



Checklist Preparation

Check with recruiter for a complete list for your branch

REPORT DATE

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DO TODAY

- ☐ Get a hair cut
- ☐ Shave
- ☐ Quit smoking, drinking, vaping, drugs
- ☐ Remove all piercings

DAILY

- ☐ Run or walk at least 1 mile
- ☐ Do push ups, situps, pull ups
- ☐ Listen to audio books while exercising
- ☐ Read the manual for your service
- ☐ Study for ASVAB with YouTube, courses
- ☐ Eat 3 healthy meals
- ☐ Drink only water and coffee, no sodas
- ☐ Put lotion on body to prevent dryness
- ☐ Get up at 5 AM
- ☐ No social media
- ☐ Practice mindfulness
- ☐ Avoid watching TV, social media
- ☐ No news
- ☐ Talk to your relatives

GENERAL

- ☐ Quit your job
- ☐ Give notice if you are renting
- ☐ Purge personal effects, especially embarrassing items
- ☐ Pack up personal effects
- ☐ Verify you have a social security card
- ☐ Verify drivers license, renew if needed
- ☐ Get certified copy of birth certificate
- ☐ Get certified copy of marriage certificate
- ☐ Get certified copy of dependents birth certificates
- ☐ Get certified copies of high school diploma, college degrees, GED
- ☐ Get a second email address
- ☐ Get a second phone number
- ☐ Evaluate tattoos for problems
- ☐ Print pictures to carry in your wallet
- ☐ Shoot automatic pistol and rifle at a gun range
- ☐ Learn to swim
- ☐ Read or listen to How to Win Friends and Influence People
- ☐ 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

FINANCIAL

- ☐ Get a bank account for direct deposit
- ☐ Get banking information for direct deposit (full name, address, account number, routing number)
- ☐ Make a will
- ☐ Make a power of attorney
- ☐ Certified birth certificates for dependents
- ☐ Certified copy of divorce papers
- ☐ Court ordered child support
- ☐ Contact all lenders to reduce interest rates to 6% under SCRA
- ☐ 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

- ☐ Dental exam
- ☐ Remove molars if necessary (and financially okay)
- ☐ Physical
- ☐ Review vaccinations
- ☐ Get a Pedicure at a salon

PHONETIC ALPHABET

A–Alfa	J–Juliet	S–Sierra
B–Bravo	K–Kilo	T–Tango
C–Charlie	L–Lima	U–Uniform
D–Delta	M–Mike	V–Victor
E–Echo	N–November	W–Whiskey
F–Foxtrot	O–Oscar	X–Xray
G–Golf	P–Papa	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

a.co/d/fV0aYec