

## **WORKING IN IRAQ- PERSONAL EQUIPMENT**

### **PERSONAL PROTECTIVE EQUIPMENT**

- Personal Protective Jacket (PPE - body armour)
- Protective helmet
- Biological & Chemical Warfare Suit (should include: boots / respirator / gloves inner & outer / canisters / detector paper / decontamination powder)
- The one-piece emergency biological and chemical warfare suit is recommended.

### **SUGGESTED CLOTHING FOR GULF REGIONS**

#### **Headwear**

- Ultimate Hat (all weather)
- Bush Hat
- Face Veil - meshed ventilated scarf
- Shamag - wide scarf for maximum protection - wrap around

#### **Shirt**

- Cotton Shirt - should be long sleeved and loose fitting

#### **Trousers**

- Should be cotton and similar to the following lightweight and quick to dry makes:  
Rohan Bags  
Troll Trousers  
Mountain Equipment  
Lowe

#### **Socks**

- Should be woollen loop stitched, of suitable length and sizes need to be different if wearing two pairs

#### **Gloves**

- Light woollen pair (for night time - cold, etc.) or thin leather durable pair (used for dealing with scrub, trees, etc.)

#### **Waterproof Jacket**

- Gore-tex or Aquatex (provide the best waterproof cover as the fabric will allow any build up of sweat to be expelled through the material whilst still holding its waterproof / windproof integrity - doubles up for protection against wind/dust storms, etc.).

#### **Sunglasses**

- Bolle / CEBE (ski type glasses - high reflective glasses are essential to protect against glare)

#### **Ski Goggles**

- Bolle / CEBE ski type goggles (ideal for use in dust / sand storms)

### **Fleece Top / Pile Jacket**

- Similar to: Helly Hanson / Buffalo top (required for night use as temperature drops)

### **Footwear**

- Sturdy footwear with suitable ankle support like the KSB Gore-tex boots (with Vibram soles)

### **Face Mask**

- Protects against sand / dust storms

## **SUGGESTED ITEMS OF EQUIPMENT TO BE CARRIED IN A VEHICLE, BASE AREA, OR ON PERSON**

### **ON PERSON**

- All clothing mentioned in protective clothing list
- Small day sack or rucksack (one that can double up as a stretcher if possible - contact Centurion for more details)
- Small trowel (for sanitary use)
- Radio communications (between each member or vehicles - Motorola type - range 3km line of sight)
- Whistle (for emergencies / warning of air raid attacks)
- Small knife or Leatherman (many uses)
- Waterproof Stuff Sack (ideal to keep items dry and dust free)
- Emergency food (some form of high nutrition food to sustain yourself for minimum 24 hour period)
- Lighter / matches (waterproofed)
- Gore-tex Bag (Protects sleeping bag from dust, etc. and also is waterproof and doubles up as an emergency bag)
- Two Water bottles 1 litre (minimum)
- Compass / Map (map to be waterproofed if possible)
- Warm Fleece Top (if moving away from location and for night time use - cold temperatures)
- Water Sterilising Tablets
- Small First Aid Kit (roll down `bumbag` - contact Centurion for further details)
- Personal Alarm (emergency warning alarm for rooms with inadequate security)
- Small Torch / Batteries (similar to Maglites)
- Mosquito Net / Shelter Top (if away from base location)
- GPS System (remember do not always rely on GPS - it is only as good as the batteries that power it!)
- Mosquito Repellent
- Hostile Environment & Emergency First Aid booklet (from Centurion)
- Biological & Chemical Warfare Awareness handbook (from Centurion)
- Watch
- Sunblock
- Lipsalve
- Documents / accreditation / press passes

### **IN VEHICLE, OR AT BASE LOCATION (OR BOTH)**

- Sleeping bag - light weight
- Spare set of clothing (to include: trousers, shirt, socks, underwear)
- Small cooker (Calorgas `Bluey` or Epigas or Multi-fuel cooker)
- Cooking pot / mug
- Knife / fork / spoon / can opener
- Fuel Jerry can
- Water Jerry can (as much as you can)
- Tent or emergency shelter top
- Large torch & spare batteries
- Rations (preferably `boil in the bag` ready to eat rations, or tinned food)
- Water sterilising tablets
- Water purification pump
- Extra bottles of eye wash
- Personal medication (if not carried on individual)
- Large first aid kit
- Air panel (for recognition or emergency signalling)
- Strong cordage (minimum length 20 metres - many uses)
- Improvised minefield probes (BBQ skewers, etc.)
- Binoculars (if not carrying on person)
- Foot powder
- Wet wipes
- Toilet paper
- Bottled water
- Soap
- Towels
- Small watertight containers containing: coffee / teabags / sugar / powdered milk / vitamin tablets / soup powder / waterproof matches / water purification tablets, etc.
- Vehicle alarm (mobile)
- Small shovel
- Plastic sheeting - doubles as emergency shelter (if needed)
- Masking or Gaffer tape
- Tow rope
- Tool kit
- Spark plugs
- Spare oil
- Spare hoses
- Spare bulbs
- Tyre repair kit
- Spare wheel
- Fire blanket
- Fire extinguisher
- Spare keys
- Wheel jack and brace
- Square piece of wood (to place jack on in sand / mud conditions)

#### **GROUP FIRST AID KIT**

Scalpel & blades / First Field Dressings) / Tweezers / Thermometer / Cas-straps / Airways No 3 & 4 / Disposable gloves / Syringes (5mm) and needles (21gm) / Pain killers / Imodium / Sutures / Dioralite (oral rehydration solution) / Anti-biotic creams / Anti-fungal creams / Bonjela (mouth ulcer treatment) / Emergency dental repair kit / Blisteze (cold sore treatment) / Assorted dressings / Assorted bandages / Assorted plasters / Burn packs & dressings / Steri-strips / Adhesive tape / Porous adhesive tape / Surgical stretch bandage / Tubular grip bandage / Scissors - sharp / Tuff-cut scissors / IV solutions and giving sets / Head-torch and batteries / Anti-inflammatory tablets / Anti-histamine / Neck brace / Soluble aspirin / Blister kit / Multi-vitamins / Eye drops / Antacid

**INDIVIDUAL FIRST AID KITS**

Can be made up for the individual's needs and items can be taken from above list (For controlled drugs, etc. - speak to your doctor or in the UK, the Fleet Street clinic) For more advice please contact Centurion

**THE ABOVE LIST IS BY NO MEANS EXHAUSTIVE**

**CONTENTS OF KIT WILL VARY DEPENDING ON YOUR RISK ASSESSMENT AND WHERE YOU ARE TRAVELLING**

**EQUIPMENT CAN BE TAKEN FROM BASE LOCATION TO ADD TO THE VEHICLE OR PERSON IF DEPLOYING AND VICE VERSA.**

**IF WORKING IN A TEAM (or just as importantly as an individual)**

Consider and discuss your actions and what you or the team would do if any of the following should happen: Breakdown / Ambush / Coming under fire / Road traffic accidents / Check points / Biological & chemical attack / Fires / Artillery & aircraft bombardment / Serious injuries / Fatality / Civil disturbances / Getting lost / Minefields / Convoy procedures / Evacuation procedures / Use of local drivers / fixers / Building security / personal security / Vehicle security, etc.