



## GEAR LIST - RECRUIT TRAINING

Item	Qty
Sleeping Bag	1
Jungle Boots (Black)	1 pr
Running Shoes ( <i>MUST LACE UP!</i> )	1 pr
Shower Shoes (Flip Flops)	1 pr
Pillow	1
Pillow Case (White)	2
Bath Towel (White)	2
Washcloth (White)	3
Jeans	4 pr
Sweatshirt (Grey)	1
Sweatpants (Grey)	1
T-Shirt (White- Sold as undershirts)	7
Socks (White)	7 pr
Boot Socks (Black)	4 pr
Skivvies (underclothes- White)	7 pr
Small Flashlight w/batteries	1
Insect Repellant	1
Sunscreen	1
Ziplock (Gallon)	1
Toilet Paper (In Ziplock Bag)	1 roll
Shoe Shine Kit (Parade Gloss, Brush, Dauber, & Cloth)	1
Black Shorts (Solid, no graphics)	4
Battle Box (heavy duty plastic utility box)	1

Hygiene Kit	
Item	Qty
Toothbrush	1
Toothpaste	1
Liquid Body Wash	1
Deodorant	1
Shampoo/Conditioner	1
Lip Balm w/SPF	1
Q-Tips (Travel Size)	1
Shaving Kit (males - if needed)	1

Females
Additional Towel For Hair
Face Wash
Lotion (if needed)
Bobby Pins (match to hair color)
Hair Bands (match to hair color, 10 thick & 10 thin)
Hairspray
Comb or Brush
White Sports Bras (4)

***"Break in" boots and running shoes with SAME SOCKS that will be worn during Recruit Training.***

What <b>NOT</b> To Bring
<b>NO</b> Jewelry or valuables of any kind*
<b>NO</b> Hats
<b>NO</b> Saggy Clothes
<b>NO</b> Skinny Jeans
<b>NO</b> Cellphones
<b>NO</b> iPods, MP3 Players, Video Games, or Electronics of any kind
<b>NO</b> Knives or Weapons of any kind
<b>NO</b> Money
<b>NO</b> Pogy Bait (Sweets or junk food) or Food of any kind
<b>NO</b> Alcohol or Drugs
<b>NO</b> Tank Tops
<b>NO</b> Lighters or Matches
<b>NO</b> Books or Magazines
<b>NO</b> Contact Lenses**

\* ONLY Medical ID bracelets are permitted

\*\*If glasses are required, bring a "Brain Strap" to hold them on. (Brain Strap: Eye glasses strap, normally made of neoprene or other non-slip material)

- Clothes need to be plain and free of graphics, branding, or designs
- Keep in mind that **ALL** items will be written on once recruits arrive
- All items should be **Travel Size** or just enough for one week use
- Clothes do not need to be new, but **NO** open holes or tears. (All tears should be stitched closed)
- Jeans will be used for protection during the Obstacle Course. Old, broken in jeans are perfect (Comfortable, not too loose, not too tight, and provide easy movement)
- All items (with the exception of sleeping bag and boots) should fit inside the Battle Box
- If you have more than one child, please provide separate items for each as there will be no sharing

**Medication Instructions:** All medications (prescription and over the counter allergy medications) will be turned in to the Medical Officer with **ONLY** enough for the event and **MUST** be in the **ORIGINAL** container with name and dosage instructions inside a Ziplock Bag clearly marked with Last Name, First Name. Medical Officer will verify medications and ensure **YMMEDFORM1** is completed. **NOTE:** If your recruit has **ASTHMA**, a **FULL** inhaler **MUST** be brought to **ALL** events.



## Jungle Boots

**Color: Black**

**Brand: Brazos or Bates (avoid Rathco as they break easily)**

**Can be found at National Outdoor for Youth Sizes. Adult Sizes can be found at any location boots are sold.**



## Sweats

**Color: Light Grey**

**Can be found at Walmart, Amazon, or anyplace sweats are sold.**

**NOTE: These sell out fast!**



## Battle Box

**Color: Black**

**Style: Heavy Duty w/wheels (unless you want your YM to carry it)**

**Can be found at Walmart, Lowes, and Home Depot**



## Shorts

**Color: Black, no logos**

**Style: Similar to gym shorts for school**

**Length: Approx 4" above the knee**

**NOTE: Do Not purchase mesh shorts... they are see through!**