



## Checklist **Packing**

These are things you should pack for your trip.  
Contact your recruiter to get the most accurate  
information.

**REPORT DATE**

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### **MEDICAL**

- ☐ Completed medical forms - if given by the recruiter
- ☐ Prescription medications - with a doctor's note and proper packaging
- ☐ Eye glasses - if required; no contacts allowed in training
- ☐ Any special medical equipment - inhalers, orthopedic inserts

### **TOILETRIES**

- ☐ Tooth brush and tooth paste
- ☐ Razor and shaving cream
- ☐ Shampoo and conditioner (travel-sized)
- ☐ Soap or body wash (travel-sized)
- ☐ Deodorant - solid, unscented
- ☐ Foot powder
- ☐ Comb or brush
- ☐ Feminine hygiene products as needed
- ☐ Nail clippers
- ☐ Small towel and wash cloth - you will be issued standard items

## PACKING ESSENTIALS

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- ☐ Shower shoes - flip-flops for the shower, black no lettering
- ☐ Small pad lock
- ☐ Address book - with family and friends' info
- ☐ Stamps and envelopes
- ☐ Watch - simple, not smart, with alarm
- ☐ Notepad and pen

## CLOTHING

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- ☐ 2 sets of civilian cloths - comfortable, modest, and easy to pack; Tip - wear somethings comfortable and easy to change out when you arrive
- ☐ Comfortable running shoes - you will be issued standard footwear, but having a comfortable pair for travel is helpful
- ☐ Underwear - 3 or 4 pairs, no thong
- ☐ Socks - 3 or 4 pairs, preferably athletic

## MONEY

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- ☐ Cash - 10 to 20 in small bills)
- ☐ Debit card

## ESSENTIAL DOCUMENTS

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- ☐ Photo ID - drivers license or state ID
- ☐ Social security card
- ☐ Birth certificate
- ☐ Bank account information - full name, address, routing number, account number for direct deposit
- ☐ Certified marriage certificate
- ☐ Dependents birth certificates
- ☐ High school diploma, transcript
- ☐ College transcripts
- ☐ Medical and dental records
- ☐ Prescriptions
- ☐ Enlistment contract
- ☐ Emergency contact information
- ☐ Copy of orders

## OPTIONAL ITEMS

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- ☐ Disposable razors - in case issued razors are not sufficient
- ☐ Personal care items such as lotion, lip balm
- ☐ Religious or personal tokens
- ☐ Small photos

## PROHIBITED ITEMS

- ☐ Weapons - knives, firearms, etc
- ☐ Electronics - laptops, tablets, cameras, gaming devices
- ☐ Valuables - expensive jewelry, watches, or other items
- ☐ Food or supplements - protein powders, vitamins, snacks, etc
- ☐ Non-prescription medication - unless approved
- ☐ Tobacco products - pouches, vapes, etc
- ☐ Alcohol - including alcohol-containing products

## PACKING TIPS

- Pack light - All space is limited, and many items will be issued upon arrival. Stick to the essentials.
- Label everything - Make sure all items especially personal ones, are clearly labeled with your name.
- Keep important documents handy - Carry documents in a secure accessible folder for easy retrieval.

### Preparing for Military Basic Training



Reference and Journal

Information,  
Checklists, Journal

[a.co/d/d5VmYaw](https://a.co/d/d5VmYaw)



### Preparing for Military Basic Training



Your Complete Guide

To Get Ready for  
Boot Camp

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