

A&S Gear List

Required gear

- 1 Government Credit card (Active)
- 1 copy of this gear list
- 1 set of orders
- 1 Most recent Master Brief Sheet (**Sgt's and Above only**)
- All observed FITREPs including all: FITREPs where RS observed but RO did not should also be provided.
- (Sgt's and Above only)**
- 1 Copy of CYBERM0000 certificate (**must be completed within current FY of selection attendance**).
- 2 EA neck gators or supply issued PPE Masks
- 1EA military ID card with PIV credentials enabled and wallet (\$100.00 cash for taxi fare from airport)
- 1 EA set ID dog tags on a chain (ID tags placed in boots, not accepted)
- 1 EA wristwatch (No compass, altimeter or GPS functions allowed)
- 2 PR boots must be in accordance with MCO P1020.34H, CH3 footwear paragraph 3012.2, CH-5 A & B. (i.e. A Marine Corps emblem heat-embossed on the outer ankle identifies MCCBs that are authorized for wear).
- 4 PR MARPAT top and bottom (Green digital)
- 2 EA eight-point cover (green digital)
- 2 EA belts
- 5 EA green PT shorts
- 8 EA green T- shirts (Shirts will be sterile, no unit or school logos)
- 5 EA Sports Bra (Female)
- 8 PR boot socks
- 6 PR cotton PT socks
- 1 EA USMC sweat top and bottom (Green, not Track Suit)
- 1 PR running shoes
- 1 PR shower shoes
- 2 PR boot bands
- 1 EA personal hygiene kit will include: (minimum required amounts)
 - 1 EA hygiene bag / case
 - 1 EA toothbrush
 - 1 EA toothpaste
 - 1 EA shaving cream
 - 1 EA shampoo bottle
 - 1 EA deodorant
 - 2 EA razors
 - 2 EA bars of soap
 - 1 EA soap container
 - 1 EA dental floss (String is required to sew on roster number, may have picks for personal use)
 - 1 EA sewing kit
 - 1 Box Feminine hygiene products (Female)
- 1 EA foot care kit will include: (minimum required amounts)
 - 1 EA foot care bag / case
 - 1 EA foot powder
 - 1 EA toenail clipper
- 2 EA towels (OD green or white)
- 2 EA wash cloths (OD green or white)
- 1 EA laundry bag
- 1 EA small head mounted lamp w/ extra batteries (must have red and white lens)
- 3 EA pens (No map pens)
- 3 EA pencils (#2)
- 1 EA laundry detergent / small powder or PODs (No Liquids)
- 1 EA thick permanent marker / Sharpie (black)

1 EA scissors
1 EA beanie (USMC issued coyote brown)
1 EA Gortex top and bottom
1 EA USMC issued fleece or issued equivalent
1 PR Black leather gloves or equivalent w/ wool liners or issued O.R. liners (Mechanix Gloves are authorized)
1 EA sleeping system (Min required items: 3 season bag, (brown or green), compression bag and bivy sack)
1 EA waterproof bag
1 EA Camelbak w/extra hose and bladder
2 EA USMC issued thermal top and bottom
1 EA USMC issued E-tool w/ carrier
1 EA IFAK (Individual First Aid Kit- IIF issued only)
1 EA poncho/ tarp
1 EA poncho liner
2 PR eye protective glasses (clear only)
2 PR (minimum) prescription glasses (no contacts authorized)
1 EA sea bag or kit bag (**EMPTY**)
1 EA personal bag with 1 set of civilian attire (Minimum)
1 EA Glow Belt (yellow – waist fitted)
Prescribed medication(s)

Optional Gear Authorized

6 PR of additional boot socks (**Highly Recommended**)
Swim goggles
Max 2 EA straw / hose for 2 Quart canteen
1 EA Extra small head mounted lamp w/ extra batteries (must have red and white lens)
1 PR Black leather gloves or equivalent w/ wool liners or issued O.R. liners (Mechanix Gloves are authorized)
1 EA Beanie (Or Beanie equivalent - coyote brown)
1 EA multi tool or pocketknife (blade will not exceed 3 in)
Batteries (no maximum)
1 Additional PR boots must be in accordance with MCO P1020.34H (for swimming) (**Highly Recommended**)
1 Additional PR running shoes
Lacrosse Ball
Issued KT tape
Baby wipes (no maximum)
Boot insoles and laces (no maximum)
Lip balm (no maximum)
Safety pins (no maximum)
Gallon Zip-lock bags (no maximum)
Vaseline/ Body Glide (no maximum)
Skin lotion (no maximum)
Sunscreen (no maximum)
Cotton swabs (no maximum)
Feminine Hygiene products (candidate preference)
1 EA roll of Rigger's tape (*100 mph duct tape*)
Max 8 PR sock liners
Max 5 PR underwear
Max 3 PR extra bras (Female)
Max 3 EA insect repellent
Max 3 EA books (SOF reading books recommended)
Max 2 EA pace cord / Ranger Beads
Max 2 Packages of hair-ties
1 EA map case
1 EA lighter
1 EA Electric Razor
1 EA Hairbrush

1 EA bottle of hair conditioner

Carry-on luggage (recommended): Shaving kit, utilities, boots, socks, cover, gym shoes, green on green PT gear, glow belt In the event luggage does not arrive by official check-in day these items will allow a candidate the ability to conduct initial PT events.