

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 without rips or torn (no shorts or cut-offs) ● Complete underwear (You'll get a mini-physical on ship day, no thongs) ● Pair of comfortable, shoes (preferred athletic running or cross training, suitable for walking and running) extended standing (no high heels) and socks <ul style="list-style-type: none"> ● 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 Black , calf-length athletic socks (no logos or markings)	1	1
Bring feminine sanitary items (1 week supply)		As needed
MINIMAL PERSONAL HYGIENE ARTICLES (See note 3, FAA/TSA compliant liquid/gel/cream/paste items must fit in one (1), one quart zip lock bag, each liquid/gel/cream/past can not exceed 3.4oz).		
Shampoo and conditioner (3.4 oz)	As needed	As needed
Soap (1 bar soap or 3.4 oz liquid soap)	1	1
Antiperspirant/deodorant (stick, non-aerosol only)	1	1
Toothbrush and toothpaste 3.4oz	1	1
Disposable/safety shaving razor (non-electric)	1	1
Shower shoes (all rubber open toed flip flops)	1	1
One washcloth and towel	1	1
Shaving cream 3.4oz (non-aerosol)	1	As needed
Comb, brush, hair accessories (black or matching hair color) Hair color must be natural, w/o color or dyes	As needed	As needed
EYEGLASSES 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 See note 4)		
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 with your name and/or a doctor's prescription. No suppliments or over the counter drugs.		
FINANCE		
Not to exceed \$100 in cash, traveler's checks or money orders		
Checkbook and/or ATM card with access to direct deposit account for military pay (must have active account accessed within the last 6 months)		
Trainee will receive a \$350 Smart card for purchases at the training base, this will be enough to purchase needed items you are not issued and replace items above.		
NOTES		
1. All items must fit into the Army Future Soldier bag or small airline approved "carry on" suitcase or gym bag. Mobile Phones are highly encouraged to communicate with family or contact travel assistance.		

2. Soldiers traveling from overseas locations or more than 2 days should add 1 change of clothing and underwear (same guidance as above, extra shoes and extra coat not needed)

3. Any item not conforming to TSA/FAA rules or containing any ingredients listing alcohol will be disguardred at Reception. **If not on this list it may be confiscated**

4. Personal Documents, make sure someone has access to these documents that you trust or have given power of attorney