

Do NOT bring weapons with you.

Do not worry too much about kit, important kit will be provided at Lviv. Everyone will be sorted with what they need before going anywhere.

Try to travel as low visibility as possible, especially if you're traveling as a group.

Three essentials:

1. Passport
2. \$1,000 Cash - Bring US Dollars
3. Any medication you need.

What you can bring may depend on what country you are traveling from and any restrictions, like ITAR in the US, that apply.

This is just a list of suggested items, you probably already know what you can/are bringing but this is so everyone has the same basic starting point. You may well find yourself needing to self sustain for longer periods so keep that in mind.

1. Good boots
2. 10-15 pairs of socks and foot powder
3. Gloves
4. Eye and ear protection
5. Warm/wet weather kit
6. Other clothing like combat uniforms etc

Focus on sustainment kit and if you are able, gather as much medical kit as you can, for both yourself and to be shared out.

Additional kit like plate carriers, helmets, belt kits etc can be brought with you if you are able to but are not a necessity. If you do bring this type of kit, make sure it works for AK/7.62 in terms of pouches etc.

If you know it, stick your name/blood type on your kit, just in case it's needed.

Detailed list:

If you have space, these items will help you be semi-self sustained:

- Cold weather insulating gear (top and bottoms) and waterproof kit
- 3x 1-2 liter water containers but the more the better
- 1x medium hiking pack. Maybe best to use a civilian looking pack for travel.
- 2x gear compression sacks
- 10-15 pairs of socks and foot powder.
- Durable leather gloves
- Military rated eye protection
- Military rated hearing protection
- Dense calorie food (trail mix, almonds etc)
- 1x "Boo Boo" med kit
- Sets of civilian clothes
- 1x box cutter/multitool/pocket knife
- Roll of paracord/utility wire
- Water purification tablets