

Sergeant Gooding

Patrol essentials

If we was going out on patrol, funny you say that, we actually weighed ourselves before we went on patrol, and I think, I weighed twelve and a half stone when I went out there, and just before we went on patrol we thought 'oh we'll get on the scales and see what it's like'. And I got on there and I weighed eighteen stone so there you go, sort of we're carrying six and a half maybe even up to eight stone with all your kit, your rifle, but what you tend to go out with is with some sort of webbing, which is pouches round your side with water in, you can have extra ammo. You'd have your rifle, you'd have a Vallon, which is a metal detector. You'd also have, sort of your bayonets or anything to prod the ground but in your Bergen as well or your day sack you'd have some warm kit, you'd have rations,, you'd have water, you'd have all your medical kit, you'd have all the ammo you can carry because you know if you went out you was going into a fire fight. So a lot of it, the ammo was what took up all your stuff, all the weight in your kit. Now a lot of it is mega-bulky as well, so sometimes you couldn't actually take your warm kit out because you couldn't fit it in. So you'd go to a Patrol Base or you'd go into a compound where you had to stay there for the night and you'd actually have to try and freeze a bit because you couldn't fit your warm stuff in. And that was sort of pretty much what you'd have in your kit for the day. Also on top of that you'd also have some, some extra kit which will basically sort of detect any remote control detonation from any insurgents and stuff like that.

And these three different packs sort of come with sort of, all different internal gubbins which could detect any sort of radars or anything like that and they would sort of send a signal out to, to sort of blast them away. But this, even this kit weighed, weighed quite a bit, a hell of a lot. And that was just the normal patrol stuff.