

Spartan,

This marks the beginning of your journey to ancient Sparta.

Just as it was for the ancient warriors of 2500 years ago, a critical factor that will determine your ultimate success or failure as you march across the mountains is having the right equipment.

Make sure you read through the full equipment list and examine each item's specific requirements. Your aim should be to keep your equipment as light and compact as possible, while achieving good functionality and durability. The items on it have been chosen to maximize your safety and operational flexibility across a range of environmental conditions. AGOGE Spartans are exposed to extreme scenarios in remote places, and you will rely heavily on your gear to support you throughout the event.

Failure to have all mandatory items on this list, including the required skills to use them, may result in your exclusion from AGOGE. This rule is strictly enforced for safety. It's equally important that you learn and practice how to quickly and properly pack and unpack your gear, find items in the dark, and make basic field repairs should any item fail.

When sourcing your items, we recommend you purchase the lightest and best quality products you can afford. Most of this equipment will serve you well beyond your AGOGE adventure. Ideally, a complete kit should weigh no more than 22lbs (10kg) dry weight with all listed gear loaded, but some well designed kits have weighed much less. A light kit will allow you to move fast and safely while conserving valuable energy, two things that are crucial for successfully completing AGOGE.

The official [Spartan Agoge Facebook Group](#) is a great place to post gear questions and get help from more than 1500 people including AGOGE alumni, Spartan Krypteia (event leaders), and other AGOGE 300 March participants. You may also email andih@spartan.com for extremely critical questions only.

Keep an eye out for separate memos containing further information on AGOGE, which will be distributed during the countdown to October 31st.







For now, good luck with your preparation.

Με φιλικούς χαιρετισμούς,

The Krypteia of AGOGE








AGOGE 300 MARCH 2025 MANDATORY EQUIPMENT LIST

Last Update: July, 2025

ITEM #	ITEM NAME	DESCRIPTION	QTY
1	Backpack / Ruck 	A durable backpack of sufficient size to hold all of your mandatory equipment plus any key items you may need along the way. Ensure you find a pack that is both comfortable and isn't so big it's awkward, but is large enough for storage. The backpack should include a sternum strap and hip strap. Make sure this pack is comfortable, fits properly, and has been used in training. It does not need to be waterproof.	1
2	Headlamp 	Your headlamp must be fully charged or have new batteries installed. If you are using separate batteries, spare batteries should be brought in a waterproof bag or container.	1
3	Back up light 	Your backup light may be a handheld flashlight, headlamp, or other light source capable of being used for navigation at night for extended periods.	1
4	Water Containers 	Two containers capable of holding 1 quart (for a total of 64 oz / 1.89 liters). These may be hard plastic bottles, soft flasks, hydration bladders, or a combination.	2
5	Filter & purification tablets 	One water filter or one packet of water purification tablets (unopened in container) for purifying drinking water.	1
6	550 Paracord 	Minimum of 30 meters / 100 feet in a single length. This should not be marked or pre-cut.	1








AGOGUE 300 MARCH 2025 MANDATORY EQUIPMENT LIST









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7	Carabiner 	One locking carabiner rated for climbing use. If you are unsure it's rated for climbing, seek assistance and purchase only from a reputable climbing brand.	1
8	Chemlights or flashing lights 	Chemlight / glow sticks or battery powered flashing light. 10 to 12 hour versions are best. Any color is acceptable. Bring these items without packaging. Small battery operated flashing lights are also acceptable, such as red blinking safety lights.	4 (chem) OR 1 (flash)
9	Mobile Phone 	Mobile phone (fully charged) capable of making emergency calls overseas, and placed in a waterproof bag (regardless of whether the phone is rated as waterproof or not as damage to the screen or case can compromise this ability).	1
10	Marker pen 	Permanent marker. This will have multiple uses during the event and should be new or unused. Any color is acceptable.	2
11	Duct Tape 	Short or compact roll of duct tape of any size. Any color or brand is acceptable.	1
12	Multitool 	Any kind of multitool, quality is better. OPTIONAL	1
13	Trash bag 	42-50 gallon (159-189 liters) trash or contractor bag.	1

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14	Waterproof bag 	A 2.5L-5L waterproof rolltop bag.	1
15	Toilet Paper or Wet Wipes 	One roll recommended to be placed in a waterproof container or bag, or a small packet of wet wipes.	1
16	Footwear 	Hiking boots or trail shoes with an aggressive tread suitable for extreme terrain and off-road use.	1 pair
17	Socks 	One pair of socks.	1 pair
18	Shirt 	BLACK short or long sleeve athletic shirt.	1
19	Pants 	BLACK shorts, pants or tights. These can be made for hiking or trekking, or compression pants.	1
20	Fleece or Down Jacket 	Your jacket should be able to withstand abuse from your pack and extreme activity.	1

21		Waterproof and wind resistant shell.	1
22		Must be sturdy enough for hard work and for warmth.	1 Pair
23		Lightweight polyethylene, heat reflective emergency bivvy.	1
24		Waterproof rain fly or ground tarp. 2m x 2m is the recommended size.	1
25		Small and lightweight kit that <u>should include foot care items</u> to treat blisters. A medical team will be present, however all Spartans are expected to take care of minor issues to allow the team to be available for any serious situations.	1
26		<p>Optional - 1L ziploc bag with any prescription medications. If you don't take any, don't bring any.</p> <p>This MUST be accompanied by prescriptions, along with a printed list of your medications and what they are used for.</p>	1 bag
27		Sunscreen. Waterproof and high SPF recommended.	1 each
28		No food is allowed to be brought to AGOG: 300 MARCH once the event starts. Food will be part of the event, and enough calories will be provided per Spartan. Ample water will be provided. Plant-based (vegetarian / vegan) and gluten intolerant people will have options. If you have allergies or intolerances please immediately email xe@spartan.com with the details. You are solely responsible for managing your own allergies / intolerances.	

29	<p>Electrolytes</p> 	<p>You must bring enough electrolytes for 60 hours. These can be salt tablets, drink powders, drink tablets etc. Spartan Hydration tablets are highly recommended as they are a slow-release tablet of minimal fuss, minimal weight.</p>	60hrs
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HYDRATION INFORMATION

Humans can go for about 3 weeks without food but only 3 days without water before your organs begin to shut down. It is your responsibility to avoid putting yourself in a position to test this out. Closely monitor your fluid and electrolyte intake at all times during the event.

Krypteia and medical staff may check any Spartan's well being and hydration at any time to ensure that enough electrolytes are being consumed for the duration of the event. Medical staff have the final decision as to whether an individual is properly hydrated, and may remove any person from the event at their discretion if they deem the situation to be dangerous to the person's health.

Optimum hydration means consuming the right amount of the right salts at the right time. It is possible to overload or under supply the body and compromise athletic performance and incur detrimental results. In addition, do not assume you will have ample time to stop and rest during the event.

If you have specific nutritional requirements, reach out to josue.stephens@spartan.com. Also ask the advice of other Spartans if you need it.