

# PREPARING FOR MILITARY BASIC TRAINING

REFERENCE AND JOURNAL AND YOUR COMPLETE GUIDE

### **Checklist Packing**

REPORT DATI		
These are things you should pack for your trip.  Contact your recruiter to get the most accurate information.		
MEDICAL		
<ul> <li>Completed medical forms - if given by the recruiter</li> <li>Prescription medications - with a doctor's note and proper packaging</li> <li>Eye glasses - if required; no contacts allowed in training</li> <li>Any special medical equipment - inhalers, orthopedic inserts</li> </ul>		
TOILETRIES		
<ul> <li>Tooth brush and tooth paste</li> <li>Razor and shaving cream</li> <li>Shampoo and conditioner (travel-sized)</li> <li>Soap or body wash (travel-sized)</li> </ul>		
<ul><li>Deodorant - solid, unscented</li><li>Foot powder</li><li>Comb or brush</li></ul>		
Feminine hygiene products as needed  Nail clippers		
Small towel and wash cloth - you will be issued standard items		

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### **PACKING ESSENTIALS**

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

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## **ESSENTIAL DOCUMENTS** Photo ID - drivers license or state ID Social security card Birth certificate $\square$ 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** Disposable razors - in case issued razors are not sufficient Personal care items such as lotion, lip balm

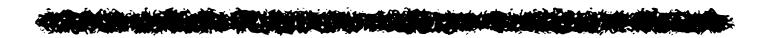
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Religious or personal tokens

Small photos

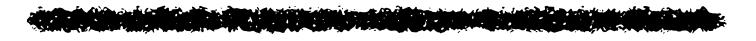
#### **PROHIBITED ITEMS**

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



Preparing for Military Basic Training

Your Complete Guide
To Get Ready for

Boot Camp

a.co/d/fV0aYec

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