

FEMALE PACKING LIST (All items must be packed in a green or black duffle bag with your name marked on the outside)

Clothing

- 6 Gray crew neck T-shirts (no wide shoulder or sleeveless undershirts)
- 2 Navy blue crew neck pullover sweatshirts (**No hood, logo, or zippers**) (**No pockets**)
- 2 Pair navy blue sweatpants (for sleep, elastic around the ankle) (**No pockets**)
- 2 Pair navy blue, knee length, athletic shorts (**No logo or pockets**)
- 2 Pair navy blue, black or white spandex shorts for exercise (**bicycle shorts**)
- 5 Athletic/sport bras (**white, grey or beige only**) Wide Strap
- 6 Pair black athletic crew sock (**no ankle socks**)
- 6 Pair white athletic crew sock (**no ankle socks**)
- 9 Pair of cotton underwear (**White, gray, black or beige only**) **NO THONGS**
- 1 piece swimsuit (mandatory)
- 2 piece swimsuit (optional)
- 1 Pair mostly **black** running shoes

Hygiene

- 1 Pair shower shoes (flip flops)
- 1 Beach towel
- 2 Brown bath towels
- 2 Brown wash cloths
- 1 Deodorant/anti-perspirant stick (**No aerosol cans**)
- 2 Soap bars or Body Wash **12 oz.**
- 1 Soap dish (**You must have if you bring bar soap**)
- 1 Toothbrush
- 1 Toothbrush holder
- 1 Tube of toothpaste
- 1 Package of dental floss
- 1 Bottle shampoo/conditioner **12 oz**
- 1 Fingernail clipper
- 2 Chap stick
- Sunscreen (**SPF 30 or higher**)
- 1 package razors (**disposable**)
- Hairbrush/Comb
- 1 Mouthwash **16 oz** (**Alcohol free only**)
- 2 small box of feminine hygiene products.
- Barrettes/ponytail holders/scrunchies/bobby pins to hold hair back (**Must match hair color**)

Miscellaneous

- 40 First Class postage stamps (minimum) and 25 Post Card stamps
- Envelopes / postcards
- Letter writing paper
- Shoe inserts (**Two pair optional**)
- 2 pairs of Odor Eaters inserts
- 1 Reusable shopping bag
- 2 Combination Locks
- 1 Black Sharpie
- 1 Sports watch (**Black plastic or Velcro band**)
- 1 Shoe shine kit (Brush, black polish, and rag)
- Address book with Mentor and Home address and phone numbers
- 12 Inch ruler
- Notebook Paper, 500 sheets, lined, 3 hole
- Pencils (24) #2: Pens (12) Black Ink
- 1 Hypoallergenic pillow
- 1 Pocket dictionary
- 1 Hypoallergenic pillowcase with zipper
- 1 Bag 100% cotton balls
- Knee/ankle/wrist & elbow braces (**optional**)
- Bible (**optional**)
- 1 pair prescription eyeglasses with written prescription. Contact lens wearers must also have eyeglasses. No sunglasses or colored lenses. Inexpensive frames recommended. **Designer or decorated frames not allowed.**

Medications

A 30 day supply of prescription medications is to be checked in at the Medical Station during in-processing. Have medications in a 1-gallon Ziploc bag marked with the cadet's name. Also turn in prescriptions during in-processing. Prescriptions must have doctor's name, address, and phone number. *Note: non-prescription medications will also be checked at the Medical Station (i.e. Athlete's foot cream). **Opened/unsealed containers are not allowed.**

- Tylenol/Ibuprophen
- Midol/Pamprin
- Zyrtec (Certirizine)
- Orajel
- Dental Wax (for those with braces)
- Cough Drops

*** Not allowed the first two weeks of Acclimation. After Acclimation, they are allowed at the discretion of the staff.*

Questions?
Call 904-682-3042
(Daytime Number)
or
904-449-5488
(after 1700 hours)

[Mark all clothing items on the inside with your name using a permanent marker]

All candidates will report to Admission Day dressed as follows:

- Navy Blue Sweatpants (This is 1 of the 2 sweatpants authorized)
- Gray T-shirt (No logo)
- Navy Blue crew neck sweatshirt (worn during inclement weather)
- 1 Pair mostly black running shoes