

20 June 2016

# 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)
- 1 EA medical / dental record
- 1 EA military ID card and wallet (\$100.00 cash for taxi fare from airport)
- 1 EA set ID dog tags
- 1 EA wrist watch (cannot have compass, altimeter or GPS function)
- 2 PR boots must be in accordance with MCO P1020.34G, 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).
- 3 PR utilities top and bottom (green digital)
- 2 EA eight point cover (green digital)
- 2 EA belt
- 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
- 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 tooth paste
  - 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
  - 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 toe nail clipper
  - 1 EA Mole Skin- No Liquid
- 1 EA sewing kit
- 2 EA towels
- 2 EA wash cloths
- 1 EA laundry bag
- 1 EA flash light or small head mounted lamp w/ extra batteries (must have red and white lens minimum)
- 3 EA pens (No map pens)
- 3 EA pencils
- 1 EA laundry detergent / small powder or PODs (No Liquids)
- 1 EA permanent marker / Sharpie (black)
- 1 EA scissors

- 1 EA beanie (USMC issued black or coyote brown)
- 1 EA Gortex top and bottom
- 1 EA USMC issued fleece or issued equivalent
- 1 PR black leather gloves w/ wool liners or issued O.R. liners
- 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) **OR**
- 2 PR 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 (Green)

### Optional gear, amounts are max allowed:

- Swim goggles
- Prescribed medications
- Issued KT tape
- Baby wipes (no maximum)
- Boot insoles and laces (no maximum)
- Curlex (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)
- Sun screen (no maximum)
- Cotton swabs (no maximum)
- Batteries (no maximum)
- Feminine Hygiene products (candidate preference, no maximum)
- 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
- Max 3 EA cravats
- Max 2 EA pace cord / Ranger Beads
- Max 2 EA (2) Qt. straw / hose
- Max 2 Packages of hair-ties
- 1 PR Black leather gloves w/ wool liners or issued or liners
- 1 EA lighter
- 1 EA map case
- 1 EA multi tool or pocket knife (blade will not exceed 3 in)
- 1 EA package zip ties
- 1 EA Electric Razor
- 1 EA Lacrosse Ball
- 1 EA Hairbrush
- 1 EA Bottle of hair conditioner
- 1 EA Tweezers