



Candidate Packing List (Male)

<p>CLOTHING ITEMS</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Plain Crew Neck T-Shirts, White (6 each) <i>(No V-neck or tank tops)</i> <input type="checkbox"/> Underwear, White, Black, or Gray (12 each) <i>(Boxer Briefs or Briefs Only)</i> <input type="checkbox"/> Crew Socks, Black (12 pairs) <i>(No Footies, No Designs)</i> 	<ul style="list-style-type: none"> <input type="checkbox"/> Running Shoes, White, Black or Gray ONLY (2 pair) <i>(No basketball shoes)</i> <input type="checkbox"/> Swimming trunks with pull string waist (1 each) <i>(No Gym Shorts)</i> <input type="checkbox"/> Civilian Wear- T-Shirt and jeans (2 sets) <i>(No holes, No inappropriate images or words)</i>
<p>TOILETRIES/ LAUNDRY ITEMS</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Toothpaste and Toothbrush (3-month) <input type="checkbox"/> Mouthwash (1 each) <i>(Non-alcoholic)</i> <input type="checkbox"/> Deodorant (2-month) <i>(Roll-on or Stick Only).</i> <input type="checkbox"/> Soap (pk) and Soap container holder (1) or Body Wash (3-month) <input type="checkbox"/> Hair care items <i>(shampoo and brush)</i> <input type="checkbox"/> Shower Shoes or rubber flip-flops (1 pair) 	<ul style="list-style-type: none"> <input type="checkbox"/> Disposable razors (2pk) and shaving cream or electric razor <i>(preferred)</i> <input type="checkbox"/> Towels, Brown Only (3 each) <i>(No beach towels, extra if needed)</i> <input type="checkbox"/> Wash Cloths, Brown Only (3 each) <i>(extra if needed)</i> <input type="checkbox"/> Unscented Body Lotion Only <input type="checkbox"/> Laundry Detergent <i>(10-12 Individual pods in a zip lock bag)</i>
<p>STRONGLY RECOMMENDED ITEMS</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Collapsible cloth or duffle type bag (1 each) <i>(Recommended for easier transport and storage)</i> <input type="checkbox"/> Letter writing stationary, envelopes, and Forever stamps <input type="checkbox"/> AM/FM Transistor Radio with wired ear buds/headphones and batteries 	
<p>MEDICAL ITEMS</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Prescription medications in original bottle. (90-day supply) <i>(MUST BE HAND CARRIED INTO THE BUILDING ON Reception Day/Intake. (DO NOT PACK IN TRAVEL BAG).</i> <input type="checkbox"/> Medical Insurance Information <i>(Copy of front and back of medical insurance card. For military dependents, include a copy of front and back of Sponsor's ID).</i> <input type="checkbox"/> Prescription glasses (1-2 pairs) <i>(No wild colored frames)</i> 	
<p>OPTIONAL ITEMS</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Fingernail Clippers <i>(No built-in nail file)</i> <input type="checkbox"/> Thermal Underwear, Black Only (1 set) <input type="checkbox"/> Chapstick (2 each) <input type="checkbox"/> Watch <i>(Inexpensive, white or black face, no bright colors)</i> 	
<p>DO NOT BRING</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Weapons of any kind to include pocketknives <input type="checkbox"/> Jewelry <i>(No necklaces, chains, rings, ankle piercing or earring studs)</i> <input type="checkbox"/> Food of any kind <i>(including Chewing gum or Candy)</i> <input type="checkbox"/> Electronic Devices <i>(Cell Phone, Camera or IPODS, Smart watches)</i> <input type="checkbox"/> Headbands/Do-rags 	<ul style="list-style-type: none"> <input type="checkbox"/> Pillows/Comforters/Sheets <input type="checkbox"/> Tobacco or tobacco type products <input type="checkbox"/> Vapes or any type of vape items <input type="checkbox"/> Aerosol cans <input type="checkbox"/> Alcohol or products containing alcohol <input type="checkbox"/> Non-prescription medications <i>(including vitamins and/or food supplements)</i>



Candidate Packing List (Female)

<p>CLOTHING ITEMS</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Plain Crew Neck T-Shirts, White (6 each) (No V-neck or tank tops) <input type="checkbox"/> Underwear, White, Black, or Gray (12 each) (Briefs and boxer briefs) (No bikini cut or thongs) <input type="checkbox"/> Sports Bras /Support Bras, (White, Black, Gray, Beige ONLY) (7 each) <input type="checkbox"/> Crew Socks, Black (12 pairs) (No Footies, No Designs) 	<ul style="list-style-type: none"> <input type="checkbox"/> Running Shoes, White, Black or Gray ONLY (2 pair) (No basketball shoes) <input type="checkbox"/> Swimsuit (1 each) (One-piece, modest cut, no bikinis) <input type="checkbox"/> Civilian Wear- T-Shirt and jeans (2 sets) (No holes, No inappropriate images or words) <input type="checkbox"/> NO HAIR EXTENTIONS OR BRAIDS
<p>TOILETRIES/ LAUNDRY ITEMS</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Toothpaste and Toothbrush (3-month) <input type="checkbox"/> Mouthwash (1 each) (Non-alcoholic) <input type="checkbox"/> Deodorant (2-month) (Roll-on or Stick Only). <input type="checkbox"/> Soap (pk) and Soap container holder (1) or Body Wash (3-month) (No Bath and Body Works) <input type="checkbox"/> Hair care items (shampoo, conditioner, hair spray in pump bottle, comb, and brush) <input type="checkbox"/> Electric shaver for women only (No Razors) 	<ul style="list-style-type: none"> <input type="checkbox"/> Shower Shoes or rubber flip-flops (1 pair) <input type="checkbox"/> Towels, Brown Only (3 each) (No beach towels, extra if needed) <input type="checkbox"/> Wash Cloths, Brown Only (3 each) (extra if needed) <input type="checkbox"/> Feminine Hygiene Products <input type="checkbox"/> Unscented Body Lotion Only <input type="checkbox"/> Laundry Detergent (10-12 Individual pods in a zip lock bag)
<p>RECOMMENDED ITEMS</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Collapsible cloth or duffle type bag (1 each) (Recommended for easier transport and storage) <input type="checkbox"/> Letter writing stationery, envelopes, and Forever stamps <input type="checkbox"/> AM/FM Transistor Radio with wired ear buds/headphones and batteries 	
<p>MEDICAL ITEMS</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Prescription medications in original bottle. (90-day supply) (MUST BE HAND CARRIED INTO THE BUILDING ON Reception Day/Intake. (DO NOT PACK IN TRAVEL BAG). <input type="checkbox"/> Medical Insurance Information (Copy of front and back of medical insurance card. For military dependents, include a copy of front and back of Sponsor's ID). <input type="checkbox"/> Prescription glasses (1-2 pairs) (No wild colored frames) 	
<p>OPTIONAL ITEMS</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Fingernail Clippers (No built-in nail file) <input type="checkbox"/> Thermal Underwear, Black Only (1 set) <input type="checkbox"/> Chapstick (2 each) <input type="checkbox"/> Watch (Inexpensive, white or black face, no bright colors) 	
<p>DO NOT BRING</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Weapons of any kind to include pocketknives <input type="checkbox"/> Jewelry (No necklaces, chains, rings, ankle piercing or earring studs) <input type="checkbox"/> Food of any kind (including Chewing gum or Candy) <input type="checkbox"/> Electronic Devices (Cell Phone, Camera or IPODS, Smart watches) <input type="checkbox"/> Headbands/Do-rags 	<ul style="list-style-type: none"> <input type="checkbox"/> Pillows/Comforters/Sheets <input type="checkbox"/> Tobacco or tobacco type products <input type="checkbox"/> Vapes or any type of vape items <input type="checkbox"/> Aerosol cans <input type="checkbox"/> Alcohol or products containing alcohol <input type="checkbox"/> Non-prescription medications (including vitamins and/or food supplements)