



MIKE SANDERS  
BOOKS.COM

PREPARING FOR MILITARY  
BASIC TRAINING  
REFERENCE AND JOURNAL  
AND  
YOUR COMPLETE GUIDE

# Extract Resources

This is a copy of the References  
chapter from Preparing for Military  
Basic Training: Your Complete  
Guide and Preparing for Military  
Basic Training: Reference and  
Journal

Preparing for Military Basic Training



Reference and Guide

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

[a.co/d/fV0aYec](https://a.co/d/fV0aYec)

## Resources for Further Reading and Support

Here are other sources of information.

<https://mikesandersbooks.com/basic-training-references>



### Books

#### *Essential reading*

*The Essential 55*, Ron Clark, Amazon, <https://a.co/d/dBEQrjw> [Read this to clarify how you behave in a group setting. Understand proper behavior eating and in the classroom. Some things are not applicable for boot camp such as looking at someone in the eye.]

*How to win friends and influence people*, Dale Carnegie, Amazon, <https://a.co/d/gIweok0> [This is a classic book describing basic social interaction.]

*Games People Play: The Psychology Of Human Relationships*, Eric Berne, Amazon, <https://a.co/d/6NwoJqT> [This is the best explanation of the nature of human interaction. Understanding this will help you deal with stressful interactions.]

*Unofficial books, usually available on Amazon*

*A Family's Guide to the Military For Dummies*, Sheryl Garrett, Sue Hoppin, Amazon, <https://a.co/d/1WyCr4B>

*Army Basic Training—Pocket Guide*, Collin Turner, Amazon, <https://a.co/d/deamMS2>

*ASVAB for Dummies*, Angie Papple Johnston, Amazon, <https://a.co/d/94Zt7Y8> [There are many books about ASVAB, look at them all]

*Basic Training for Dummies*, Rod Powers, Amazon, <https://a.co/d/250D3Hn>

- The Coast Guard Boot Camp Survival Guide*, Julian Miyata  
<https://survivecoastguardbootcamp.com/download-the-coast-guard-boot-camp-survival-guide-pdf> Need to pay for the guide
- Joining the United States Army: A Handbook*, Snow Wildsmith, Amazon,  
<https://a.co/d/dXsxQIW>
- Joining the United States Navy: A Handbook*, Snow Wildsmith, Amazon,  
<https://a.co/d/b5E6M40>
- Joining the United States Air Force: A Handbook*, Snow Wildsmith,  
Amazon, <https://a.co/d/c1NpAql>
- Joining the United States Marine Corps: A Handbook*, Snow Wildsmith,  
Amazon, <https://a.co/d/9g0KGdD>
- Joining the United States Coast Guard: A Handbook*, Snow Wildsmith,  
Amazon, <https://a.co/d/iYQjXj9>
- Navy Boot Camp: A Straightforward Guide by a former Recruit Division Commander (Navy Drill Instructor)*, D E Sawleht, Amazon,  
<https://a.co/d/c7dw6ut>
- The Ultimate Air Force Basic Training Guidebook: Tips, Tricks, and Tactics for Surviving Boot Camp*, Nicolas Von Wormer, Amazon,  
<https://a.co/d/7WZVujE>
- The Ultimate Basic Training Guidebook*, Michael Volkin, Amazon,  
<https://a.co/d/0GmULVy>
- The Ultimate Marine Recruit Training Guidebook: A Drill Instructor's Strategies & Tactics for Success*, Nick Popaditch, Amazon,  
<https://a.co/d/blbsS5y>
- Surviving Marine Corps Boot Camp: The Ultimate Guide to Preparing for Marine Corps Recruit Training*, Mark R Perna, Amazon,  
<https://a.co/d/9GqNZnG>
- United States Navy Boot Camp: The Complete Survival Guide for the Worst Eight Weeks of your Life! (The United States Navy!)*, Malcolm E Rockwood, Amazon, <https://a.co/d/hOw4tIc>

## **Official DoD Publications**

### Army

*The Soldier's Blue Book: The Guide for Initial Entry Training Soldiers*,  
TRADOC Pamphlet 600-4,  
<https://adminpubs.tradoc.army.mil/pamphlets/TP600-4.pdf>  
*Soldier's Guide*, TC 7-21.13,  
<https://armypubs.us.army.mil/doctrine/index.html>

### Navy

*Blue Jack Manual*,  
[https://www.survivorlibrary.com/library/blue\\_jackets\\_manual\\_2002.pdf](https://www.survivorlibrary.com/library/blue_jackets_manual_2002.pdf)

### Air Force

*Air Force Handbook 1*, AFH1, [https://static.e-publishing.af.mil/production/1/af\\_a1/publication/afh1/afh1.pdf](https://static.e-publishing.af.mil/production/1/af_a1/publication/afh1/afh1.pdf)

### Marine Corp

**Guidebook for Marines**, Amazon, <https://a.co/d/bFQ5IjG>

### Coast Guard

*Recruit Training Pocket Guide*,  
[https://www.forcecom.uscg.mil/Portals/3/Documents/TC\\_CM/Documents/RTPocket.pdf](https://www.forcecom.uscg.mil/Portals/3/Documents/TC_CM/Documents/RTPocket.pdf)  
*Coast Guardsman's Manual*, Amazon, <https://a.co/d/fEKdvzx>  
*Helmsman: United States Coast Guard Recruit Handbook*, Not available for download, sometimes on Amazon

## **Websites**

Official Army site: <https://www.army.mil>  
Official Navy site: <https://www.navy.mil>  
Official Air Force site: <https://www.af.mil>  
Official Marine Corps site: <https://www.marines.mil>  
Official Coast Guard site: <https://www.uscg.mil>  
Official Army recruiting site: <https://www.goarmy.com>

## Preparing for Military Basic Training \_\_\_\_\_

Official Coast Guard recruiting site:

<https://www.gocoastguard.com/apply-now>

Official Navy recruiting site: <https://www.navy.com>

Official Air Force recruiting site: <https://www.airforce.com>

Official Marine Corps recruiting site: <https://www.marines.com>

Official Military One Source <https://www.militaryonesource.mil/>

Official Navy boot camp Information <https://www.bootcamp.navy.mil/>

Basic training articles:

<https://www.military.com/search?keyword=basic+training>

[A commercial magazine with many articles about boot camp and the military.]

Army Study Guide: <https://www.armystudyguide.com> [A

comprehensive resource with study materials, practice tests, and forums for those preparing for boot camp and military exams.]

National Veterans Foundation: <https://nvf.org> [Offers support and resources for veterans and their families, including transition assistance and counseling services.]

Marine Corps Parents: <https://rp.marineparents.com/> [Support organization]

Military career information: <https://myfuture.com/military/>

Veteran TV: <https://www.veterantv.com/>

Veteran Community <https://veteran.com/>

Coast Guard Recruit: <https://www.forcecom.uscg.mil/Our-Organization/FORCECOM-UNITS/TraCen-Cape-May/Training/RecruitTraining/>

Recruiting information run by the DoD:  
<https://www.todaysmilitary.com/>.

ASVAB Career Exploration Program:  
<https://www.asvabprogram.com>

Military career information:  
[https://usmilitary.about.com/od/theorderlyroom/u/career\\_info.html](https://usmilitary.about.com/od/theorderlyroom/u/career_info.html)

Military career information: <https://www.todaysmilitary.com/careers>  
 Magazine about the military  
 U. S. Department of Defense: <https://www.defense.gov/> Official  
 DoD website

### ***Online Communities and Forums***

*Reddit military group* <https://www.reddit.com/r/Military/> [A message board where you can ask questions and get advice from current and former military members.]  
*Facebook Groups*—Army Basic Training Support Groups  
<https://www.facebook.com/groups/> Various Facebook groups offer a space to connect with other recruits, share experiences, and seek advice.  
*Airborne Forums* <https://www.airborneforums.com> [This group is about Army airborne and special forces where you can discuss training issues.]  
*Stars and Stripes* <https://www.stripes.com/> [The semi-official news for the military]

### ***Wikipedia***

*United States Army Basic Training*  
[https://en.wikipedia.org/wiki/United\\_States\\_Army\\_Basic\\_Training](https://en.wikipedia.org/wiki/United_States_Army_Basic_Training)  
*Recruit Training Command, Great Lakes, Illinois*  
[https://en.wikipedia.org/wiki/Recruit\\_Training\\_Command,\\_Great\\_Lakes,\\_Illinois](https://en.wikipedia.org/wiki/Recruit_Training_Command,_Great_Lakes,_Illinois)  
*United States Air Force Basic Military Training*  
[https://en.wikipedia.org/wiki/United\\_States\\_Air\\_Force\\_Basic\\_Military\\_Training](https://en.wikipedia.org/wiki/United_States_Air_Force_Basic_Military_Training)  
*United States Marine Corps Recruit Training*  
[https://en.wikipedia.org/wiki/United\\_States\\_Marine\\_Corps\\_Recruit\\_Training](https://en.wikipedia.org/wiki/United_States_Marine_Corps_Recruit_Training)  
*United States Coast Guard Training Center Cape May*  
[https://en.wikipedia.org/wiki/United\\_States\\_Coast\\_Guard\\_Training\\_Center\\_Cape\\_May](https://en.wikipedia.org/wiki/United_States_Coast_Guard_Training_Center_Cape_May)

### ***Support Organizations***

*USO (United Service Organizations)* <https://www.uso.org> [Provides support for service members and their families through programs, entertainment, and care packages.]

*Military OneSource* <https://www.militaryonesource.mil> [A Department of Defense resource offering confidential help, advice, and information on a wide range of military life topics.]

*American Red Cross Military Support* <https://www.redcross.org/about-us/our-work/military-families.html> [Offers emergency communication services, financial assistance, and support to military families.]

*Operation Homefront* <https://www.operationhomefront.org> [Provides financial assistance, housing, and family support services to military members and their families.]

### ***Mental Health and Wellness***

*Veterans Crisis Line* <https://www.veteranscrisisline.net> [A confidential, free resource for veterans and service members in crisis, available 24/7.]

*Military Mental Health Resources* <https://www.militaryonesource.mil/confidential-help/mental-health-resource-center> [Offers access to mental health care, counseling, and support services for military members.]

*Real Warriors Campaign* <https://www.realwarriors.net> [A program dedicated to promoting psychological resilience and seeking care for mental health issues among service members.]

### ***Fitness and Preparation***

*Army Physical Readiness Training (PRT) Program* <https://www.armyprt.com> [Detailed guides and resources on the physical training program you'll encounter in boot camp.]

*Stew Smith's Fitness Programs* <https://www.stewsmithfitness.com> [Tailored workout plans and advice from a former Navy SEAL to help you prepare for the physical demands of boot camp.]

*Couch to 5K* <https://www.c25k.com> [A beginner-friendly running program to help you build endurance, perfect for those preparing for the PT tests in boot camp.]

*Navy Prep* <https://www.stripes.com/branches/navy/2023-04-21/navy-sailors-recruits-fitness-course-9878715.html>

### ***Podcasts and YouTube Channels***

*Mentors for Military Podcast* <https://mentorsformilitary.com/> [Features interviews with veterans, active-duty military, and experts on topics related to military service and preparation.]

*Jocko Podcast with Jocko Willink* <https://jockopodcast.com/> [Hosted by a former Navy SEAL, this podcast covers leadership, discipline, and mental toughness—skills essential for boot camp.]

*YouTube—Nate Talks To You*  
<https://www.youtube.com/user/NateTalksToYou> [Offers candid advice and insights on boot camp, military life, and what to expect from a veteran's perspective.]

*YouTube—Life Is A Special Operation*  
<https://www.youtube.com/user/specialopslife> [Covers physical and mental preparation for military life, with a focus on special operations training.]

*YouTube—Boot Camp-Making a Sailor*  
<https://www.youtube.com/watch?v=pDwLsrmDBF0>

*YouTube-All Hands Magazine*  
<https://www.youtube.com/@AllHandsMagazine>

*The 5 Shifts of Manhood*  
<https://open.spotify.com/show/2vJHmWhhcMQRXtTruuFWTJ>



