

What to Bring

- A rucksack aka backpack (GR1 or Rucker recommended)
- Ruck Plate = to your weight requirement
 - If you weigh >150 lbs = 20 lb. Ruck Plate (or equivalent)
 - If you weigh < 150 lbs = 10 lb. Ruck Plate (or equivalent)
- Hydration Bladder: Source 3L recommended
- Nalgene bottle (1L) or equivalent (electrolytes recommended)
- Reflective Ruck Bands (or equivalent) on your ruck
- Headlamp
- Photo ID and \$20 cash just in case
- 1 white T-shirt per person – 2-3 sizes too big
- As a class, you need one (1) 25 lb. class weight and one American Flag.