

What To Wear and Bring List

ITEM	MALE	FEMALE
CLOTHING (Please see Note 2.)		
Wear casual, comfortable clothing: <ul style="list-style-type: none"> ● Shirt or blouse (no obscene graphics) (no halter tops or cut-off T-shirts) ● Slacks or jeans (no shorts or cut-offs) ● Complete underwear (You'll get a mini-physical on ship day, no thongs) ● Pair of comfortable, casual shoes suitable for walking and extended standing (no high heels) and socks ● Coat or jacket (seasonal) 	1 1 1 1 As needed	1 1 1 1 As needed
Bring change of underwear: (male – briefs, female – briefs and bras) white, black or neutral, no thongs	3	3
Pair of white, calf-length athletic socks (no logos or markings)	1	1
Bring feminine sanitary items		As needed
MINIMAL PERSONAL HYGIENE ARTICLES (All travel sized items)		
Shampoo and conditioner (1 oz)	As needed	As needed
Soap (1 bar soap or 1 oz liquid soap)	1	1
Antiperspirant/deodorant (non-aerosol only)	1	1
Toothbrush and toothpaste	1	1
Disposable/safety shaving razor (non-electric)	1	1
Shower shoes	1	1
One washcloth and towel	1	1
Shaving cream (non-aerosol)	1	As needed
Comb, brush, hair accessories (black or matching hair color)	As needed	As needed
EYEGASSES If prescribed, with prescription if available. No faddish/stylish eyewear.		
LOCK: Combination or padlock with two keys (additional lock will be purchased at the PX)		
ALL IMPORTANT PERSONAL DOCUMENTS INCLUDING (Check with an Army recruiter)		
Government-issued photo ID card / Social Security Card / Proof of Citizenship (if required)		
Marriage certificate, family birth certificates, and their SSN (if married or legally supporting)		
Childhood and adolescent immunization records if available		
Copies of lease documentation or rental contract (if required)		
Required prescription medications (in original pharmacy container) and/or a doctor's prescription		
FINANCE		
Not to exceed \$50.00 in cash, traveler's checks or money orders		
Checkbook and/or ATM card with access to direct deposit account for military pay		
NOTES		
1 All items must fit into the Army Future Soldier bag or small airline approved "carry on" suitcase or gym bag		
2 Soldiers traveling from overseas locations should add 1 change of clothing and underwear (same guidance as above, extra shoes and extra coat not needed)		