



### GRAB CONTENTS LIST – EUROPE

#### Introduction

Equipment listed below should be included when travelling in Europe, south of the Arctic Circle. It is recommended that the Arctic Grab Bag is used for Alpine or very remote regions.

#### Assumptions

1. The grab bag described below is designed to support overland travel by vehicle in and through cities, towns and villages or travelling in rural areas on established and regularly trafficked roads or tracks in mainland Europe.
2. The purpose of this grab bag is not to support walking or other adventure activities in the mountains, inland or coastal waters. Appropriate safety equipment will be required.
3. In case of vehicle breakdown, except in very unusual circumstances, crews shall stay with or close to the vehicle to await assistance or rescue.
4. Whilst the area is remote, well trained and equipped emergency services, could reasonably be expected to respond within 3 -4 hours providing the weather is fair and in the absence of a major incident.
5. The contents should also support sudden country evacuation in the unlikely event it is required.

#### CONTENTS

##### Water

- 2 litre bladder with drinking hose fitted
- Portable water filtration unit
- Additional water in arid areas

##### Communications

- Iridium Go (one only); or,
  - Garmin InReach mini (one only)
- Motorola PMR (Group internal communications 3-5 miles)
- PMR headset with PTT
- PMR spare battery
- Personal mobile phone
- Omni 20 (power)
- Whistle
- Signal mirror

##### Navigation

- Garmin GPS receiver
- Map
- Compass
- Monocular (10 x 42)

##### Sleeping

- Sleeping bag (3 or 4 season)
- Inflatable insulated sleeping mat
- Bivibag - goretex

##### Shelter

- Hotel / B&B; or
  - Tent; or
  - Hammock & tarpaulin
- Walking poles
- Spare pegs

##### Cooking

- Fire starter / waterproof matches / lighter
- Stove and cook pot / mug
- Windbreak – aluminium folding type for stove



## GRAB BAG CONTENTS - EUROPE

### Food and snacks

- Spare fuel (methyated spirits or denatured alcohol)
- Candle
- 'Liffoon'
- Cleaning kit
- Freeze dried expedition main meals x 3 (800 calories each)
- Freeze dried expedition breakfasts x 1
- Dried packet soup x 1
- Tea and coffee
- 2 x Energy bars in ziplock bag
- Trail mix / Billtong
- (Condiments / spice pot)

### Medical

- Personal first aid kit
- Prescription medication
- Water purification tablets
- Space blanket
- Sunscreen, lip balm. Factor 50
- (Hip flask - 'tipple' of your choice)

### Personal admin

- Zipped Wallet (RFID proof)
  - Passport & VISA's
  - Inoculation Record
  - Travel documents
  - Prescriptions (medication and spectacles)
  - Vehicle insurance and Carnet docs
  - Driving licences
  - Credit / Debit card(s)
  - Emergency cash
  - USB Stick
  - Keys – Vehicle and personal
  - Notebook and pencils
- Hygiene
  - Toothbrush & tooth paste
  - Shower gel / body wash
  - Towel (small)
  - Ziplock bags and toilet paper
  - Wet wipes
  - (Razor and tampons)
- Head torch (with red filter)
- 2 x cyalume sticks
- Clothing (vacuum packed)
  - Underwear and spare socks
  - Base layer
  - Gloves, Buff or shemag
  - Duvet jacket
- Sunglasses
- Tank (Gorilla) tape (50mm) small roll
- 'Housewife' (sewing kit) + fish hooks
- Knife and Multitool
- Paracord (Type 550 4mm x 10m) Green or black
- Large heavy duty orange bin liner
- Personal Emergency Plan (PEP)