

Dear Student,

Congratulations on taking the first step in preparing for your Agoge journey. A critical factor that will determine ultimate success or failure is having the right equipment. Make sure you read through the full equipment list and examine each item's specific requirements. The aim of this list is to keep your equipment as light and compact as possible, while maximizing safety and operational flexibility across a range of environmental conditions. Agoge students will be exposed to extreme conditions in very remote places, and you will rely heavily on your gear to support you throughout the event.

Please note that failure to have all items on this list, including the required skills to use them, may result in your exclusion from the Agoge. This rule is strictly enforced - students have been sent home before. It's equally important that you learn and practice how to properly pack and unpack your gear, find items quickly, and make basic field repairs should any item fail.

When sourcing items, we recommend you buy the lightest and highest quality products available. Most of this equipment will serve beyond an Agoge adventure. Ideally, a full kit should weigh no more than 30lbs (14kg) with all water, food, and gear loaded. A light kit will allow you to move fast while conserving valuable energy, two things that are critical for successfully completing an Agoge.

The official [Spartan Agoge Facebook Group](#) is a great place to post questions and get help from Spartan Krypteia (event leaders) and other Agoge students alike. Please don't hesitate to reach out there. Good luck with your preparation!

Aroo!







Spartan Extreme Endurance Team

EQUIPMENT CHECKLIST









This checklist is only for reference. Please read the following pages thoroughly for detailed requirements and quantities for each item in the equipment list. Not having one of these mandatory items will result in not being allowed to participate in the event.

<input type="checkbox"/> 1 Rockagator Agoge Backpack	Page 3
<input type="checkbox"/> 2 adjustable brightness LED Headlamps and batteries	Page 3
<input type="checkbox"/> Hydration Kit	Page 3
<input type="checkbox"/> LifeStraw and purification tablets	Page 3
<input type="checkbox"/> 1 metal Spoon/Spork.	Page 3
<input type="checkbox"/> 1 small metal cup/bowl	Page 3
<input type="checkbox"/> 50 feet of 550 Paracord	Page 4
<input type="checkbox"/> 1 locking & 1 non-locking carabiner	Page 4
<input type="checkbox"/> 25 feet of climbing spec tubular webbing.	Page 4
<input type="checkbox"/> 4 Chemlights/glow sticks.	Page 4
<input type="checkbox"/> 1 unlocked Mobile Phone. (fully charged)	Page 4
<input type="checkbox"/> 1 sharpie marker.	Page 4
<input type="checkbox"/> 1 short or compact roll of duct tape.	Page 4
<input type="checkbox"/> 1 multi-tool with one blade being a wood saw	Page 4
<input type="checkbox"/> 2 Each 42-50 Gallon Trash bags	Page 5
<input type="checkbox"/> 2 Each 1 Gallon sealable (Ziploc style) bag.	Page 5
<input type="checkbox"/> 3 5L Waterproof bags	Page 5
<input type="checkbox"/> Compact Plastic trowel.	Page 5
<input type="checkbox"/> 1 roll Toilet Paper	Page 5
<input type="checkbox"/> Footwear	Page 5
<input type="checkbox"/> 2 pairs of wool socks.	Page 5
<input type="checkbox"/> 1 short sleeve athletic top.	Page 5
<input type="checkbox"/> 1 Pair hiking/trekking/compression pants.	Page 6
<input type="checkbox"/> 1 Long sleeve activewear top	Page 6
<input type="checkbox"/> 1 Waterproof shell layer	Page 6
<input type="checkbox"/> 1 Pair Gloves	Page 6
<input type="checkbox"/> 1 Box of camping matches	Page 6
<input type="checkbox"/> 1 Warm Hat or Beanie	Page 6
<input type="checkbox"/> 1 Ball or Shade cap	Page 6
<input type="checkbox"/> Undergarments	Page 6
<input type="checkbox"/> 1 each Emergency bivvy.	Page 7
<input type="checkbox"/> 1 each lightweight nylon Waterproof tarp 8x8	Page 7
<input type="checkbox"/> 1 Medical kit (inc. foot care.)	Page 7
<input type="checkbox"/> 1 liter ziploc bag with any prescription medication.	Page 7
<input type="checkbox"/> 1 each small sunscreen and lip balm.	Page 7
<input type="checkbox"/> 72 hours of calories (approx 10,000 kcal)	Page 7
<input type="checkbox"/> Nutrition Information	Page 8









2019 AGOGUE EQUIPMENT LIST

ITEM #	ITEM NAME	DESCRIPTION	QTY
1	Rockagator Official Spartan AGOGUE Waterproof Backpack 	90L version only! All students are required to use this pack to simplify sharing, and to meet minimum required specifications. Standardization maximizes group safety and operational efficiency during complex movements in harsh environments. Link here	1
2	LED Headlamp 	Adjustable brightness and waterproof or water resistant highly recommended. Both headlamps must have fresh batteries plus two extra sets of spare batteries stored in a waterproof container or bag.	2
3	Hydration Kit 	Two containers capable of holding 1 quart (for a total of 64 oz/1.89 liters) Hard Bottles ONLY – Nalgene recommended. No bladders due to the high risk of puncture causing either a loss of fluids or leaking.	2
4	LifeStraw & purification tablets 	A LifeStraw and a packet of water purification tablets (unopened in container) for purifying drinking water.	1 each
6	Cup or bowl 	Small metal cup or bowl with a capacity of at least one cup. Ideal cup size should have the capacity to contain 16oz / 473 ml as a minimum with a maximum not to exceed 32 oz and 946 ml. <i>The lightest cups will be made from materials such as titanium and aluminum.</i>	1
8	550 Paracord 	Qty 50ft (15.24m). Mark it at 1 foot (30cm) increments with a sharpie.	50ft










2019 AGOGE EQUIPMENT LIST

9	Carabiners 	One locking and one non-locking carabiner rated for climbing use. If unsure it's rated for climbing, seek assistance and purchase only from a reputable climbing brand.	1 each
10	Climbing Spec tubular webbing 	<p>Climbing spec tubular webbing. (three stitches). This item must be climbing or mil spec rated. Recognize this rating by the presence of three stitches down the middle of the tubular webbing.</p> <p>There are NO EXCEPTIONS to this.</p>	25ft
11	Chemlights/glow sticks 	Chemlight/glow sticks. 10 to 12 hour versions are best. Any color is acceptable. Bring without packaging.	4
12	Mobile Phone 	UNLOCKED Mobile Phone (fully charged) and placed in a waterproof ziploc bag (regardless of whether the phone is rated as waterproof or not as damage to the screen or case can compromise this ability). **Please purchase and install a working SIM with a plan at the airport upon arrival.	1
13	Marker pen 	<p>Fine point sharpie marker. This will have multiple uses during the event and should be new or unused.</p> <p>Any color is acceptable.</p>	1
14	Duct Tape 	<p>Short or compact roll of duct tape with a min width (1.88 inches / 48 mm) with a minimum length of 25 feet or 752 cm.</p> <p>Any color or brand is acceptable but event leader choice is Gorilla Tape.</p>	1
15	Multitool 	<p>Multitool. One of the functions must be a wood saw.</p> <p>The multitool does not require a sheath.</p> <p>Event leader choice is Leatherman Wave+.</p>	1
16	Trash bags 	42-50 gallon (159-189 liters) trash or contractor bags.	2






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17	Sealable bag 	One gallon (3.78 liter) sealable Ziploc style bag.	2
18	Waterproof bags 	Three 5L waterproof bags. Rockagator is highly recommended for this event. Link	3
19	Trowel 	One compact Trowel. Must be plastic with a fixed blade to handle (not folding).	1
20	Toilet Paper 	One roll In watertight container or bag. This item has multiple uses.	1
21	Footwear 	Hiking boots or trail running shoes with an aggressive tread suitable for extreme terrain and off-road use. Footwear should be sturdy and protective. Pack weight will be carried, so stability is also important.	1 pair
22	Socks 	Two pairs of wool socks. Darn Tough is the preferred brand.	2 pairs
23	Shirt 	One short sleeve athletic t-shirt. It is highly recommended that the shirt be dry wicking. Do not bring a cotton shirt.	1
24	Pants 	Hiking, trekking or compression pants	1
25	Long sleeve top 	Long sleeve medium weight activewear top - loose fitting is best	1

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		Polypropylene or silk are top material choices	
26	Jacket 	Waterproof Jacket – shell layer for wind, rain and cold	1
27	Gloves 	Gloves – sturdy for work and for warmth.	1 Pair
28	Matches 	Box/container of waterproof matches. The average quantity of the box when purchased should be around 25 matches.	1
29	Beanie 	Warm Hat or Beanie – synthetic or wool.	1
30	Hat 	Wide-brim hat or baseball cap. Hats with a neck flap (legionnaire design) will be useful in hot environments.	1
31	Underwear 	Undergarments/underwear - modest to wear if this were the only layer on. Be aware of the potential for poorly fitting underwear to cause chafing and discomfort.	1
32	Bivvy 	Lightweight polyethylene, heat reflective emergency bivvy. SOL brand weighs under 4 oz and is the preferred emergency shelter .	1
33	Tarp 	Rockagator 8' X 8' Waterproof Rain Fly and Ground Tarp Kit	1

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		Link	
34	Medical Kit 	Medical kit containing items normally needed. Small and lightweight and <u>should include foot care items</u> to treat blisters. A medical team will be present, however participants will be expected to take care of any minor issues to allow the team to be available for more serious situations.	1
35	Medication 	1L ziploc bag with any prescription medication, accompanied by prescriptions, a printed list of the medications, and what they are used for.	1 bag
36	Sunscreen/Lip Balm 	Small sunscreen and lip balm. Waterproof and high SPF recommended.	1 each
37	Calories - Food 	<p>Bring food or you will starve! At least 9,000 calories are recommended for the duration of the event. You will not have an opportunity to get other calories during the event, so what you bring is what you will have.</p> <p>Elements Meals are the official food pack of Spartan Agoge - click here to see more information about Elements</p>	9,000 calories min.

MANDATORY NUTRITION INFORMATION

Students must supply all food and electrolytes for the full event and start with at least the minimum number of calories stated in the mandatory equipment list (9,000 calories for the entire event.).

Event leaders on site may, at their sole direction, check a participant's food supply at any time to ensure that the proper amount of calories remain for the duration of the event. The medical staff will have the final decision as to whether the calories carried are sufficient for an individual participant.

Optimum nutritional support means consuming the right amount of the right nutrients at the right time. It is impossible to overload or under supply the body without compromising athletic performance and incurring detrimental results.

Suggested items (but not limited to):	<ul style="list-style-type: none"> • Nuts of All Kinds • Tuna or Chicken Packets (never cans as they're heavy) • Nut Butters • Beef Jerky • Protein Bars • Energy Bars • Dried Fruit • Meal Replacement Powders • Electrolyte tablets in unopened container. Little to no simple sugar consumption. <p><i>Must be able to be consumed on the go, cold or hot. Participants may bring more calories than the 9,000 minimum based on personal nutrition needs.</i></p>
We recommend not to:	<ul style="list-style-type: none"> • Arrive at the event without consuming proper pre-event nutrition and hydration. • Have more than 50% of total necessary nutrition in Meal Replacement or protein powders. • Try something new at this event not tested during training • Have items that are diuretics or cause the need to use the bathroom more often or less often. • Bring only liquid or gel items