

2 June 2026

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 FITREPs. (**Sgt's and above only, should be emailed IAW instructions before arrival**)
- 1 EA USMC issued FILBE Rucksack with internal frame **Issued generation 2 ruck frame highly recommended for durability.**
- 1 EA FILBE day pack**
- 1 EA 12 to 16 oz Nalgene type bottle (clear)
- 2 EA neck gators
- 1EA military ID card with PIV credentials enabled and wallet (\$100.00 cash for taxi fare from airport. **Wallet should only contain essential travel items i.e.: ID, CAC, Debit Card, 1 Credit Card etc. No SIPR tokens.**)
- 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)

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- 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)

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Optional Gear Authorized

6 PR of additional boot socks (**Highly Recommended**)

1 EA (additional) 12 to 16 oz Nalgene type bottle (clear)

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 Extra 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 / **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