



SEASONFORT



EXPERT Mick D, Former SAS Patrol Commander 3 Day Packing List - SEASONFORT UNTAMED Backpack Bed

CATEGORIES	ITEM	MICK's ESSENTIALS	MICK's LUXURIES	MICK's TIPS
		"carry on your person"	"pack in UNTAMED Backpack Bed"	
Shelter	SEASONFORT UNTAMED Backpack Bed		•	"The perfect go bag."
Food	Dehydrated food rations		•	Keep each days rations in a zip lock bag.
	Snack bars	•	•	Pack where they are easy to get to.
	Tea bags		•	A cup of tea makes everything ok.
	Spoon x 2	•	•	Bring 2 in case you loose one.
Hydration	2 Litres of water / day (minimum)		•	Take more if you are not conditioned.
	Thermos - hot water		•	Stays hot up to 20hrs in winter / 36hrs in summer.
	Water purification pump		•	Purify a large volume of water into water bottles.
	Millbank filter		•	First step in water clarification.
	Life straw	•		For low volume purification.
	Water bottles & sterilising tablets		•	
	Plastic bag / sheet	•		To collect additional water.
First Aid	First Aid kit		•	Burns, wound dressings, compression bandage.
	Trauma shears	•		
	Wound dressing (Israeli)	•		Stops hemorrhaging without reopening the wound.
	Tourniquet		•	Or use your belt or the paracord.
Survival	Satellite phone		•	Mick likes to have multiple methods for communications available.
	Rugged phone with camera	•		
	Extra power pack (for phone)	•		
	Emergency beacon (TXT, GPS)	•		
	Mylar blanket	•		
	Emergency whistle	•	•	Inc. on the chest strap of UNTAMED Backpack Bed.
	2 Lengths of paracord	•	•	Fishing line, make raft, ascending, descending.
	Strobe light (with IR cover) & Signal mirror	•		Be found in an emergency.
	Marker panel	•		Also use the UNTAMED Backpack Bed rain cover.
Illumination	Torch	•		100m strong beam.
	Headlamp (plus red filter)	•		Keeps your hands free.
	Extra batteries		•	A 9V battery can arc on metal to provide a spark.
Navigation	Compass	•		
	Paper map	•		Topographical map and a recent satellite image.
Equipment	SEASONFORT dry bag		•	Take 1-2 of these to keep your gear dry.
	Umbrella (*Battle Brollie)		•	Collect water, protect from rain and wind.
	Flint and striker (with cotton balls)	•		Cotton balls make excellent tinder.
	Bush saw & Secateurs	•		Cuts everything - a machete will bounce off vines.
	Knife & Muti-tool	•		Mick likes a compact serrated blade.
	Binoculars (*Binos)		•	Can enhance vision at night.
	Sunglasses / safety goggles	•		Mick prefers ballistic rated safety goggles.
	Cigarette lighter	•		
	Zip lock bags (you can never have enough)	•	•	Cover them in tape for longevity.
	Solar panel		•	For recharging devices in open areas and dessert.
Hygiene	Mosquito / insect repellent		•	
	Sun screen		•	
	Toilet paper (*Poo tickets)	•		Mick would miss this most in a zombie apocalypse.
Clothing - what Mick wears	Hiking Boots	•		
	Cargo pants	•		The more pockets the better.
	Wide brimmed hat	•		
	Long sleeve shirt	•		Protective outer layer.
	T-shirt	•		Wicking inner layer.
Cold weather gear	Beanie & Gloves		•	
	Jacket		•	Lightweight, breathable and waterproof.
	Silk liner		•	
	Chemical hand warmers	•		Good for desert conditions.

* Aussie Slang