



Required, Recommended and Prohibited Items

Redemption Survival will provide for each participant:

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|---|---|
| <input type="checkbox"/> 550 cord (30') | <input type="checkbox"/> Pencil (1) |
| <input type="checkbox"/> Canteen Belt w/ canteen and carry case (1) | <input type="checkbox"/> Whistle (1) |
| <input type="checkbox"/> Extra Canteen and case (1) | <input type="checkbox"/> Notecard (1) |
| <input type="checkbox"/> Canteen cup (1) | <input type="checkbox"/> Poncho (1) |
| <input type="checkbox"/> Fire starting device (1) | <input type="checkbox"/> Tarp (1) |
| <input type="checkbox"/> Map (1) | <input type="checkbox"/> Ruck sack (1) |
| <input type="checkbox"/> Chem light - Red (1) | <input type="checkbox"/> Poncho Liner/Insulated blanket (1) |
| <input type="checkbox"/> Compass (1) | <input type="checkbox"/> Space Blanket (1) |
| <input type="checkbox"/> Eye protection (1) | <input type="checkbox"/> Medical Kit (1) |

Participants are required to pack:

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|--|---|
| <input type="checkbox"/> Ruck/Backpack – 55L minimum (1) | <input type="checkbox"/> Extra short sleeve shirt (1) |
| <input type="checkbox"/> Boots (ankle or higher) | <input type="checkbox"/> Extra pair of socks (1) |
| <input type="checkbox"/> Headlamp with fresh batteries (1) | <input type="checkbox"/> Extra pair of underwear (1) |
| <input type="checkbox"/> Watch (inexpensive) (1) | <input type="checkbox"/> Notebook (1) |
| <input type="checkbox"/> Eyeglasses (if needed) | <input type="checkbox"/> Bible (1) |
| <input type="checkbox"/> Knife or multitool (1) | <input type="checkbox"/> Feminine hygiene items (as needed) |
| <input type="checkbox"/> Long pants (1) | <input type="checkbox"/> Oral contraceptives (as needed) |
| <input type="checkbox"/> Long sleeve shirt (1) | <input type="checkbox"/> Medication (as needed) |

Recommended Items to pack:

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| <input type="checkbox"/> Gloves | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Chapstick | <input type="checkbox"/> Jacket (seasonal) |
| <input type="checkbox"/> Ballcap | <input type="checkbox"/> Long underwear (top and bottom) |
| <input type="checkbox"/> Fleece or wool cap | <input type="checkbox"/> Sunglasses |