US ARMY CADET COMMAND
CADRE WELCOME PACKET

CST 2026

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Section 1- AC and BC Training Strip

Advanced Camp

The CST training strip is broken down into four phases: reception, staging, onward movement; integration; deployment; and recovery & goal setting. Upon arrival to Fort Knox, Cadets will in-process, conduct a Physical Assessment Test, and receive their initial counseling. The next focus will be on individual training such as weapon qualifications, land navigation, and preparing for collective tasks in field conditions. To culminate the field training exercise, the 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	Confim & 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				COMMO	
			Written Land NAV	Physical Make-Up	Reception	Drills				HGAC					
		CG In-Brief			CIF Issue				Qual					DECON	
		ACER/Initial Counseling													
Disney	Disney	1 Mile/ BLDG 5913/ 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	12-Mile RP	Access Brief	CIF	PLT Photo	Family Day	GRAD RXL
											Weapon MAINT/ TDR	COMPO Brief		Blood Drive		
			Bay Planning and RXL							AO Cleanup		Weapon MAINT	Branch Orientation	WPN T/I		GRAD
										Weapon MAINT		IG Survey	IMMUNIZATIONS	ANAM		
Deploy to TA12										Peer III	OCIE MAINT	OCIE MAINT	Survey			
			Peer II							12-Mile SP			Developmental Out Brief			

AC Training Strips

Basic Camp

The CST training strip is broken down into four phases: reception, staging, onward movement; integration; deployment; and recovery & goal setting. Upon arrival to Fort Knox, Cadets will in-process, and attend briefs such as Equal Opportunity (EO), Sexual Harassment/ Assault Response and Prevention (SHARP), Army Values, Army History, and a component and accessions brief. Next focus will be on individual training such as weapon qualifications, land navigation, and preparing for collective tasks in field conditions. To culminate the field training exercise, the 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	15	16
Travel	Travel R&I	Fire Drill	CIF Draw	PRT INTRO.	ARMY 101	AFT Intro	PMI	2-mile Run	Group & Zero	Map Reading I & II	Orienteering	TDC	4-mile FM	Rappel	CONF Course	MED/ COMMO/ Hand Grenades	Warrior Skills (Day1)
		STT Physical		SHARP/EO		Weapons Draw (AM)		EST					FHCC				
				IG/Legal													
			D&C INTRO.	ARD	Army Values	WPN IMM Policy & SOP	Drills			Terrain Assocation							
				P3 TNG													
	Survey	CG In-brief	OCIE Assembly	RTO Inbrief	D&C	D&C (WPN)					Field Craft						
				DS Reception													
PH I - RSO&I							PH II - Individual/SL I										

17	18	19	20	21	22	23	24	25	26	27	28	29
Fire TM Move / MAN.	INTRO to Small Unit Tactics	FTX	FTX	FTX	RECOVERY/ OCIE MAINT	OCIE MAINT	OCIE MAINT	TDR	D&C Comp 1	PLT Photo	DNC COMP Final	GRAD RXL
SQD FOOM						Weapon MAINT	Weapon MAINT		WPN T/I	CIF Turn-In		
								OCIE MAINT			Family Day	GRAD
6-mile FM	INTRO to Battle Drills			Night Infil		COMPO	Branch Day		Barracks Maint	Blood Drive		
						Assess Brief		IG Sensing		Barracks Maint		
PH III - Collective (Assess)					PH IV - Recover/Redeploy							

BC Training Strips

Section 2-CST Cadre User Guide

Google Earth CST COP. The COP can be accessed on Google Earth (GE) on your phone or computer once the Google Earth App is installed. Download Google Earth first to computer or phone then click on the .KMZ file at https://armyeitaas.sharepoint-mil.us/teams/USACC-OCTAcademy/Shared%20Documents/Forms/AllItems.aspx?csf=1&web=1&e=us1dY3&CID=6021f927-db32-4cd2-9cb3-371a772c36f5&FolderCTID=0x012000291CECB0DFD0BB4D93B95FA1D4F31882&id=/teams/USACC-OCTAcademy/Shared%20Documents/General/CST%20COP and it will open within GE. All the icons and locations are grouped in folders to the Left like LPAs, HLZs, Medical, BLDGs, Gyms, DFACs, LSAs and several other key locations (double click on any to expand or fly to that location). To see 10-digit grid locations click on tools, options and switch from lat / long to MGRS for 10-digit grids. The grid can be populated in the system by typing it in under search top left. It will also display 10-digit grid in the bottom right, and the grid changes as the cursor moves. Once GE is installed, double click the .KMZ file and it will open under temporary places, move the file up under My Places and it will be within the App every time you use it. Finally, click file to expand folders, click on item to move to the selected location. The .KMZ file containing Google earth overlays and .KMZ file for MIL GPS overlays are posted on sharepoint.

CST SharePoint online: Official communication with CST TOC will be done through email and info will be posted on the SharePoint online CST portal at https://armyeitaas.sharepoint-mil.us/sites/USACC_CST-TOC. Everything for CST will be posted here including OPORDS, FRAGOS, contact rosters, briefings, forms, SIR reporting, ect. For Cadet training data and scores click on CTMS button under administration or go to https://app.mil.powerbigov.us/groups/me/reports/68ed209c-d55b-44f4-986c-4557885acc03/5738002f93e82e00a759?ctid=fae6d70f-954b-4811-92b6-0530d6f84c43.

CST Policy Letters: All CST policies will be posted at https://armyrotc.army.mil/cst-forms-publications/

Facilities work orders: For submission of work orders for facilities within the CST footprint or the Barracks such as HVAC, locks, electrical, plumbing etc. submit online at https://forms.osi.apps.mil/pages/responsepage.aspx?id=D9fm-kuVEUiStgUw1vhMQzqJkM3Sl95CjG2ulhz8FIlURDhGMVJKQ1U3NlNUOFlWNkNQQzRERDdOViQlQCN0PWcu&route=shorturl or contact G4 facilities at Office # 502-624-6375 or Cell# 502-428-6676. For specific cadre billeting issues and work orders contact the Billeting Office in Copple at 502-624-3013. For Cadet barracks issues contact Cadet Billeting at 502-624-6163.

Internal Comms: For Internal Communications, it is encouraged to use SIGNAL App. Attached is a 1-page instruction sheet for joining SIGNAL below. Download SIGNAL App to your Gov't or personal Phone, IPAD etc. Once joined you will be able to communicate in group or private chat with all in that Channel. This will help you communicate quickly and share products if needed. This CST SIGNAL

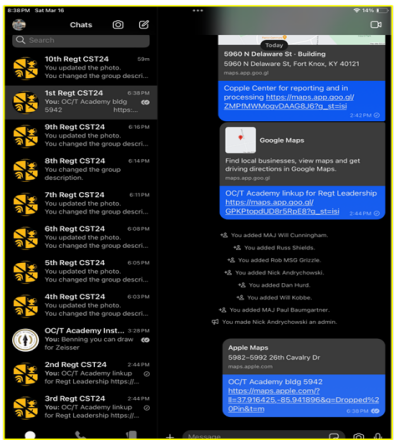
will not be used for official Communications with the CST TOC or CST Staff.

Signal App Approved for use at CST26 mobile devices

1. Download the "**Signal**" App to mobile device. Found on P.U.M.A for download to Govt Cell.
2. Open the app on your phone and register using your phone number.
3. Signal will send you a verification code via SMS. Enter this into the code field.
4. You'll be asked to create a PIN for your account. PIN used when App is static for long periods
5. Fill out your profile with Name, Rnk and PLT/ Co / Regt.
6. Scan QR code below for your REGT below to join.
7. Watch PII & HIPPA violations, **Do Not** share sensitive / CUI info in Signal
8. **Not Approved** for use on Gov't Desktops / Laptops
9. Can be easily linked to Signal on Personal computer or devices.
10. Share pin drops to Google maps or formation and location changes

O& I Net For All

Screenshot below:



If assigned to CST25 Regiments join your REGT below:

Advanced Camp REGTs

1st REGT **2nd REGT** **3rd REGT** **4th REGT** **5th REGT**

6th REGT **7th REGT** **8th REGT** **9th REGT**

Basic Camp REGTs

1st REGT BC

2nd REGT BC

Signal App Approved for use at CST26 mobile devices

1. Download the "**Signal**" App to mobile device. Found on P.U.M.A for download to Govt Cell.
2. Open the app on your phone and register using your phone number.
3. Signal will send you a verification code via SMS. Enter this into the code field.
4. You'll be asked to create a PIN for your account to enter if static for long periods.
5. Fill out your profile with Name, Rnk and TF or Committee Position.
6. Scan QR code below for your Committee / TF below to join.
7. Watch PII & HIPPA violations, **Do Not** share sensitive / CUI info in Signal
8. **Not Approved** for use on Gov't Desktops / Laptops
9. Can be easily linked to Signal on Personal computer or devices.
10. Share pin drops to Google maps or formation and location changes

Screenshot below:

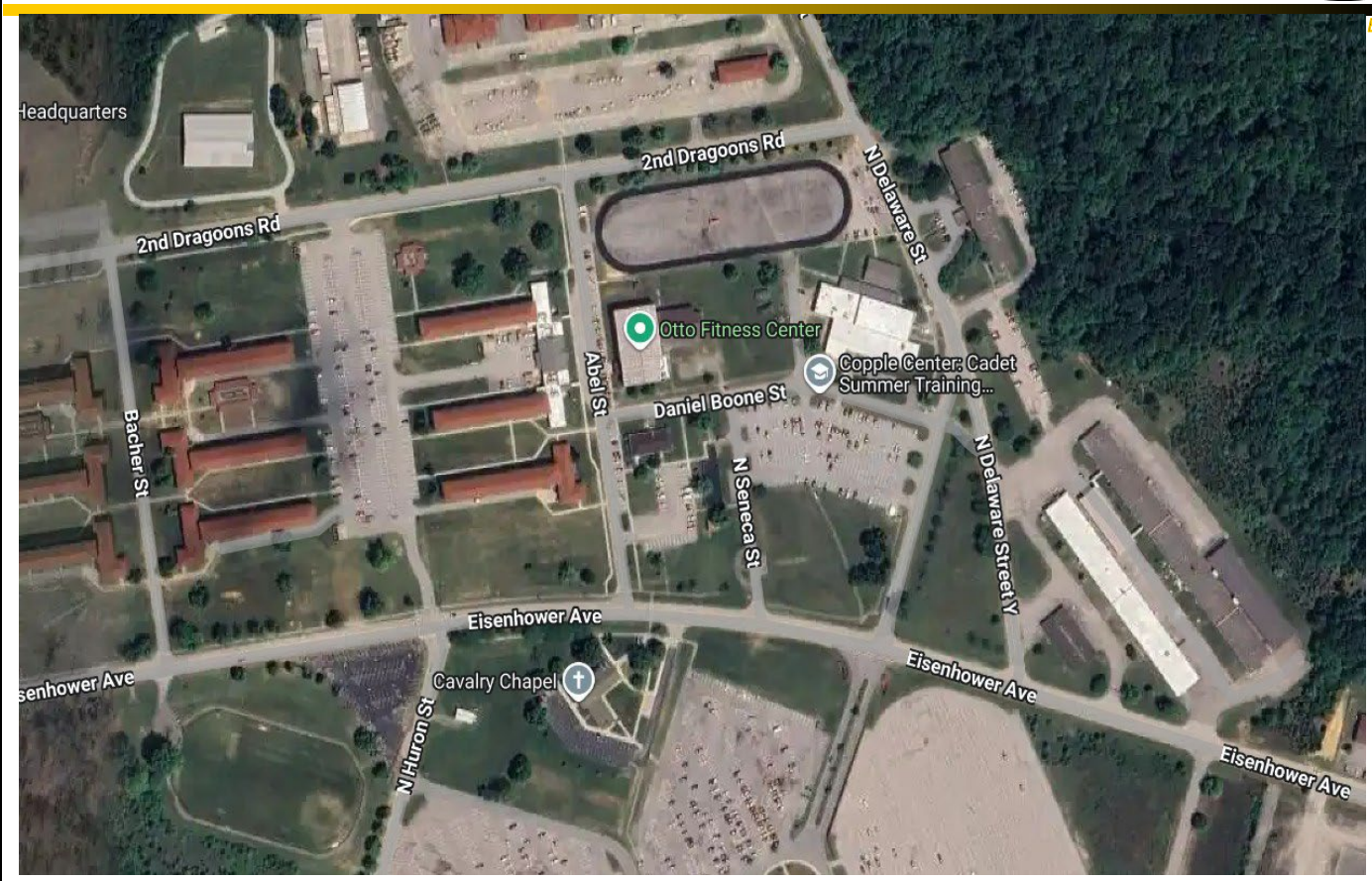
If assigned to CST26 Committee or Task Forces join below:

Land Nav **BRM** **Confidence Rappel / Obs** **Warrior Skills** **HGAC** **NIC**

O&I Net

Training HQ **Leader HQ** **TF Med HQ** **TF FORSCOM** **Tactics HQ** **Wolverine** **Panther** **Grizzly** **BOBCAT**

Copple Center- In/out Processing



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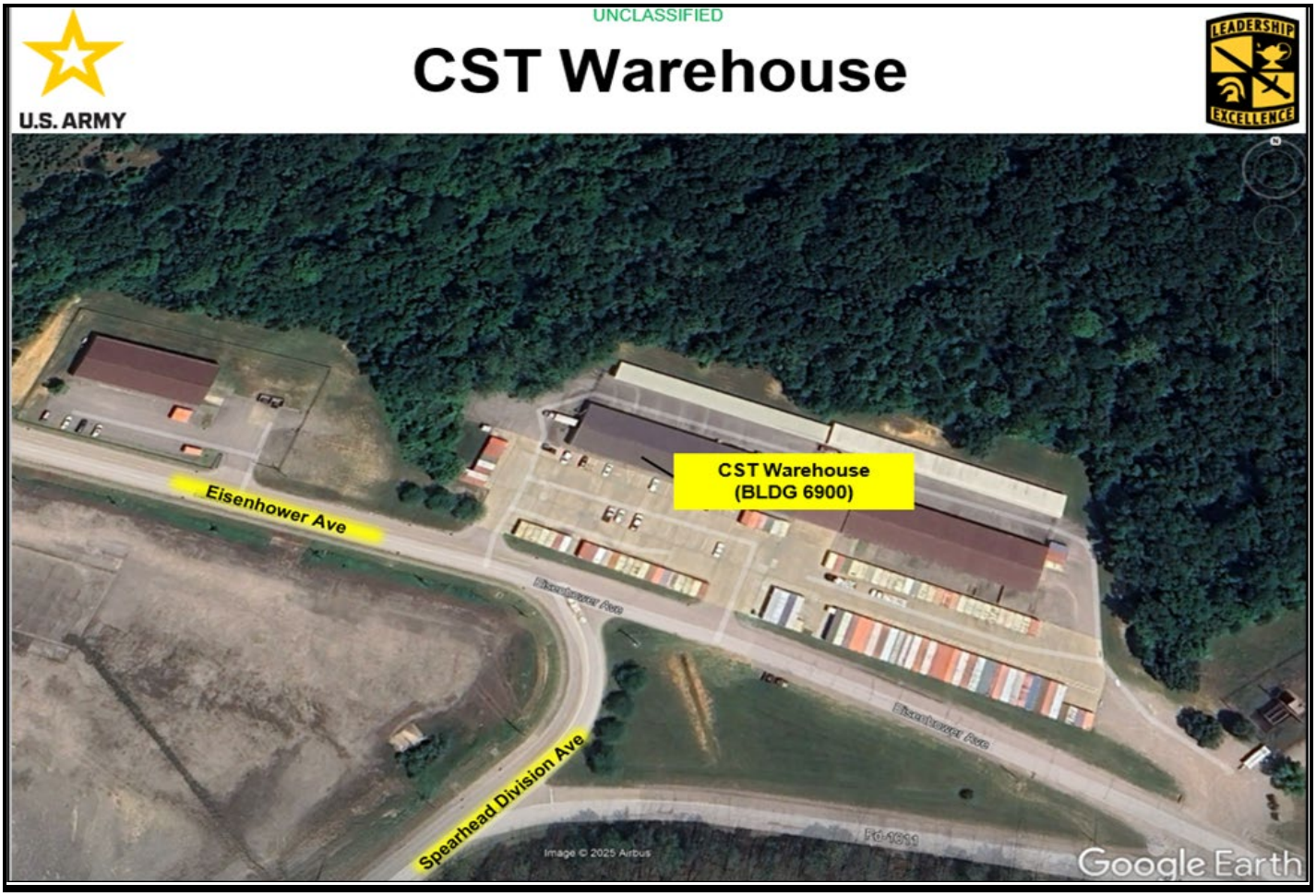
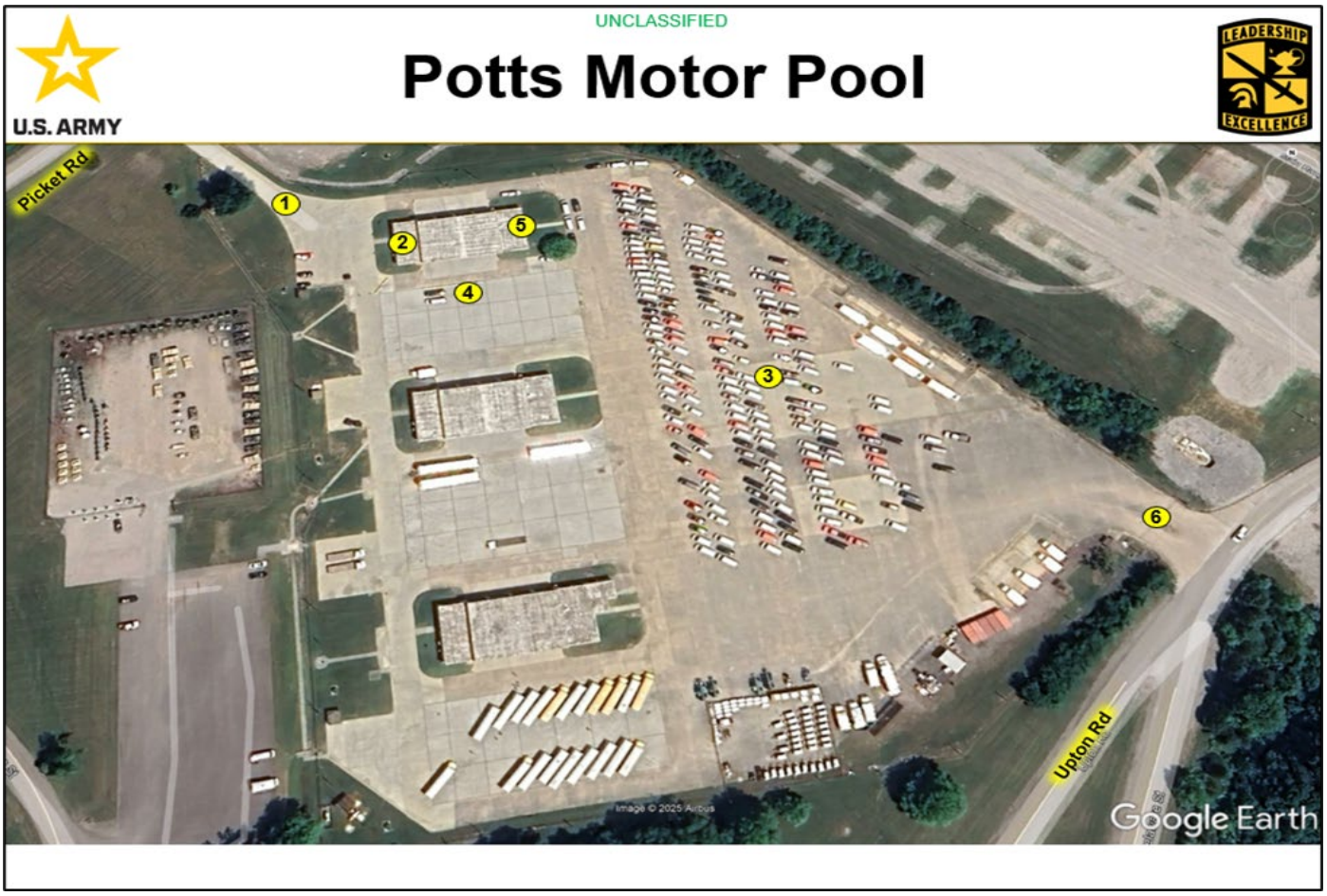
One ROTC

G1 Copple Manning Roster Any internal moves or errors with CST manning roster need to be communicated back to Copple G1 to be updated and changed in the Manning Document. The point of contact for G1 is Mr. Sydney Hunte to be contacted at sydney.w.hunte.civ@army.mil or 502-624-3115. Mr. Chris Pingle, the Manning Document Manager for CST can be reached at christopher.l.pingle.civ@army.mil or 502-624-6143. Ensure all report into Copple reception center or they will be tracked as a NO Show for CST and BDEs will be contacted.



CST Supply Warehouse There is a CST Supply warehouse that has most of the common items needed at CST for Regts to include 550 chord, 100 MPH tape, maps, cleaning supplies, office supplies, camo sticks etc. CPT Toma, Adrian is the warehouse manager, there are several supply techs from programs that assist through the summer. Send your Regt Supply Tech to establish an account with DA1687. The warehouse is across from HRC at 6900 Eisenhower Ave Fort Knox, KY 40121. Everyone drawing equipment and supplies from the warehouse MUST have a valid DA Form 1687 and Assumption of Command orders sign by their OIC for their training section (i.e.: TF Training must have the TF Training OIC sign their 1687). Directions to Warehouse: From Wilson Rd and Eisenhower Ave intersection, head east on Eisenhower Ave to CST Warehouse. CST Warehouse is at the intersection of Eisenhower Ave and Spearhead Division Ave. Hours of Operation: Monday – Saturday: 0700-1700; Sunday: 1000-1400. POC: CPT Adrian R. Toma, CST Warehouse Manager, adrianrazvan.toma.mil@army.mil, 502-624-4990



CST Motor Pool Non-Tactical Vehicle (NTV) Draw Each AC Regt gets 3ea 4x4 pickups, 1ea Box truck, 1ea 15-pax Van for the HQs and each Company gets 1ea 4x4 P/U and 5ea 15 Pax vans. The point of contact in the Potts MP is Mr. Gregory White, Gregory.white61.civ@army.mil at 502-624-6108 or SFC Skilinski, marc.m.skilinski.mil@army.mil at 315-806-7325 or 502-378-2577. Ensure before drawing vehicles that cadre are licensed in GCSS-A and have a physical copy of their license. The Motor pool will not print your license. Strip map below to Potts MP. Placards for each vehicle will be issued by Motor Pool to Regt for assigning vehicles to specific cadre. If you are designated to draw a vehicle, pre-register at the following link so MP has all your info Motor Pool Registration Link for Vehicle Draw . If you are drawing a van, search ROTC Blackboard for 15 Pax Van Training, self-enroll and complete. Watch the video, take the test, and print the certificate. **Hours of operation**: Monday – Saturday: 0800 – 1530 hrs Sunday: 1000 – 1400 hrs #2 on Map below is the Dispatch Office and #4 is the Vehicle Inspection line. #3 is the vehicle staging and parking area for Draw vehicles.

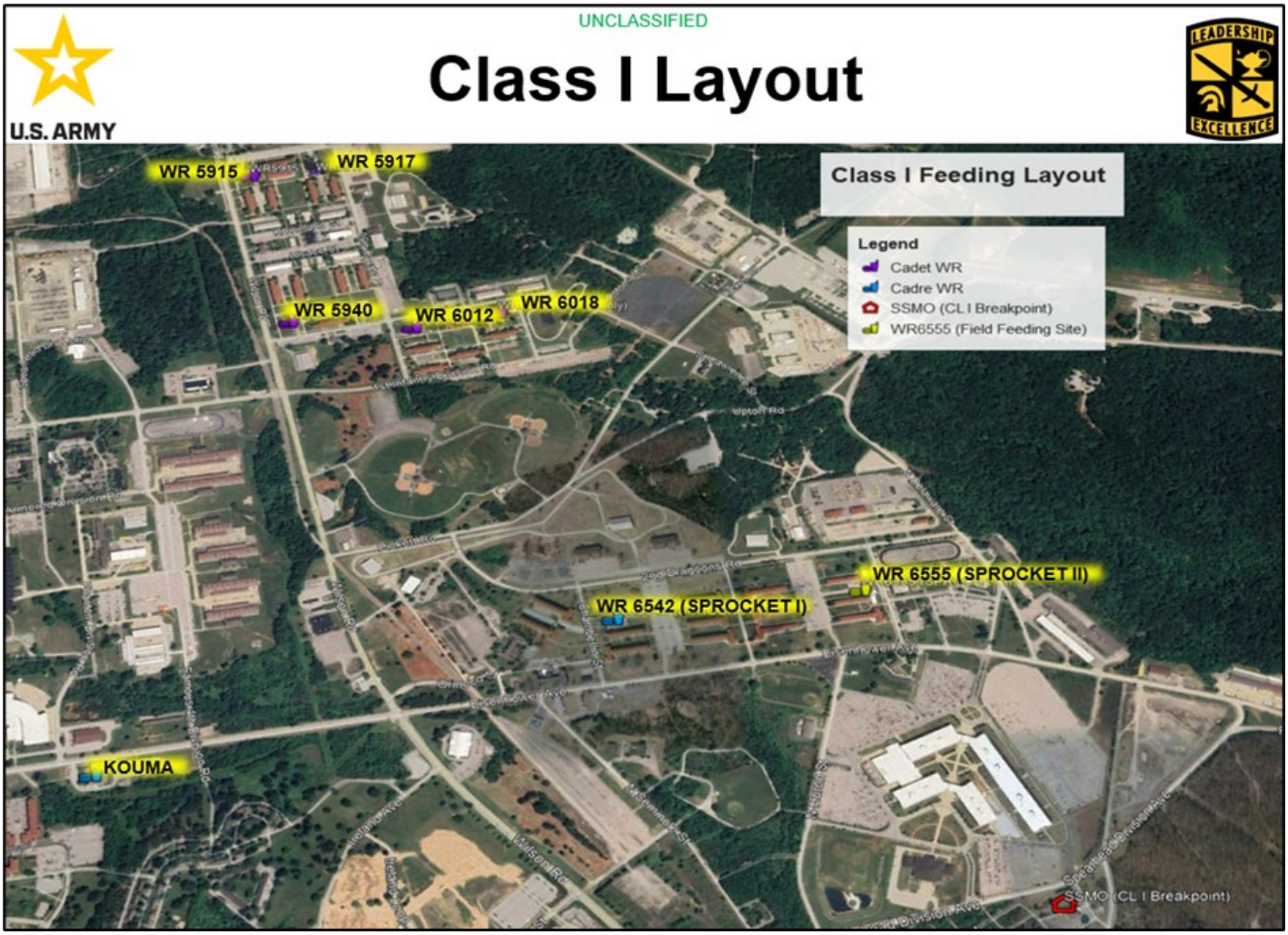
1. Enter Potts Motor Pool. (Walk-in gate) Parking at north end of the motor pool
2. Check in at front desk with drivers license and military license
3. Pick up vehicle at parking location
4. Inspect vehicle with inspection team
5. Verify all documents and finalize dispatch
6. Exit Motor Pool

Rules of the Motor Pool:

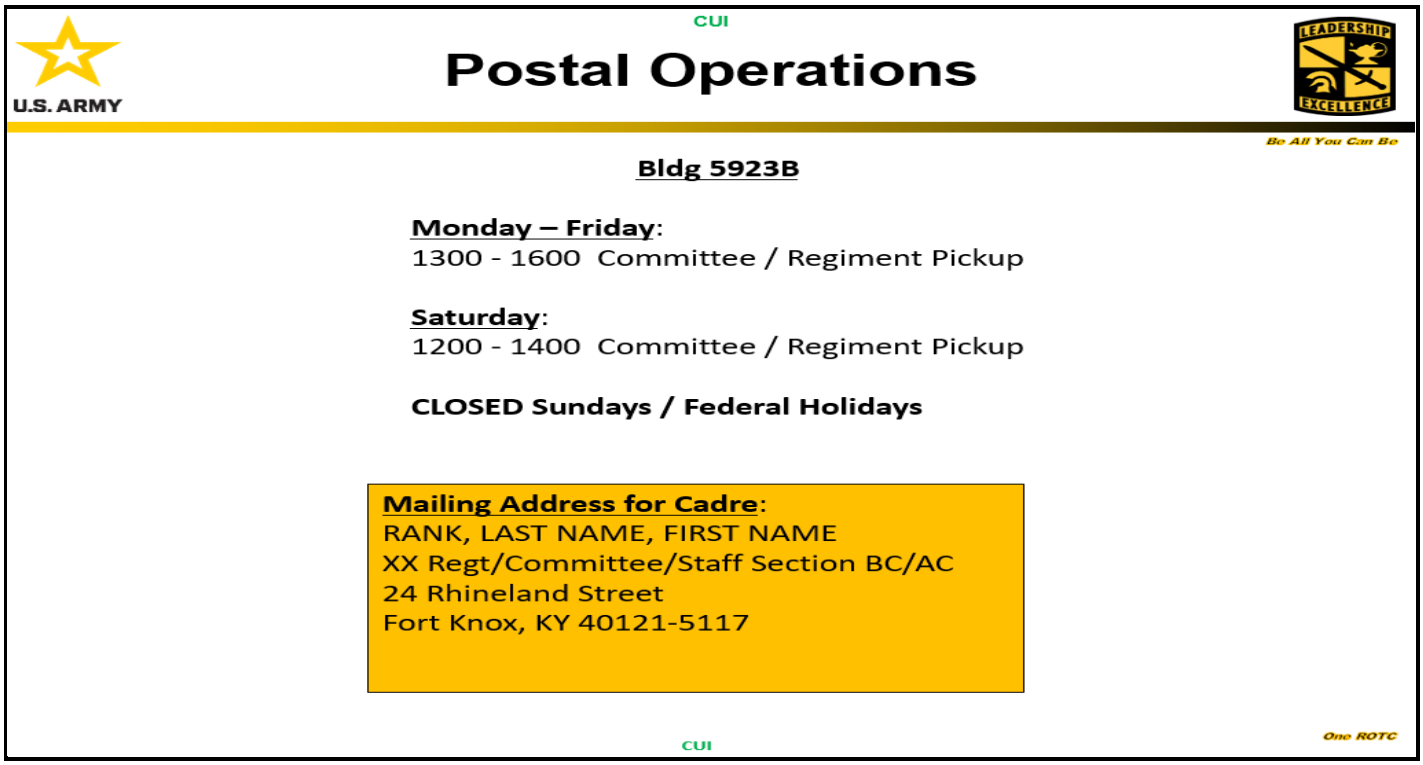
Our number one goal is SAFETY.

- No open toe or light footwear allowed e.g. slides, Crocs, slippers, or Uggs. Individuals picking up vehicles must be in duty uniform and/or professional civilian attire NO EXCEPTIONS.
- If dropping off personnel to conduct business. E.g. signing out a vehicle (s), equipment or clearing post. Please do not drive and drop off personnel in the Motor pool. Personnel will be dropped off in the north end parking lot located off Pickett Rd.
- Your vehicle is required to be washed before re-dispatching. The inspectors and the operator will be looking for possible new damage.
- Follow the flow of traffic and the speed limit (5 MPH). There will be personnel walking, large vehicles, and equipment moving through the motor pool.
- Be respectful and professional.

CST G4 Logistics Support Provide sustainment and logistics support for all commodities allowing a continuous flow of training operations CST. CST G4 Location is BLDG 5932C. Their hours of operations are Mon-Fri (0830-1700) and Sat-Sun (0830-1200). Their mission is the planning of maintenance, supply and transportation support for the duration of CST. Additionally, they provide and resource maintenance and commodity support in conjunction with Fort Knox installation warehouses. Finally, they execute uninterrupted field feeding, maintenance, and resupply operations. Their POCs are LTC George Fruth, CST G4 Log Chief, george.a.fruth.mil@army.mil, 502-624-2031; SFC Marc Skilinski, CST G4 NCO, marc.m.skilinski.mil@army.mil, 502-378-2577.



CST Feeding: Regiments will eat at their designated warrior restaurant. The forum for making changes to regimental feeding times, locations, and ration types is the twice-weekly Training Resource Meeting (TRM), conducted by CST G3. Any modifications to feeding locations must be relayed to the CST TOC and then the CST G4 for approval. The cadre serving Cadets during remote site feeding will attend a Food Handlers Course as required IAW Tri-Service Food Code. Meals are separated into breaks, one for each company (four breaks per regiment). MREs from home station, or any location other than Fort Knox, will not be used during CST. MREs are not to be thrown in the trash if the heater has not been expended appropriately. If MREs are suspected to have exceeded their test date, immediately notify the CST G4 & the LRC Subsistence Supply Management Office (SSMO) to validate the status. Report any MREs deemed unfit for consumption based on visual damage to packaging, smell or taste and return them to the unit supply (requestor) for inspection by Veterinary Services for further review. The CST G4 is the POC for all feeding requests or concerns.



AUDS Account 2LTs need to complete the Cyber Awareness using this link (https://cs.signal.army.mil/) and print off the certificate when complete. Help Desk Bldg. 5930 behind Shoppette in Disney will create a packet with the SAAR and AUP for the user to fill out and sign.

CUI

Dental Health Activity-Fort Knox

- ✓Provide Dental Health Support to the CST
- ✓Emergent Care Referred to Network
- ✓After Duty Emergencies Report to Nelson TMC

Jordan Dental Clinic, 968 1st Infantry Division Road (Bldg 2724)

Clinic Hours 0700-1530 Mon-Fri

Sick Call Hours 0700 -0900 Mon-Fri

Appointment Line (502) 626-8301

CUI

CUI

Nelson TMC

BLDG 5949 15th Cavalry Dr.

1 May – 29 May

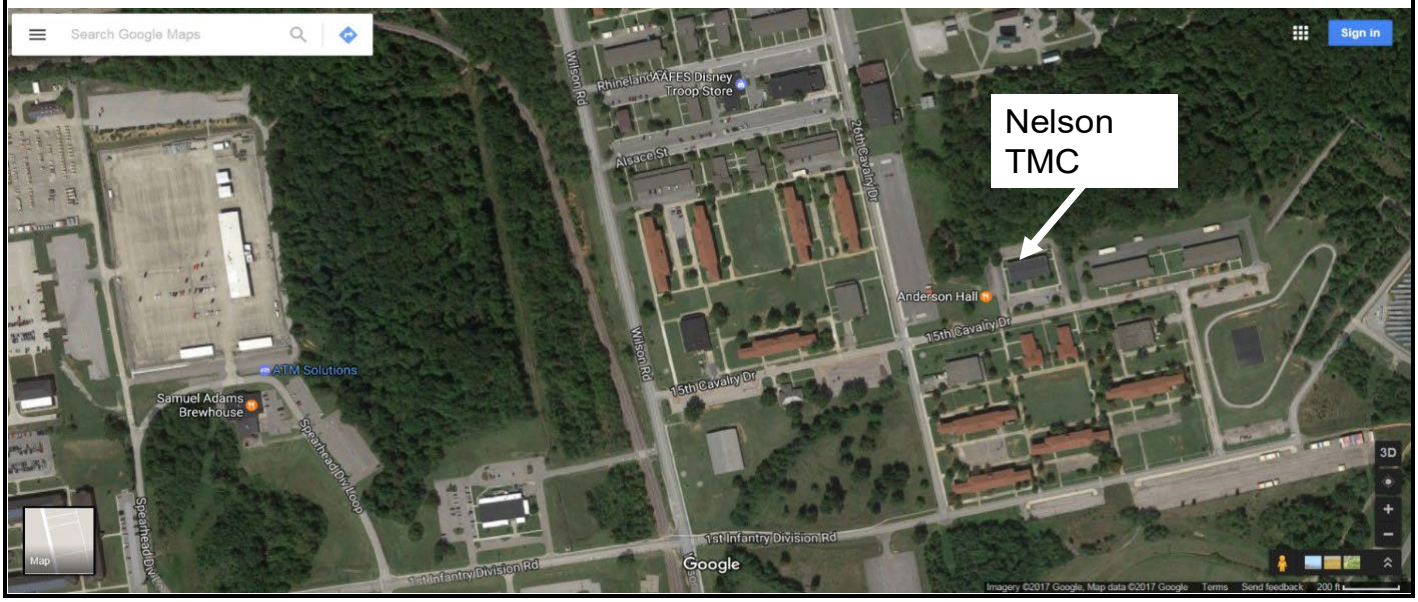
0800-1000 & 1600-1800 (M-F)

30 May-17 Aug 24/7 Medical Care

Cadet Sick Call 0500-0730 & 1800-2000

Cadre Sick Call 0800-1000 & 1600-1730

(502) 624-1465



Classification

U.S. ARMY

Schedule of Religious Services

Be All You Can Be

Sundays and Wednesdays (1900-2100)

Catholic Services

Mass	**2000**	O'Neill Sanctuary
Confession	**1900**	O'Neill Sanctuary

Protestant Services

Worship Services	**1900**	Olive Theater
Bible Study	**2000**	PT Pit Near Chapel

Latter Day Saints

Worship Services	1900	O'Neill Fellowship Hall

Fridays (1900-2100)

Buddhist Services

Meditation/Discussion	1900	O'Neill Fellowship

Jewish

Shabbat Service	1945	O'Neill Sanctuary

Islamic

Quran Study/Prayer	1900	O'Neill Sanctuary

Sunday Services (NO CADETS)

Catholic Mass	1030 at Prichard Place Chapel
Contemporary	1030 at Bldg. 4768 RSO
Samoan Protestant	1030 at Bldg. 4768 RSO
Traditional Protestant	1045 at Main Post Chapel

Wednesday Services (NO CADETS)

Catholic Mass	1030 at Main Post Chapel

FOR EMERGENCIES

CST Crisis Chaplain Available
Contact through Cadre

For additional information:

Section 3- Packing List

CADET SUMMER TRAINING 2026 AND BEYOND CONTRACTED CADET PACKING LIST

Last Name, First Name, MI	DOD ID
Program Name	Inspection Date

Clothing Bag Items Issued at Program Level Only (Camoflage 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)		4	4	
Patch, US Flag	N/A	2	2	
Tape, US Army, OCP Velcro	N/A	4	4	
Nametape, OCP Velcro	N/A	4	4	
Patch, Unit, Cadet Command (Subdued)	N/A	2	2	
Trousers, ACU OCP (Permethrine)		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		1	1	
Boots, Combat, Temperate		1	1	
Gloves, Light Duty Utility, (LDUG) Must have for Rappel Tower		1	1	
T-Shirt, APFU, Short Sleeve		2	2	
Trunks, APFU		2	2	

OCIE items issued at Program Level (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, EXTREMEMCOLD WEATHER/WET WEATHER		1	1	
CUP, WATER CANTEEN WIREHANDLE	N/A	1	1	
SPECTACLES, INDUSTRIAL (ESS CROSSBOW) COMPLETE (Must be APEL 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	
TARPAOULIN or PONCHO (Will be Issued at FKKY if not available)	N/A	1	1	
CAMOFLAGE, HELMET BAND (Cat Eyes)	N/A	1	1	

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 Riflemans Kit and Kit 2 is the older FLC varient. You must have one or the other.

(KIT 1) RIFLEMAN 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	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	0	
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.)	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	

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 meduim rucksack and Ruck 2 is the older large varient and its components. ***Note: If Cadet is issued a Large Ruck and Assault pack must accompany the Cadet as well.** You must have one or the other.

(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 and IOB records**	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		
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 prefered)	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	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 Phone Number:	
School POC:	Phone Number:	