

US ARMY CADET COMMAND CADET WELCOME PACKET



ADVANCED CAMP

2026

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USACC, G3, CST Planning Branch.



DEPARTMENT OF THE ARMY
UNITED STATES ARMY ROTC CADET SUMMER TRAINING DETACHMENT
1ST CAVALRY REGIMENT ROAD
FORT KNOX, KENTUCKY 40121-5123

ATCC-ST

06 March 2026

MEMORANDUM FOR Cadet (Future American Soldier and Leader)

SUBJECT: Advanced Camp Cadet Welcome Letter

1. As the Cadet Summer Training Commandant, I would like to welcome you to Advanced Camp at Fort Knox, Kentucky. This summer will prepare you to meet the challenges ahead in your military career and reinforce your commitment to America and the United States Army. I am honored to witness this critical phase of your journey as you transition towards becoming one of our Army's future leaders.
2. Cadet Summer Training is one of the final steps in your preparation and training to commission as a Second Lieutenant. It is a chance to hone your leadership style and sharpen your Soldier skills. The training, leadership, and proficiencies you will gain here will help set the foundation for your future profession as Army officer. You are the future of our Army and soon will lead our Soldiers wherever we are called to fight.
3. Over the course of Advanced Camp, you will be evaluated on your physical fitness, character, teamwork, and resilience. You must demonstrate the Army Leadership Attributes and Competencies (ADP 6-22) through deliberate training and evaluations based on core Soldier skills. The final Field Training Exercise is a culminating event designed to challenge you while you perform tactical operations in a complex field environment.
4. During training you will be pushed beyond your comfort zone and will be deliberately challenged, both physically and mentally. It is important to remember you are not going through this alone; you will be part of a team and will have world class cadre to assist. You have received training and education from some of the best institutions and are wholly prepared for success. I expect nothing short of excellence from each of you.
5. I know each one of you possesses the skills and determination to meet these challenges and I look forward to training alongside you this summer.

WATSON.SHERM
AN.C.1109739690

Digitally signed by
WATSON.SHERMAN.C.1109739
690
Date: 2026.03.09 09:07:14 -0400

SHERMAN C. WATSON
COL, FA
Commandant

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Section 1- AC Training Strip

The CST training strip is broken down into four phases: reception, staging, onward movement; integration (RSO&I); deployment; and recovery & goal setting. Upon arrival at Fort Knox, Cadets will in-process, conduct a Physical Assessment Test, and receive their initial counseling. The next focus is on individual training, such as weapon qualifications, land navigation, and preparing for collective tasks in field conditions. At the conclusion of the field training exercise, Cadets will complete a 12-mile foot march into the Garrison. During recovery, Cadets will focus on maintenance of equipment and receive their final counseling before graduation.

-1	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Travel	Travel R&I	SRP Brief & Physicals	AFT	HT/WT	Fire Drill	PMI	EST	Group & Zero	Confirm & Appl Hold-off	6 Mile FM	CONF/ RAPPEL	LN PE 1	LN PE 2	MED	Warrior Skills
			OE/ Standards Brief	Weapons Draw/ Weapons IMM	Urinalysis					BMS					
			Written Land NAV	Physical Make-Up	Reception	HGAC			DECON						
			CG In-Brief		CIF Issue					Qual					
		ACER/Initial Counseling													
Disney	Disney	1 Mile/ BLDG 5813/ Olive	BLDG 2020	Disney/ CIF	Disney	TA 14	TA 14	1 Mile Track	BLDG 2359	Canby Hill / Hanibo	George Blair	Christensen/ Steeles	CONF/ RAPPEL	Richardson/ Eagles Nest	Heard Park

15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Reset	CTO Class / Cadre Lead Patrol	Cadre Assist	8-mile TAC TRANS	EVAL	EVAL	EVAL	EVAL	EVAL	EVAL	EVAL	EVAL	12-Mile RP	Access Brief	CIF	PLT Photo	GRAD RXL	
			Bay Planning and RXL										COMPO Brief				Blood Drive
Deploy to TA12				Peer II									Weapon MAINT/ TDR	Weapon MAINT	Branch Orientation	WPN TII	Family Day
			AO Cleanup											IG Survey	IMMUNIZATIONS	ANAM	
			Weapon MAINT											OCIE MAINT	OCIE MAINT	Survey	
														Developmental Out Brief		GRAD	

Figure 1- AC Training Strips

Section 2- Typical Training Day

A typical garrison and field training day at CST consists of the following:

Garrison Training

Time	Activity Description
0500-0530	Wake up, get dressed, and make bed
0530-0700	Physical Readiness Training (PRT)
0700-0800	Personal hygiene, clean living area, and breakfast
0800-0900	Move to training by foot or bus
0900-1230	Training
1230-1330	Lunch (movement is integrated into this time as well)
1330-1730	Training
1730-1900	Dinner
1900-2000	Reinforcement Time. Cadets reflect on the day's events and receive leadership counseling
2000-2100	Cadet Leader's time
2100-2200	Personal hygiene. Cadets generally use this time for barracks maintenance, uniform preparation, and academic study for the next day's training
2200	Lights out

Field Training

Time	Activity Description
0500-0530	Wake up and get dressed
0530-0630	Personal hygiene, clean living area, and breakfast
0630-0700	Move to training by foot or Light Medium Tactical Vehicle (LMTV)
0700-1230	Training small unit tactics
1230-1300	Lunch (movement is integrated into this time as well)
1300-1700	Training small unit tactics
1700-1800	Move to company area by foot or LMTV
1800-1900	Dinner
1900-2000	Reinforcement Time. Cadets reflect on the day's events and receive leadership counseling
2000-2100	Cadet Leader's time
2100-2200	Personal hygiene. Cadets generally use this time for barracks maintenance, uniform preparation and academic study for the next day's training
2200	Lights out

Figure 2- AC Training Day

Cadets will be counseled by their chain of command at least three times on their camp performance, leadership assessments, and Advanced Camp Evaluation Report (ACER). If there are discrepancies with the ACER, the Cadet must address them with the chain of command PRIOR to leaving CST. ACERs will not be changed after a Cadet departs Advanced Camp. There are many ways to address your chain of command with any concerns to include use of the open-door policy at the regimental, task force, and Commandant level.

Section 3- Graduation Requirements and Performance Evaluation

GRADUATION REQUIRMENTS: See Below Policy memo #9 for all requirements.

Section 4- Training Events Overview

Dry Fire Drills

Task: Conduct basic rifle marksmanship drills

Conditions: Given your assigned M4 in a training environment; learn and enforce the basic foundational skills of basic rifle marksmanship; and become proficient prior to moving on to a live fire scenario.

Standards: Be able to apply the skills learned in the drill fire manual and safety and successfully maintain and fire your assigned M4.

Basic Rifleman Marksmanship (BRM)

Task: Maintain and qualify with an M4-Series Carbine.

Condition: Cadets will participate in the BRM Model as prescribed in TC 3-20.40.

- Table I: Preliminary Marksmanship Instruction (PMI): Covers fundamental skills (steady position, breathing, trigger squeeze).
- Table II: Simulation: Uses systems like the Engagement Skills Trainer (EST) for pre-qualification, requiring 30/40 hits on simulated targets.
- Table III: Drills: Focuses on weapon handling, reloads, and position changes (typically 10 rounds per magazine).
- Table IV-V: Practice: Live-fire practice, including moving from prone to barricade-supported positions.
- Table VI: Qualification: The record fire course. It requires engaging 40 targets from 50 to 300 meters from various positions (prone unsupported/supported, kneeling supported, standing supported).

Standard: Clear, disassemble, clean, inspect, lubricate, assemble, and perform a function check on the M4. Maintain the magazine and ammunition and 23 out of 40 hits required to qualify.

Battle March & Shoot/Stress Shoot

Task: Conduct individual Basic Rifle Marksmanship while stressed.

Conditions: In a training environment, given your assigned weapon; learn the fundamentals of marksmanship while stressed.

Standards: Be able to successfully overcome the stress and complete objective engaging and hitting targets.

Hand Grenades

Task: Employ Hand Grenades

Conditions: During daylight, given fragmentation grenades (M67) with time-delay fuses.

Standards: Select the appropriate throwing position, grip the hand grenade, prepare the grenade, and throw the hand grenade so it is within the effective range of the target.

Land Navigation

Task: Conduct Land Navigation

Condition: In a field environment, given a certified Land Navigation course, map, compass, and

graphic control measures, complete the course in the allotted time.

Standard: The Cadet, acting as a PL, must plan, prepare, and execute Land Navigation operations in a scenario-based environment. Receive a GO by navigating from one point to another and meeting all requirements.

First Aid

Task: Conduct First Aid

Condition: Given the proper supplies/equipment and a casualty with specified wound/injury during a given scenario while on a training mission.

Standard: Evaluate casualty; perform proper first aid for designated injury. Perform all steps IAW instructor's material.

Communication

Task: Operate a Single Channel Ground and Airborne Radio System (SINCGARS)

Conditions: Given a requirement to contact a distant radio station, an operational SINCGARS, antenna, distant station, Signal Operations Instructions (SOI), and required references in an operational environment.

Standards: Prepare SINCGARS in Single Channel (SC); establish communication with a distant station by successfully conducting a secure communication check according to required frequency.

Chemical, Biological, Radiological, and Nuclear (CBRN)

Task: Protect yourself from Chemical and Biological (CB) contamination using your assigned protective mask.

Condition: You are given your assigned protective mask, hood, carrier, a canteen with an M1 canteen cap or water canteen cap, and M8 detector paper. You find yourself in one of the following situations: 1) you hear or see a CB agent and/or unknown toxic industrial chemical attack/spill, 2) you realize, through other means, that you are under a CB agent and/or toxic industrial chemical attack, 3) you are ordered to mask, 4) you must enter a contaminated area, and 5) after having donned your protective mask, you need to drink from their canteen.

Standard: Cadets will be evaluated on their ability to protect themselves from CB agents and/or unknown toxic industrial chemical contamination by donning, clearing, and checking your assigned protective mask within 9 seconds without becoming contaminated. Drink water through your protective mask from their canteen without becoming a casualty.

Call for Fire

Task: Call for indirect fire

Condition: You are a senior leader in a platoon in a non-CBRNE environment. Your unit has come under fire and is requesting fire support.

Standard: Transmit a call for fire, utilizing a grid mission transmitting and Adjusting the Call for fire will be performed in sequence, using the proper radiotelephone pronunciation and procedures, with 100% accuracy

Machine Guns

Task: Maintain an M249 or M240B.

Condition: You have just returned from a mission with your loaded M249 or M240B and have

been directed to conduct maintenance on your weapon. You have a small-arms case or a maintenance equipment case.

Standard: Clear, disassemble, clean, inspect, lubricate, assemble, and perform a function check on the M249 or M240B.

Range Card

Task: Prepare a range card for your position.

Conditions: During daylight, in a defensive fighting position, given an assigned primary sector of fire with recognizable targets; a secondary sector of fire with recognizable targets; blank standard range cards DA Form 5517-R; a pencil; a lensatic compass; and a map of your assigned sector of fire.

Standards: Prepare a range card for your position. Sketch in the terrain located in your assigned sector of fire. Locate and sketch in magnetic north. Use the appropriate symbol. Sketch in sector limits, the gun symbol, and dead space. In the DATA section write in the weapon, the unit, and other required data. Sketch in terrain features that offer likely targets and number them in priority.

Order and Formations of Movement

Task: Conduct individual, team, squad level movements.

Conditions: In a training environment, given your assigned weapon and a team or squad sized element; maneuver through different types of terrain; react to contact in different situations; engage the enemy; and learn the fundamentals of different types of maneuver formations.

Standards: Be able to successfully maneuver through different types of terrain and to react to enemy fire while maintaining the correct formation to overcome the objective.

Section 5- Administrative Guidance

Cell Phones. Cadets will secure their personal cell phones throughout camp. However, Cadet cell phone usage times will be directed by CST cadre.

Medications. All medications must be in their original labeled container (Over the Counter [OTC] or prescription-to include birth control pills) along with most recent clinical note prescribing the medication. Medical cadre members may, at their discretion, examine the contents of any open bottle of medication to ensure the pills are all the same and consistent with the labeled contents.

1. Category III and IV controlled substances will be reviewed by medical cadre.
2. OTC medications for pain or allergies will remain with Cadets for ongoing use as intended and approved by the Food and Drug Administration (FDA). Cadets should be aware of the potential for the medication to mask symptoms of disease or injury. If the Cadet is taking the maximum daily recommended dose, the Cadet should be evaluated by a provider at the Cadet medical clinic. The major side effects of some OTC allergy medications are drowsiness and dehydration, both of which are dangerous in a field/training environment. Cadets concerned about allergies in the field environment should discuss this with the physician during their medical examination at CST.
3. Metabolic enhancers, stimulants, and creatine supplements of ANY kind are PROHIBITED and will be stored for the duration of CST. You may bring healthy, non-perishable, and pre-packaged snacks like protein bars with you to Fort Knox. There will also be time and facilities available for local purchase.
4. All medications must be declared on DA Form 2807-1. Prescription medications will remain in the Cadet's control at all times.
5. Sharing of prescription drugs between individuals is illegal by both state and federal law. Cadets participating in giving or receiving prescription medications will be disciplined in accordance with the Uniform Code of Military Justice (UCMJ).
6. There is no list of recommended OTC drugs. Cadets should bring any OTC drugs they are currently taking with a min of 30 day supply.

Note: *A complete list of prohibited medications will be published in the CST Base Order as part of the medical appendices in Annex F.*

Personal belongings (i.e. rings necklaces) will be secured by cadre to safeguard and protect Cadet's property.

Prohibited Items. Cadre will confiscate the following:

1. **Weapons or ammunition of ANY type.** No knives with blades longer than three (3) inches. Disposition of confiscated weapons and/or ammunition will be determined by the

appropriate authorities.

2. Pornography will be destroyed.

3. Controlled substances (unprescribed), tobacco, or alcoholic beverages of any type.

4. Tanker Boots, zipper boots and all cold weather boots will be confiscated and stored until completion of CST.

5. Large amounts of cash (in excess of \$500) will be safeguarded by cadre and will be returned upon completion of camp. Cadets will receive a hand receipt from cadre documenting the transaction.

Contact lenses are prohibited during all phases of Advanced Camp. Cadets are required to wear prescription glasses in lieu of contact lenses at Advanced Camp. *It is recommended Cadets bring two pairs of prescription eyewear in the event one pair is damaged during training.*

Postal Services. Cadets should bring an initial supply of stamps, writing paper, and envelopes to CST. Mailboxes for outgoing mail are located throughout the CST footprint. All outgoing mail should include the CST address and the return address.

To send mail to Advanced Camp Cadets, use the following address format:

**CADET LAST NAME, FIRST NAME MI HQ,
USACC, AC
XX REGT, XX COMPANY, XX PLATOON (specify)
24 RHINELAND STREET
FORT KNOX KY 40121-5117**

All mail received before 6 May or after 14 August will be returned to sender. To expedite delivery, packages sent to CST should NOT require signature, whenever possible.

Pay and Subsistence.

1. Direct Deposit/Electronic Fund Transfer (EFT). **All Cadets attending CST must have either a checking or savings account established prior to CST.** Direct Deposit/EFT is mandatory for all CST attendees

2. Cadets in current pay status will be paid on the 1st and 15th of the month by EFT. Cadet pay will be deposited directly into the same account as the monthly stipend checks are deposited.

3. Family Separation. Green to Gold Active Duty (GTG-AD) Cadets who have dependents living with them are authorized Family Separation Allowance only if they successfully complete a minimum of 30 continuous days at AC. Once GTG-AD Cadets have returned to their home station, they will file a travel voucher through their ROTC Detachment. Upon payment of the travel voucher and receipt of the settlement voucher/notification, GTG- AD Cadets will submit DD Form 1561 with a copy of the settlement voucher/notification to the Fort Jackson Student

Detachment which will process the pay adjustment. Expect this process to take 1-3 months.

4. All Cadets should **ensure** funds have been deposited rather than **assuming** funds have been deposited into their applicable accounts.

5. During AC, Cadet Pay questions should be addressed through the Regimental HRA to the CST Pay Team for resolution. Following AC, Cadet Pay questions should be addressed to the Detachment HRA or the Liaison at the CTLT, Nurse Summer Training Program (NSTP), and/or respective location.

6. Green To Gold (GTG)-Active Duty (AD) Option Cadets:

a. GTG-AD Cadets will earn their regular pay and entitlements during AC and follow-on-training (FOT).

b. Base Allowance for Subsistence (BAS). GTG-AD Cadets will have government provided meals deducted from their BAS while attending AC and FOT. The BAS deduction must be submitted by the Cadet/ROTC detachment following completion of AC to USACC HHD, which will process the pay adjustment. Expect this process to take from 1- 2 months. USACC HHD POC for actions is Mr. Eric Wells at (502) 624-5532 and eric.a.wells4.civ@army.mil.

Cadet Travel code. Smart casual attire is encouraged, which includes slacks, a collared shirt (school polo if available), and appropriate footwear. Clothing with offensive graphics, slogans, and or overly casual items like shorts and flip-flops are strongly discouraged.

Common Phone numbers and Websites

American Red Cross: 1-800-733-2767

CST Operations Center: 502-624-ROTC (secondary means of emergency contact)

502-624-ROTC—CST Operations Center

www.knox.army.mil/

www.flickr.com/photos/136737541@N05/


<https://twitter.com/armyrotc> www.facebook.com/cadetcommand

In Case of emergency, your family may initiate a Red Cross message by calling the following number and providing the required information.

1-800-733-2767



Cadets must report with all documentation out on the personnel records checklist. Refer to Fig. 6 – Personnel Records Checklist

 American Red Cross SERVICE TO THE ARMED FORCES	To contact your service member regarding an emergency, call 1-877-272-7337. Be ready to give the following information. (Keep in a safe place.)		
	Full Legal Name _____		
	Social Security # (last 4 digits) _____	Date of Birth _____	
	Branch _____	Rank _____	Duty Status _____
	Complete Military Unit Address _____		

	Service Member's Telephone/Cell/Military (duty) #s _____		
	Local Red Cross Phone # _____		

It is your responsibility to coordinate with your HRA to ensure that you report with the appropriate documents.

CST CADET PERSONNEL RECORDS CHECKLIST


CADET NAME (LAST, FIRST, MIDDLE NAME, NAME EXTENSION):			HOST SCHOOL:
The following documents must be hand-carried to CST by <u>ALL</u> Cadets, unless directed otherwise. Any incomplete or incorrect packets will cause delay at in-processing and may negatively impact the Cadet's ability to start training.			
INITIAL	QTY	DOCUMENT	REMARKS
	2	DAMPS Active Duty for Training orders (for all training)	
	1	DD Form 2983, Recruit/Trainee Prohibited Activities Acknowledgement	Must be signed within one calendar year of CST graduation date
	1	Follow-On Training documents (copy of orders and travel itinerary etc.), as applicable	Type: Location:
	1	Travel Itinerary and 1610, including all legs of travel	Do not schedule flights for prior to 1500 EST on graduation day.
	1	Valid Common Access Card (CAC) with known PIN (ALL Contracted Cadets)	A new CAC is required if expiration date is within 60-days of CST report date. Fort Knox does not waive the DoD proof of identification requirements for replacement CAC while in training. Ensure Cadets travel with 2 forms of valid identification
	1	Valid government-issued photo ID (non-contracted Cadets)	
	1 set	Identification Tags	All Contracted Cadets
	1	DD Form 93	Must be signed within one year and a copy uploaded into iPERMS, prior to reporting to CST
	1	SGLV Form 8286 (Servicemembers' Group Life Insurance Election and Certificate)	Signed form must be uploaded into iPERMS prior to reporting to CST
	1	Fort Knox pre-vetting Access QR Code	 <p>Physical Security uses QR Code for family members. It will be posted on the USACC Web page and FB Pages. There will also be about 4 large posters with the Bar Code at the visitor center on Family Day & Graduation Day.</p>
	1	Verify all bank and accounting information in CCIMM	Student/Cadet Information/Pay Tab
	Optional	Early Release Request (if applicable)	Requests for Cadet Early Release will be approved by CST TF Commander
HRA NAME, PHONE NUMBER AND EMAIL ADDRESS:			

Figure 3- Cadet Personnel Records Checklist



Airport Reception Operations



Upon arrival, Cadets should collect bags and report to CST reception tables located at Baggage Carousel E. Personnel will assist with late baggage claims, account for Cadets and prepare Cadets and baggage for transport to Fort Knox. Cadets requiring additional assistance should report to the Fort Knox Reception Center, ticketing level.



Section 6- Packing List

(BEFORE PACKING, CHECK WITH YOUR CADRE FOR ANY CHANGES AND TO ENSURE YOU ARE USING THE CORRECT LIST). Note: CADETS ARE REQUIRED TO BRING 2 SETS OF EYEGLASSES. THE USE OF CONTACTS AT ADVANCED CAMP IS PROHIBITED DURING ALL PHASES.

CADET SUMMER TRAINING 2026 AND BEYOND NON-CONTRACTED CADET PACKING LIST				
Last Name, First Name, MI			DOD ID	
Program Name			Inspection Date	
Clothing Bag items Authorized for Issue at Program Level and should be brought to CST (Camouflage Patterns are OCP Only)				
Nomenclature	Size	Authorized QTY	Required QTY for Camp	OH QTY
Cap, Patrol, Army Combat Uniform OCP		1	1	
Coat, ACU OCP (Permethrine)		2	2	
Patch, US Flag	N/A	1	1	
Tape, US Army, OCP Velcro	N/A	2	2	
Nametape, OCP Velcro	N/A	2	2	
Patch, Unit, Cadet Command (Subdued)	N/A	1	1	
Trousers, ACU OCP (Permethrine)		2	2	
Belt, Rigger's, Coyote		1	1	
T-Shirt, Moisture-Wicking, Coyote		2	2	
Socks, Boot, Black or Green		2	2	
Boots, Combat, Hot Weather or Boots, Combat Temperate		1	1	
Gloves, Light Duty Utility, (LDUG) Must have for Rappel Tower		1	1	
T-Shirt, APFU, Short Sleeve		1	1	
Trunks, APFU		1	1	
Clothing Bag items authorized for Issue at FKKY if not filled at Program (Camouflage Patterns are OCP Only)				
Nomenclature	Size	Authorized QTY	Required QTY for Camp	OH QTY
Cap, Patrol, Army Combat Uniform OCP		2	2	
Coat, ACU OCP (Permethrine) Must be turned-in prior to departure of CST		4	4	
Patch, US Flag Must be turned-in prior to departure of CST	N/A	2	2	
Tape, US Army, OCP Velcro Must be turned-in prior to departure of CST	N/A	2	2	
Nametape, OCP Velcro	N/A	2	2	
Patch, Unit, Cadet Command (Subdued) Must be turned-in prior to departure of CST	N/A	2	2	
Trousers, ACU OCP (Permethrine) Must be turned-in prior to departure of CST		4	4	
Belt, Rigger's, Coyote		1	1	
T-Shirt, Moisture-Wicking, Coyote		7	7	
Socks, Boot, Black or Green		7	7	
Boots, Combat, Hot Weather or Boots, Combat Temperate		7	2	
Gloves, Light Duty Utility, (LDUG)		1	1	
T-Shirt, APFU, Short Sleeve		2	2	
Trunks, APFU		2	2	
OCIE items issued at Program Level or FKKY All items below must be turned-in to CIF prior to departure.(Camouflage patterns can be mixed (UCP with OCP)				
Nomenclature	Size	Authorized QTY	Required QTY for Camp	OH QTY
BAG BARRACK CT OG 107	N/A	1	1	
BAG DUFFEL: NYLON DUC	N/A	2	2	
BAG CLOTHING WATERPROOF	N/A	1	1	
CANTEEN, 1QT PLASTIC w/M1 CAP	N/A	2	2	
KNEE & ELBOW PAD SET UNIVERSAL	N/A	1	1	
JACKET, EXTREME COLD WEATHER/WET WEATHER		1	1	
TROUSERS, EXTREME COLD WEATHER/WET WEATHER		1	1	
CUP, WATER CANTEEN WIREHANDLE	N/A	1	1	
SPECTACLES, INDUSTRIAL (ESS CROSSBOW) COMPLETE (Must be APPL Approved)	N/A	1	1	
MAT SLEEPING (SGI) 20X72	N/A	1	1	
COVER, ADVANCED COMBAT HELMET		1	1	
HELMET, ADVANCED COMBAT or Helmet, PASGT (CIF does not have the parts to service the old kevlar so additional parts may need to be brought as well)		1	1	
LINER WET WEATHER PONCHO (Will be Issued at FKKY if not available)	N/A	1	1	
TARPAULIN or PONCHO (Will be Issued at FKKY if not available)	N/A	1	1	
CAMOUFLAGE, HELMET BAND (Cat Eyes)	N/A	1	1	
<small>The items in the next section are items for the two different "kits" that are authorized at Cadet Summer Training. The intent is Cadets have one or the other and are not mix matched. Kit 1 includes the Rifemans Kit and Kit 2 is the older FLC variant. You must have one or the other.</small>				
(KIT 1) RIFEMAN KIT				
Nomenclature	Size	Authorized QTY	Required QTY for Camp	OH QTY
WAIST PACK, OCP	N/A	1	0	
BAG AMMUNITION (SIX MAG OCP)	N/A	1	0	
CARRIER, HYDRATION SYSTEM w/BLADDER *Note: Will be bulk issued to TF Leader for deployment on day one	N/A	1	1	
CARRIER INTRENCHING TOOL OCP	N/A	1	1	
INTRENCHING TOOL HD BLACK	N/A	1	1	
POCKET, AMMUNITION MAGAZINE	N/A	3	3	
CARRIER, GRENADE OCP (FRAG)	N/A	1	0	
POUCH, CANTEEN	N/A	2	2	
POCKET, AMMUNITION MAGAZINE(M4 3 MAG)	N/A	2	0	
CARRIER, GRENADE POUCH	N/A	2	0	
TACTICAL ASSAULT PANEL	N/A	1	1	
FIELD PACK, ASSAULT PACK (If Cadet brings a medium ruck to CST this item is not mandated but if Cadet brings Ruck 2 below, it is mandated.)	N/A	1	1	
OR				
(KIT 2) Fighting Load Carrier "FLC"				
Nomenclature	Size	Authorized QTY	Required QTY for Camp	OH QTY
POUCH, CANTEEN	N/A	2	2	
CUP WATER CANTEEN: ST	N/A	1	1	
INTRENCHING TOOLS, HA	N/A	1	1	
CANTEEN WATER: PLASTI	N/A	2	2	
CARRIER, HYDRATION SYSTEM w/BLADDER	N/A	1	1	
CARRIER, FIGHTING LOAD CARRIER	N/A	1	1	
POUCH MAGAZINE, M4 TW	N/A	3	3	
<small>The items in the next section are items for the two different Rucksacks that are authorized at Cadet Summer Training. The intent is Cadets have one or the other and are not mix matched. Ruck 1 which includes the breakdown of all parts that complete the medium rucksack and Ruck 2 is the older large variant and its components. *Note: If Cadet is issued a Large Ruck the Assault pack must accompany the Cadet as well. You must have one or the other.</small>				
(Ruck 1) RUCK, MEDIUM MOLLE				
Nomenclature	Size	Authorized QTY	Required QTY for Camp	OH QTY
STRAP, BAG, CARRIER, INDIVIDUAL EQUIPMENT (RIGHT)	N/A	1	1	
FRAME, FIELD PACK	N/A	1	1	
BELT, INDIVIDUAL EQUIPMENT (WAIST BELT)	N/A	1	1	
FIELD PACK OCP	N/A	1	1	
STRAP, BAG, CARRIER, INDIVIDUAL EQUIPMENT (LEFT)	N/A	1	1	
STRAP BAG CARRIER	N/A	1	1	
OR				
(Ruck 2) RUCK, LARGE MOLLE				
Nomenclature	Size	Authorized QTY	Required QTY for Camp	OH QTY
PACK, FRAME, MOLLE	N/A	1	1	
BELT, MOLDED WAIST	N/A	1	1	
SHOULDER STRAPS, FRA	N/A	1	1	
PACK, PATROL MOLLE, LARGE	N/A	1	1	
SUSTAINMENT POUCH	N/A	2	2	
BUCKLE, MALE SHOULDER	N/A	2	2	
LOAD LIFTER ATTACHMENT	N/A	2	2	
SLEEP SYSTEM, MODULAR				
Nomenclature	Size	Authorized QTY	Required QTY for Camp	OH QTY
Sleeping Bag, Reg Urban Gray	N/A	1	0	
Sleeping Bag, Foliage Green	N/A	1	1	
Bivy Cover Regular UCP	N/A	1	1	
Stuff Sack Small Foliage Green	N/A	1	0	
Stuff Sack Large Foliage Green	N/A	1	1	

Items issued at Program level	Req	O/H QTY
CST Packing List Inventory Signed by Campus Cadre and a signed copy of ISM Record and IOB Record	1	
Ranger Handbook	1	
Camouflage Stick - Light Green / Loam or Black and Loam	2	
550 Cord (Green / Black)	30M	
Protractor, Map	1	
Compass, Lensatic (2 preferred if available at program)	1	
Belt, Reflective, Yellow	1	
Individual Cadet provides the following items:		
Civilian Apparel- For 'travel' and off duty activities' while at CST (i.e. family day) the prescribed 'uniform' is as follows: Cadets will carry a set of PTs (PT SS shirt, PT shorts) and running shoes in their carry on baggage.	Req	O/H QTY
Pants, Khaki, or conservative length khaki shorts (one pair will be used for travel)	2	
Shirt, polo / golf style, in solid color (preferably school and / or ROTC branded) (one will be used for travel)	2	
Shoes, weather appropriate (no open toe shoes allowed)	2	
(NO inappropriate clothing, tank tops, t-shirts with foul/profane language, short shorts, etc. No athletic style clothing will be worn on family day, travel days)		
Underwear, cotton	7 (min)	
Socks, Athletic, plain white or black (Must cover / be above ankle but no higher than mid calf. No stripes or logos)	6	
Shoes, Running	1	
Towel, Bath, Brown	2	
Shoes, Shower	1	
Padlock, Combination (keys are often lost)	3	
Tags, Identification w / medical tags if required	1 Set	
Wristwatch	1	
Headlamp w / red lens (extra batteries and bulb)	1	
Pad, Writing, pocket size for notetaking (write in the rain preferred)	As Req	
Pencil, mechanical, 0.5mm	3	
Pen, Black Ink	As Req	
Personal Hygiene Items (min 30-day supply required)	As Req	
Wipes, Baby or Towelettes, Cleansing (80 pack)	1	
Sunscreen	1 (min)	
Mirror, small, portable, shaving	1	
Razor w / 4 blades and Cream, Shaving	As Req	
Toothbrush and Toothpaste	As Req	
Clipper, Nail	As Req	
Soap, bar w / Soap Container (unscented)	As Req	
Comb / Brush	As Req	
Deodorant	As Req	
Spray, Bug (DEET)	1 (min)	
Detergent, Laundry (High Efficiency ONLY)	As Req	
Prescription medications: Must be in original labeled container (over the counter or prescription, to include birth control pills) along with most recent clinical	As Req	
Cadet-Provided Optional Items		
Cap, Synthetic Microfleece, Green or Black (PT Cap)	1	
T-Shirt, Cotton, Sand (Recommend additional t-shirts for AC Cadets due to extended FTX)	3	
Shorts, spandex, grey or black, no logo	2	
Socks (Black / Green) (Recommend additional socks for Advanced Camp Cadets)	7	
Dryer, Hair	1	
Kit, Sewing	1	
Beads, Pace Count	1	
Cord, Bungee, med size (black / brown / green / ACU)	5	
Bag, Zip-Lock, Gallon Size	10	
100 mph Tape (green)	10ft min	
Washcloth, White or Brown	2	
Alcohol Markers	1 pack	
Mandatory Female additional items		
Underwear, Cotton (White, black, or neutral color as per AR 670-1 20-28a(2))	7	
Bra, Sports, suitable for running (White, black, or neutral color as per AR 670-1 20-28a(2))	5	
Hair accessories, plain design, matching hair color	As Req	
Wipes, Feminine / Additional Baby Wipes UNSCENTED (About 2-3 per day, 20-day supply)	As Req	
Personal Feminine Hygiene Items (20 days for the field in the A bag or Ruck Sack)	As Req	
Pads/Tampons (unscented, recommend w/applicator, additional ziplock bags for storage of used / unused products)	As Req	
Optional Female additional items		
If Birth Control is utilized, the following methods are authorized during training: (Recommend birth control method be implemented 90 days prior to training)		
Intrauterine Devices (IUD) Mirena, ParaGard ONLY		
Birth Control Pills (45-day supply)	As Req	
Patch (Ortho-Evra is NOT recommended)		
Implant - Nexplanon		
Female Urinary Diversion Device (FUDD) or similar Item NSN: 4510-01-470-2805 (or neutral color if purchasing non-Army issued model)	1	
Packing List Validation		
Date:	Host School:	
Inspector Rank, Name:	Inspector Signature:	
PMS Name:	PMS E-mail and Photo:	
School POC:	Phone Number:	

****Tactics handbook will be issued at CST**