



## GEAR LIST - DRILL WEEKENDS

Item	Qty
Sleeping Bag	1
Jungle Boots (Black)	1 pr
Running Shoes ( <b>MUST LACE UP!!</b> )	1 pr
Shower Shoes (flip flops)	1 pr
Bed Sheet (White - Flat - Twin)	1
Pillow	1
Pillow Case (White)	1
Bath Towel (White)	1
Washcloths (White)	1
Jeans (Blue)	1pr
Sweatpants (Grey)	1
Shorts (Solid Black)	2
T-Shirt (White - Sold as undershirts)	2
Socks (White)	3pr
Boot Socks (Black)	2pr
Skivvies (White)	2pr
Small Flashlight w/ Spare Batteries	1
Insect Repellant	1
Sun Screen	1
Foot Powder	1
Ziplock (Gallon Sized)	1
Container of Wipes	1
Toilet Paper Roll (in resealable bag)	1 roll
Laundry Bag (pillow case will suffice)	1
Shoe Shine Kit (Parade Gloss, Brush, dauber & cloth)	1

Hygiene Kit	
Item	Qty
Tooth Brush	1
Tooth Paste	1
Liquid Body Wash	1
Deodorant	1
Shampoo/Conditioner	1
Lip Balm w/ SPF	1
Q-Tips (handful)	1
Shaving Kit (if needed)	1

Females
Smaller Addl Towel For Hair
Face Soap & Lotion
Feminine Hygiene Products as needed
Bobby Pins (match hair color)
Hairspray
Comb or Brush
Hair Bands (thick and thin)
White Sports Bras (2)

**Bring Toilet Paper if your LAST NAME starts with:**  
 Even Months = A - L  
 Odd Months = M - Z

What NOT To Bring
No Jewelry or valuables of any kind*
No Hats
No Saggy Clothes
No Cell Phones
No iPods,, MP3 Players, Video Games or Electronics of any kind
No Knives or Weapons of any kind
No Money
No Pogy Bait (sweets or junk food) or Food of any kind
No Alcohol or drugs
No Tank Tops
No Lighters/Matches
No Books or Magazines
No Contact Lenses**

\*Only medical ID bracelets & work-out watches with rubber or cloth straps.

\*\*If glasses are required, bring a 'Brain Strap' to hold them on. Brain Strap: Eye glasses holder strap. Something comfortable, neoprene material, etc.

- Clothes need to be plain and free of any graphics, branding or designs
- Keep in mind that ALL items will be written on once recruits arrive
- All items should be **travel sized** or enough for one weeks use.
- Clothes do not need to be new, but no open holes or big tears. (All tears must be stitched.)
- Jeans will be used for protection during Obstacle Course. Old jeans are perfect (Comfortable, not too loose or too tight. They must be able to move around in them.)
- All items (with exception of sleeping bag and boots) should fit inside one gym bag, backpack, sea bag, or enclosed plastic bin.
- If you have more than one child, please get separate items for each child as they may not always be together and there there is no sharing.

**Medication Instructions:** All medication (prescription - includes inhalers and/or over the counter medication) ONLY enough medication for time of event MUST be in its ORIGINAL container with name and dosage instructions and placed inside a Ziplock bag with last name, first name marked on outside. Top portion of **YMMEDFORM2** must also be completed by parent/guardian for EACH medication. All medication must be immediately submitted to the Medical Officer/Staff upon Check In. (Asthma inhaler must be FULL.)