

Combat Personal Loads

Static Weight*	Wgt (Lbs.)	Qty	Total Wgt (lbs)	Information
Uniform, Utility, Camouflage	2.97	1	2.970	Resist-a-weave: 2 rPD, 2 rED, Loc 7-16
T-shirt, Green	0.18	1	0.180	
Under Shorts, Boxer	0.25	1	0.250	rPD 3, rED 2, Loc 17-18
Boots, Combat with Laces	4.1	1	4.100	
Socks, Combat with Liners (2)	0.16	1	0.160	
Uniform, Utility, Belt, Khaki, Web	0.3	1	0.300	Absolute Time Sense
Watch, Wrist	0.1	1	0.100	
Card, Identification	0.028	1	0.028	
Dog Tags	0.1	1	0.100	
Uniform, Utility, Cap	0.22	1	0.220	
Static Weight Total			8.408	

Ready Gear	Wgt (Lbs.)	Qty	Total Wgt (lbs)	Information
M1911 Pistol	2.43	1	2.433	
3 clips	0.56	3	1.676	
M12 Holster & pistol ammo pouch	0.95	1	0.950	
OKC-3S Bayonet & Sheath	1.25	1	1.254	
Land Warrior Wearable Radio	1.20	1	1.200	
Headset	0.09	1	0.094	
Small Equipment Pouch	0.30	1	0.300	
Sunglasses	0.15	1	0.150	Sight 3 pts Flash Defense
Impulse Earplugs	0.10	1	0.100	Hearing 3 pts Flash Defense
Project Medkit	1.496	1	1.496	Paramedics +1
CBR Sensor	0.352	1	0.352	Sense CBR +4
Sub-Total:			10.005	
Static + Ready Weight Total:			18.413	

Assault Load- Common Gear	Wgt (Lbs.)	Qty	Total Wgt (lbs)	Information
ACH Helmet	3.08	1	3.080	rPD 4, rED 4, Loc 5
Land Warrior HUD Display, Headset	0.20	1	0.198	
LandWarrior- FUSION	1.34	1	1.342	NAV, control, master computer & interface
Gloves with Wx specific Inserts	0.48	1	0.480	2 rPD, 2 rED, Loc 6
Fighting Load Carrier (FLC)	2.00	1	2.000	
3x Double Magazine Pockets, 2 Grenade Pockets, 1 Utility/Canteen Pouch	1.90	1	1.900	
Canteen, 1 qt filled	2.48	1	2.475	
Patrol Pack	2.43	1	2.425	
Paint, Face, Camouflage Stick	0.14	1	0.140	
Flashlight with Red/Blue Lens, Extra Bulb	0.50	1	0.500	
FRS Ration	0.56	1	0.563	
Individual Weapon Load (typical)	25.50	1	25.500	
Sub-Total			40.603	
Running Total			59.016	Target Wgt = 59.108lbs

Approach March	Wgt (Lbs.)	Qty	Total Wgt (lbs)	Information
Main Pack with Frame				
includes shoulder suspension system	8.08	1	8.075	
Extra Socks, Combat	0.16	2	0.320	
Poncho	1.60	1	1.600	
Poncho Liner	1.60	1	1.600	
Entrenching Tool w/case	2.50	1	2.500	
Tooth Brush with Tooth Paste	0.30	1	0.300	
Chap Stick	0.01	1	0.010	
100 oz Hydration System (filled)	6.91	1	6.906	
FRS Ration	0.56	3	1.688	
Sub-Total			22.999	
Running Total			82.014	Target Wgt = 84.508lbs

Sustained March	Wgt (Lbs.)	Qty	Total Wgt (lbs)	Information
M50 JSGPM w/hood, carrier & filter	3.70	1	3.700	Life Support- Gas
ACOG Scope	0.36	1	0.363	
ACOG Nightvision adapter	1.408	1	1.408	
ENVG	2.00	1	2.002	Nightvision/Thermal flip-down single eye
Canteen, 1 qt filled	2.48	1	2.475	
MRE Ration	1.13	3	3.375	
Sub-Total			13.323	
Running Total			95.337	Target Wgt = 109.808lbs

Existence Load	Wgt (Lbs.)	Qty	Total Wgt (lbs)	Information
T-shirt, Green	0.18	2	0.360	
Under Shorts, Boxer	0.25	2	0.500	
Socks, Combat with Liners (2)	0.16	2	0.320	
Uniform, Utility, Camouflage	2.97	1	2.970	Resist-a-weave: 2 rPD, 2 rED, Loc 7-16
Mess Kit (spoon, fork, knife, plate)	0.50	1	0.500	
3 boxes water proof matches (45 each)	0.05	1	0.051	
Sewing Kit	0.10	1	0.100	
Insect Repellent	0.38	1	0.375	
Shaving Gear, Towel, Facecloth	2.00	1	2.000	
Mat, Isopor	1.50	1	1.500	
Bivy Sack	2.20	1	2.200	
Modular Sleeping Bag	4.50	1	4.500	
100 Weight Fleece Jacket	0.66	1	0.661	
Extra Batteries	0.09	8	0.750	
IWCK Weapon Cleaning Kit	0.84	1	0.838	
Type III, 550 Cord, 1/8" 550 lb break. 48 ft	0.10	1	0.097	
Canteen, 2 qt filled	4.60	1	4.600	
MRE Ration	1.13	3	3.375	
Katadyn Water Filtration Unit	0.44	1	0.438	
Bottle of Iodine Water tablets	0.10	2	0.200	
Sub-Total			26.335	
Running Total			121.672	Target Wgt = 135.208lbs

Hot-Weather Supplement	Wgt (Lbs.)	Qty	Total Wgt (lbs)	Information
Boonie Hat	0.38	1	0.375	
Bandanna	0.10	1	0.100	
Sunburn Cream	0.38	1	0.375	
Socks, Combat with Liners (2)	0.16	4	0.640	
Sunblock	0.38	1	0.375	
Rubber Alcohol	0.63	1	0.625	
Insect Repellent	0.38	1	0.375	
Desert Weapon Lubricant	0.13	1	0.125	
Canteen, 1 qt filled	2.48	1	2.475	
Collapsible 5 gal Water Container	0.66	1	0.656	
	Sub-Total		6.121	
	Running Total		127.793	Target Wgt = 135.208lbs

Cold-Weather Supplement	Wgt (Lbs.)	Qty	Total Wgt (lbs)	Information
300 Weight Fleece Jacket	1.32	1	1.322	
Gortex Top	2.20	1	2.200	
Gortex Bottoms	2.20	1	2.200	
Polypropylene Top	0.44	1	0.440	
Polypropylene Bottom	0.46	1	0.462	
Cold Weather Gloves & Mittens	1.33	1	1.325	
Arctic Weapon Lubricant	0.13	1	0.125	
	Sub-Total		307.074	
	Running Total		428.746	Target Wgt = 135.208lbs

Mountain Climbing Kit	Wgt (Lbs.)	Qty	Total Wgt (lbs)	Information
11mm Nylon Rope, 25m	2.40	2	4.800	
Folding Grappling Hook	1.50	1	1.500	1650 lb rated
Piton	0.06	20	1.250	
Snaplinks	0.09	30	2.838	
Wall Hammer	2.00	1	2.004	
Climbing Spikes	1.00	1	1.000	
	Sub-Total		13.392	
	Running Total		135.064	Target Wgt = 135.208lbs