



Ministry of Defense Afghanistan



Suggested Media Packing List

1. On arrival in Afghanistan, all media must have the following:
 - Protective ballistic vest and helmet. These items are required. Any journalist arriving without this equipment will not be permitted to travel on MoD or ANA transport in Kabul or in the provinces.

2. The following items are recommended for the duration of the embed:
 - Eye protection (goggles or shatter-proof glasses)
 - Proper field gear for the weather conditions at the time of the embed
 - Some mountainous locations can easily vary 50^oF.
 - Sleeping Bag
 - Field Pack/Backpack
 - Do not bring suitcases or boxes that are not easily carried on the battlefield.
 - All media are expected to carry their own equipment and gear.
 - Canteen, water bottle or hydration system
 - A must-have, even in the winter months.
 - Purification may be required in the distant camps.
 - Clothing
 - Bring suitable clothes for layering which can be added or removed easily. Bring enough clothing for the duration of the embed and do not expect the ability to purchase items while embedded.
 - Military-style clothing, uniforms (complete or partial) are not recommended. This is for safety reasons. Wearing a uniform identifies you as a member of a military organization, making it difficult to distinguish you as a non-combatant.
 - Waterproof Boots
 - Needed for hiking. They should be comfortable and durable for mountainous conditions.
 - Wet Weather Gear
 - Recommend bringing both tops and bottoms.
 - Cold Weather Gear
 - During winter months temperatures will drop below freezing (Oct-April).
 - Flashlight with red lens with extra batteries.
 - Necessary reporting equipment.



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- Personal medical and hygiene necessities including:
 - Small first aid kit
 - Insect repellent
 - Sunscreen
 - Lip balm
 - Shower shoes/sandals and towel
 - Hand sanitizer
 - Baby wipes
 - Laundry Bag (laundry facilities may or may not exist)
 - Ear Protection
 - Power Converter to allow use of 110v and 220v outlets as required.
3. Please take into consideration where you are going and the season of the year.
- The winter months can be extremely cold at night and moderate to extremely cold during the day. The mountainous the colder it will be.
 - The spring starts off cool and wet and ends hot and moist.
 - The summer months are hot, dusty and dry during the day and night.
 - The fall is cool and dry until the end when it starts to snow in the mountains and the temperatures quickly drop.
4. Know your blood type. It is recommended media representatives wear medical tags stating blood type, allergies and any pre-existing conditions.
- It is strongly recommended to be vaccinated for the following diseases:
 - Standard Vaccines: Diphtheria; measles; mumps; Pertussis, polio, rubella; tetanus;
 - Additional Vaccines: Typhoid, Hepatitis A & B; Meningococcal Meningitis; Tetravalent; and Influenza.
5. Media are strongly advised to gain experience and training in operating in harsh and hostile environments and come suitably equipped and clothed for such situations.
6. All media must ensure they have adequate travel and equipment insurance and must provide proof of health insurance. MoD does not provide insurance. MoD recommends policies at a minimum include coverage for acts of war; evacuation; repatriation or remains and long-term care.
7. If, in the opinion of the unit commander, a media representative is unable to physically, psychologically, mentally, or emotionally withstand the conditions required to operate with forward-deployed forces, the commander may limit the media member's participation to ensure both the reporter and unit's safety. Disputes should be raised through PAO channels. The MoD public affairs office will work as the honest broker but the ultimate decision lies with the unit commander.