab, military-style</p> <p>Wear in LBE canteen covers</p>	<ul style="list-style-type: none"> • Ranger Joe's (\$2) • U.S. Cavalry (\$2) • Dom's Surplus (\$3)
Cord (50')	nylon, 550 or parachute type	• hardware store
Ear plugs, pair (2)	disposable ok	• drug store
Emergency blanket	mylar-type	• sporting goods store
Facial tissue	travel size pack	• grocery store
First aid kit	personal size, fits in first aid pouch (see below)	
Flashlight	<p>Minimum specs: GI angle head, black, 2 D cells</p> <p>Recommended: Krypton bulb</p> <p>Wear on left LBE shoulder strap</p>	<ul style="list-style-type: none"> • U.S. Cavalry (\$8) • sporting goods store
Food rations (1 day)	no-cook (add hot/cold water ok)	
Gloves	leather, work	• hardware store
Goggles, eye	high-impact plastic safety goggles	• hardware store
Insect repellent	Recommended: DEET formula	
Knife, pocket or folding	<p>Minimum specs: black pouch if worn on LBE</p> <p>Recommended: min. 2 blades, can opener</p> <p>Leatherman ok. Knife w/ scabbard NOT ok.</p>	
Money / traveler's checks		
Nose mask	Recommended: disposable, anti-dust, 1 strap	• hardware store
Notepad w/ pen or pencil		
Rain suit or poncho	<p>Minimum specs: yellow (preferred) or black, w/ hood</p> <p>Recommended: rainsuit preferred over poncho, Gore-Tex</p>	• sporting goods store
Snacks	high nutrition, no preparation	
Sunglasses	prescription if needed	
Sunscreen		
Watch		

Backpack

Clothing

Item (Qty)	Specifications	Vendor (approx. price)
Athletic shoes	Optional item Minimum specs: black, comfortable	
Bandanna, large		
Beach sandals	for showering	
Long underwear	Recommended: polypropylene (recommended) or cotton; bottoms only (you already have many top layers: team T-shirt, uniform shirt, wool shirt, sweater, jacket)	• sporting goods store
Mittens or gloves	insulated (not work gloves)	
Pants, warm	Optional item in warm weather Minimum specs: wool or fleece; khaki if worn over uniform pants (you can dye gray wool) Recommended: German wools	• sporting goods store
Shirt, warm	Optional item in warm weather Minimum specs: wool or fleece; khaki if worn over uniform shirt (you can dye gray wool) Recommended: German wools or field jacket liner	• sporting goods store
Ski cap or balaclava	Minimum specs: black Recommended: military watch cap (also available with Gore-tex)	• sporting goods store • U.S. Cavalry (watch cap \$7; w/ Gore-tex \$17)
Sweater	Optional item in warm weather Minimum specs: khaki or black, wool or fleece Recommended: Military 5-button pullover	• sporting goods store
Swim suit	for showering	
Towel	for showering	

Personal/Hygiene

Item (Qty)	Specifications	Vendor (approx. price)
Comb/brush		
Contact cleaning solution*	Optional item	
Deodorant*	Recommended: unscented	
Detergent (clothes)*	low-suds, cold-water, Woolite or camping soap	• grocery store • sporting goods store
Facial tissue	Travel size packs	
Feminine hygiene	Optional item	
Foot powder	Optional item	• drug store
Glasses/contacts	include spare and case, if needed	
Hair pins/clips	Optional item	
Hand lotion*		
Lip balm	Recommended: Carmex	
Medications (personal)	Rx, aspirin/Tylenol	
Moleskin		• drug store
Pre-moistened towelettes	individually wrapped (Handiwipes)	• grocery store
Razor, w/ blades	Optional item; rechargeable electric ok	
Shampoo*		
Shaving cream*	Optional item	

Item (Qty)	Specifications	Vendor (approx. price)
Shovel	Collapsible shovel (recommended) or lightweight trowel	<ul style="list-style-type: none"> • sporting goods store • surplus store
Soap, bar*		
Toilet paper		
Toothbrush/paste*		

* Place in ziploc bags in case of leakage during transport

Sleeping

Item (Qty)	Specifications	Vendor (approx. price)
Ground cloth/poncho (1-2)	Minimum specs: qty 1 Recommended: qty 2; ponchos can also serve as rain wear	<ul style="list-style-type: none"> • sporting goods store
Pad, sleeping	Minimum specs: Ensolite or closed-foam Recommended: Thermarest or self-inflating, full-length	<ul style="list-style-type: none"> • sporting goods store • most mail order outlets
Sleeping bag	Minimum specs: 20 degree rating Recommended: Polarguard or Hollofil insulating (not down) Also recommend a sleeping bag liner, for cold or warm (use as sheet w/o sleeping bag)	<ul style="list-style-type: none"> • sporting goods store • most mail order outlets (\$100 and up)

Equipment

Item (Qty)	Specifications	Vendor (approx. price)
Backpack	Minimum specs: internal frame or ALICE frame, min. 3500 c.i. Recommended: lg. ALICE w/ frame for lg. people; med. ALICE (w/o frame ok) for med. people; Alpine Voyager Convertible or similar for small people. Many others available. Try on for fit/comfort. Backpack is optional, but must meet the above specifications if you carry one.	<ul style="list-style-type: none"> • Ranger Joe's (lg. ALICE \$123) • U.S. Cavalry (lg. ALICE \$130 w/ frame, med. ALICE \$60 w/o frame) • Mass Army/Navy (med. ALICE \$90) • Campmor (Voyager \$200) • sporting goods stores (other packs, \$150 and up)
Batteries, extra	for flashlights (carry spares for each flashlight)	
Cell phone	Optional item	
Duffel bag (or similar)	Minimum specs: olive drab or black, loaded backpack must fit inside duffel bag, and empty duffel bag must fit inside loaded backpack Recommended: 1000 denier Cordura nylon, sewn-in name tag, lockable closure (use w/ padlock, see below) Alternative: laundry bag (dye to correct color)	<ul style="list-style-type: none"> • U.S. Cavalry (\$27)

Item (Qty)	Specifications	Vendor (approx. price)
Flashlight	Minimum specs: small (2 D cell) or pocket (2 AA cell) or headlamp (2 or 4 AA) Recommended: GI angle head, 2 D cell This is a spare light (see LBE equipment)	
Matches	Minimum specs: wood, strike anywhere, w/ striker, in waterproof container (ziploc or film canister) Recommended: water/storm proof matches	<ul style="list-style-type: none"> • grocery store • sporting goods store (waterproof) • surplus store (Lifeboat brand)
Padlock	combination, for duffel bag	
Sewing kit	travel size: needle, thread, buttons, safety pins	

Cooking and Food

Item (Qty)	Specifications	Vendor (approx. price)
Canteen, w/ water (2)	Minimum specs: 1 qt, plastic, black (preferred) or olive drab, military-style, fits into cover (see LBE equipment)	<ul style="list-style-type: none"> • Ranger Joe's (\$2) • U.S. Cavalry (\$2) • Dom's Surplus (\$3)
Cup	Recommended: US Army canteen cup (slips onto canteen on LBE) or Sierra-type cup	<ul style="list-style-type: none"> • sporting goods store • U.S. Cavalry (\$12)
Eating utensils	metal or Teflon	• sporting goods store
Food rations (2 days)	no-cook (add hot/cold water ok)	
Plate	aluminum; can substitute a second cup instead (see Cup above)	• sporting goods store
Water purification tablets	iodine tablets (check expiration dates)	• sporting goods store

Vendor list (partial)

Company	Address	Phone	Mail order / retail
Alameda Co. Discount	1708 "B" Lincoln Ave, Alameda, CA 94501	(800) 566-0166	Retail
Brigade Quartermaster	1025 Cobb Int'l, Kennesaw, GA 30152-4300	(800) 338-4327	Mail order
Campmor	PO Box 700-F, Saddle River, NJ 07458	(800) 226-7667	Mail order
Charley's Surplus Sales	Ada, Oklahoma	(800) 654-4795	Mail order (good uniform pricing)
Copeland Sports	Berkeley, Emeryville		Retail
Dom's Surplus	1870 1st Street, Livermore, CA 94550	(925) 447-9629	Both
Greene Military	7215 Kingston Pike, Knoxville, TN 37919	(800) 521-7977	Mail order
Kaplan's	1055 Market St., San Francisco, CA 94103	(415) 863-3486	Retail
Mass Army/Navy	15 Fordham Road, Boston, MA 02134	(617) 783-1250	Mail order
Ranger Joe's	325 Farr Road, Ste. A, Columbus, GA 31907	(800) 247-4541	Mail order
REI Co-op	Berkeley, Concord, Cupertino, San Carlos		Both
Military surplus stores	Check your neighborhood		Retail (used & new)
Tri-City Sports	Fremont		Retail
U.S. Cavalry	2855 Centennial Ave., Radcliff, KY 40160	(800) 200-9455 (800) 777-7172	Mail order
Wilderness Exchange	Berkeley		Retail (used & new)
