GORUCK Constellation 12 Packing List

Remember to check your specific event page on both the GORUCK website and Facebook Event page to ensure you do not miss any additional required gear.

Required Team Gear

- ❑ Selfie Stick (or someone with long arms)

Required Individual Gear

- ❑ A rucksack (or backpack)
- ❑ Water (2L Minimum) (we use the Source hydration bladder)
- ❑ Photo ID
- ❑ $20 cash
- ❑ Headlamp with extra batteries (we use the Spot 15)
- ❑ Reflective Ruck Bands (or equivalent)
- ❑ Smartphone
- ❑ One (1) contractor bag
- ❑ Metal can (minimum size of 12 oz., coffee can or similar) **NOT CARDBOARD**
- ❑ One (1) Multi-tool (Bring something you don't mind ruining)
- ❑ One (1) roll duct tape
- ❑ One (1) dust mask
- ❑ One (1) empty 2L bottle (We use seltzer water, go sugar-free)
- ❑ Four (4) 18 inch or longer plastic zip ties (if you can't find them locally check Amazon)
- ❑ One (1) Ballpoint Pen
- ❑ One (1) pad of steel wool (extra fine, 0000)
- ❑ Two (2) 9V battery
- ❑ One (1) Canteen cup or something to use over an open flame
- ❑ Free tourist map of the event city (do not pay for it, we get ours off the internet)

Recommended Individual Gear

- ❑ External battery pack (for charging your phone)
- ❑ Gloves (for picking up materials)
- ❑ Dry bag (keep your gear dry)
- ❑ Food (this event isn't catered, we bring protein bars)
- ❑ Windbreaker (you gotta stay warm out there)
- ❑ Nalgene (can't ever have too much water)

- ❏ PACElid with snacks (nice to have a pick-me-up like Swedish Fish)
- ❏ Coffee (kept mine in a Hydro Flask)
- ❏ Extra shirt (for after the event)