

# GORUCK Constellation 6 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 \(1\) roll duct tape](#)
- [One \(1\) dust mask](#)
- One (1) empty 2L bottle (We use seltzer water, go sugar-free)
- [One \(1\) pad of steel wool \(extra fine, 0000\)](#)
- [One \(1\) 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)

