23 Jan 2025 **A&S Gear List**

**Required gear**

1 Government Credit card (Active)

1 copy of this gear list

1 set of orders

1 CYBERM0000 certificate Digital Copy (**PDF Format**) (**Must be completed within current FY of selection attendance**).

1 IMT-12 Form Digital Copy (**PDF Format**) (**Must be digitally signed by the individual**)

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)**

2 EA neck gators

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
3. 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

1. 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) (no plugin/rechargeable headlamps)

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 (Main Pack Liner)

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 (Green)

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)

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| 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 / Small-Medium waterproof 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*)

550 Cord

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