# Table 2-3 "What to Bring List" (Prior to Shipping to Basic Training)

Items Future Soldiers should wear or bring to the Military Entrance Processing Station (MEPS) on ship-day<sup>1</sup>

| ITEM   | MALE               | FEMALE         |
|--|--------------------|----------------|
| CLOTHING <sup>2</sup>  |                    | •              |
| Wear casual, comfortable clothing:   |                    |                |
| <ul> <li>Shirt or blouse (no obscene graphics)(no halter tops or cut-off T-shirts)</li> </ul>        | 1                  | 1              |
| <ul> <li>Slacks or Jeans (no shorts or cut-offs)</li> </ul>  | 1                  | 1              |
| <ul> <li>Complete underwear (You'll get a mini-physical on ship day, no thongs)</li> </ul>           | 1                  | 1              |
| <ul> <li>Pair of comfortable, casual shoes suitable for walking and extended standing and</li> </ul> | 1                  | 1              |
| socks (no high heels)  |                    |                |
| <ul> <li>Coat or Jacket (seasonal)</li> </ul>  | As needed          | As needed      |
| Bring change of underwear: (male- briefs) (female – briefs and bras-white, black or                  | 2                  | 2 Underwear    |
| neutral), or sports bras, no thongs –(Preferably sports bras)  |                    | 3 Bras         |
| Bring Feminine Sanitary Items  |                    | As needed      |
| MINIMUM PERSONAL HYGIENE ARTICLES: (All Travel Sized items)  |                    |                |
| Shampoo and conditioner (1 oz)   | As needed          | As needed      |
| Soap (1 bar soap or 1oz liquid soap)   | 1                  | 1              |
| Anti-perspirant / deodorant (non-aerosol only)   | 1                  | 1              |
| Toothbrush and toothpaste  | 1                  | 1              |
| Disposable/safety shaving razor (non-electric)   | 1                  | 1              |
| Shaving cream (non-aerosol)  | 1                  | As needed      |
| Comb, brush, hair accessories (black or matching hair color)   | As needed          | As needed      |
| Combination Lock   | 1                  | 1              |
| <b>EYEGLASSES</b> (if prescribed, no faddish/stylish eyewear w/ prescription if available)           |                    |                |
| ALL IMPORTANT PERSONAL DOCUMENTS (check with Recruiter) (IAW AFI 36-                                 | -3026) Including   | g:             |
| Childhood and adolescent immunization records, if available  |                    |                |
| Government-issued photo ID card  |                    |                |
| Marriage certificate, family birth certificates, and their SSN (if married or legally suppor         | ting)(original, co | ourt-certified |
| copies)  |                    |                |
| SSN Cards (or other Government ID with the SSN) (Copies are ok)                                      |                    |                |
| Required prescription medications (in original pharmacy container) and/or with a doctor              | 's prescription.   |                |
| FINANCE  |                    |                |
| Not to exceed \$50.00 in cash, Traveler's Checks, or Money Orders                                    |                    |                |
| Checkbook or cancelled check reflecting the account number and ABA routing number to                 | o establish direc  | t deposit bank |
| account for military pay   |                    |                |
| ATM card   |                    |                |

#### NOTES.

<sup>&</sup>lt;sup>1.</sup> All items must fit into the Army Future Soldier Bag or small airline approved "carry on" suitcase or gym bag

<sup>&</sup>lt;sup>2</sup> Soldiers traveling from overseas locations should add 1 change of clothing and underwear (same guidance as above; extra shoes and extra coat not needed)

### ITEMS TO BE PURCHASED AT THE RECBN POST EXCHANGE (PX)

| ITEM   | MALE      | FEMALE    |
|--|-----------|-----------|
| Toothbrush and toothpaste  | 1         | 1         |
| Bar soap or liquid shower soap   | 1         | 1         |
| Anti-perspirant/deodorant (non aerosol only)   | 1         | 1         |
| Shaving cream/gel  | 1         | 1         |
| Shaving razor (Disposable w/ cartridges)   | 1         | 1         |
| Wash cloth   | 1         | 1         |
| Thong Shower Shoes   | 1         | 1         |
| Running Shoes <sup>1,3</sup>   | 1         | 1         |
| Bra (white, black, or neutral) <sup>2,3</sup>  | N/A       | 1         |
| Sports Bra (white, black, or neutral) 2,3  | N/A       | 3         |
| Underwear/cotton briefs (white, black, or neutral)(no thongs)  | 3         | 6         |
| Socks (white, polyester athletic with no logos IAW AR 670-1)   | 6         | 6         |
| Laundry Detergent  | 1         | 1         |
| Shampoo  | As needed | As needed |
| Hairbrush or comb  | As needed | As needed |
| Feminine Hygiene Items   | N/A       | As needed |
| Optional Hygiene items (Local policy may or may not allow Soldiers to purchase additional hygiene items) | As needed | As needed |

## RECOMMENDED ADDITIONAL ITEMS PURCHASED AT RECBN PX

Note: Local policy may modify this list; however Soldiers are not required to "re-buy" items solely for local cosmetic preferences. Commanders will enforce the "NO RE-BUY" policy.

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|---|-----------|-----------|
| Foot powder/baby powder   | As needed | As needed |
| Eye Glass Band (glasses wearers only)                               | 1         | 1         |
| Dental floss  | 1         | 1         |
| 3+ liter camouflage hydration packs <sup>4</sup>                    | As needed | As needed |
| Wash Cloth  | 1         | 1         |
| Flashlight  | 1         | 1         |
| Batteries   | As Needed | As needed |
| Wrist watch   | 1         | 1         |
| Calling cards   | As needed | As needed |
| Stamps  | As needed | As needed |
| Writing pads or stationary material                                 | As needed | As needed |
| Men's Supporter (Athletic/Biker Shorts) or Spandex                  | 1         | 1         |

## **NOTES:**

- 1. Running shoes: Soldiers will purchase a new pair of Army-fitted running shoes at the Post Exchange (PX) while in the Reception Battalion. Reception Battalion Commanders can make case-by-case exceptions not to Re-Buy, if they can verify that Soldiers have brought running shoes that meet condition standards. Soldiers receive a cash allowance for the running shoe purchases.
- 2. Sports bras. Use regular bra size as a guide for purchasing sports bras. An effective sports bra will minimize vertical movement to a comfortable level. Females may purchase additional regular or sports bras if desired.
- 3. All the items listed in table 2-4 will be paid for by the Soldiers. Soldiers receive \$300.00 (males) or \$300.00 (females) on a Stored Value Card containing a pay advance.
- 4. Commanders can authorize Soldiers to purchase hydration packs IAW AR 670-1 to meet seasonal requirements. Commanders can standardize pack requirements within units. Insulated packs/drinking tubes, anti-bacterial treated 3+ liter bladders, and NBC mask interfaces are key features.

| EM                              | MALE | <b>FEMALE</b> |
|---------------------------------|------|---------------|
| Travel Soap dish                | 1    | 1             |
| Travel toothbrush holder        | 1    | 1             |
| Combination Locks               | 2    | 2             |
| Cotton swabs (80) pack          | 1pk  | 1pk           |
| Unscented moist wipes (30) pack | 1pk  | 1pk           |
| Nail clipper                    | 1    | 1             |
| Suede Boot and shoe care kit    | 1    | 1             |
| Neck ID card holder             | 1    | 1             |
| Toiletries bag                  | 1    | 1             |
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| OTES:                           |      |               |