

# PREPARING FOR MILITARY BASIC TRAINING

REFERENCE AND JOURNAL AND YOUR COMPLETE GUIDE

# **Checklist Preparation**

noontist i roparation	REPORT DATE
Check with recruiter for a complete / list for your branch	
DO TODAY	
<ul> <li>☐ Get a hair cut</li> <li>☐ Shave</li> <li>☐ Quit smoking, drinking, vaping, drugs</li> <li>☐ Remove all piercings</li> </ul>	
DAILY	
<ul> <li>□ Run or walk at least 1 mile</li> <li>□ Do push ups, situps, pull ups</li> <li>□ Listen to audio books while exercising</li> <li>□ Read the manual for your service</li> <li>□ Study for ASVAB with YouTube, courses</li> <li>□ Eat 3 healthy meals</li> <li>□ Drink only water and coffee, no sodas</li> <li>□ Put lotion on body to prevent dryness</li> <li>□ Get up at 5 AM</li> </ul>	
<ul><li>☐ No social media</li><li>☐ Practice mindfulness</li></ul>	
<ul><li>Avoid watching TV, social media</li><li>No news</li></ul>	
☐ Talk to your relatives  Page 1 of 4	

# **GENERAL**

☐ Quit your job
☐ Give notice if you are renting
☐ Purge personal effects, especially embarrassing items
<ul><li>Pack up personal effects</li><li>Verify you have a social security card</li></ul>
Verify drivers license, renew if needed
<ul> <li>Get certified copy of birth certificate</li> </ul>
☐ Get certified copy of marriage certificate
<ul><li>Get certified copy of dependents birth certificates</li><li>Get certified copies of high school diploma,</li><li>college degrees, GED</li></ul>
Get a second email address
Get a second phone number
Evaluate tattoos for problems
Print pictures to carry in your wallet
$\square$ Shoot automatic pistol and rifle at a gun range $\square$ Learn to swim
<ul> <li>Read or listen to How to Win Friends and Influence People</li> </ul>
☐ Read or listen to Games People Play
Read or listen to Essential 55
☐ Put recruiters business card in wallet
☐ Read the manual for your service
Learn the military phonetic alphabet
☐ Learn military time
Learn the rank insignias for your service

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## **FINANCIAL**

<ul> <li>Get a bank account for direct deposit</li> <li>Get banking information for direct deposit (full name, address, account number, routing number)</li> <li>Make a will</li> </ul>
<ul> <li>Make a power of attorney</li> <li>Certified birth certificates for dependents</li> <li>Certified copy of divorce papers</li> <li>Court ordered child support</li> <li>Contact all lenders to reduce interest rates to 6% under SCRA</li> </ul>
Contact lenders of any student loans to review all available programs under SCRA, forbearances  Setup automatic payments of recurring debts  Arrange care of children, elderly, pets  Store car if necessary  Check car insurance  Get an Uber account  Get a Lyft account  Get Venmo or other money account
HEALTH
<ul> <li>□ Dental exam</li> <li>□ Remove molars if necessary (and financially okay)</li> <li>□ Physical</li> <li>□ Review vaccinations</li> </ul>
Get a Pedicure at a salon

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#### PHONETIC ALPHABET

A-Alfa J-Juliet S-Sierra

T-Tango B-Bravo K-Kilo

C-Charlie L-Lima U-Uniform

M-Mike D-Delta V-Victor

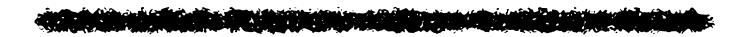
E-Echo W-Whiskey N-November

F-Foxtrot O-Oscar X-Xray

P-Papa G-Golf Y-Yankee

H-Hotel Q-Quebec Z-Zulu

I-India R-Romeo



#### SERVICE READING

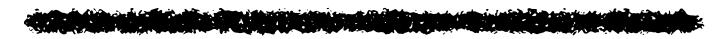
• Army: Soldier's Guide, TC 7-21.13

• Navy: Blue Jacket Manual

• Air Force: Air Force Handbook 1, AFH1

Marine Corps: Guidebook for Marines

 Coast Guard: Helmsman: United States Coast Guard Recruit Handbook



### **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** 



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