



MARSOC SERE REQUIRED GEAR LIST

Student must have on their person at all times during field training:

- (1) Boonie cover, Green MARPAT uniform, boots (tan and worn in), T-shirt, underwear/pt shorts and socks (preferably wool)
- (1) LBE/LBV or equivalent, (pouches to carry equipment)
- (2) Water carrying devices (2 quarts of water minimum) w/ carrier
- (1) Canteen Cup
- (1) First Aid Kit
- (1) Survival Kit :
 - Fire starting device (Magnesium block/striker, matches or lighter allowed)
 - Signaling device (Signaling Mirror or Camouflage paint kit w/mirror)
 - Bottle iodine tablets (or equivalent) (will be provided)
 - Whistle
 - Watch
- (1) Wrist Compass
- (1) Fixed blade knife and/or Multi-tool
- (1) Pair eye protection with **CLEAR LENSES** (not optional)
- (1) Pair gloves (Leather or Nomex Flight gloves)
- (1) Something to write on and something to write with
- (1) Headlamp w/red lenses or (1) Flashlight w/ red lenses

Required field gear (in your pack):

- (1) Mountain Ruck/ ALICE pack or equivalent
- (1) 550 cord (min 25 ft / max 50 ft)
- (1) Package of map pens and (1) protractor
- (8) Pair socks (Wool/Smart Wool)
- (2) T-shirts
- (2) Pair underwear
- (1) Bottle of foot powder
- (1) Camouflage paint kit
- (1) Camel Back (third carrying device)
- (1) Pair Tan boots (worn in)
- (1) E-Tool
- (1) Poncho Liner



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- (1) Fleece Cap
- (1) Issued Digital Poncho or Tarp

Females Only: Feminine Hygiene Items (not optional)

Seasonal Items October through March

Required field gear (in your pack):

- (1) Gore-Tex top
- (1) Gore-Tex bottom
- (1) Warming layer top – Seasonal
- (1) Warming layer bottom – Seasonal
- (1) Black sleeping bag, green sleeping bag & Gore-Tex Shell

Seasonal Items April through September:

Required field gear (in your pack):

- (1) Gore-Tex top
- (1) Warming Layer Top
- (1) Green sleeping Bag
- (1) Gore-Tex Shell (sleeping system)

Optional Items:

- Bug repellent uniform spray
- Baby wipes/Toilet paper
- Mosquito head net
- Toothbrush
- Tobacco (1 can, 1 pack per person)

Prohibited Items:

- Cell phones or any portable electronic devices other than those issued by SERE staff
- Food



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- Medications not approved by MARSOC Medical personnel (Corpsman and IDC's attending course will not evaluate medically or prescribe any medications to students)
- Pyrotechnics
- Firearms
- Alcohol
- Jewelry (Rings, necklaces, bracelets)
- Contact Lenses
- Supplements or energy drinks, snacks, gels or bars
- ID card, credit card or driver's license
- No money, cash or change
- No machetes or swords!
- No Handcuff Keys
- Sunglasses or tinted eye protection

There will be an amnesty period before the inspection. Being caught with prohibited items not only degrades the integrity of the student, but constitutes immediate dismissal from the course.

**** Do not bring anything that is irreplaceable or that you cannot afford to lose forever ****