



HILL COUNTRY YOUNG MARINES

Strengthening the lives of Americas youth



GEAR LIST - DI - RECRUIT TRAINING / BOOT CAMP

| Item | Qty |
|--|--------|
| Sleeping Bag | 1 |
| Jungle Boots (Black) | 1 pr |
| Running Shoes (MUST LACE UP!!) | 1 pr |
| Shower Shoes (flip flops) | 1 pr |
| Bed Sheet (White - Flat - Twin) | 1 |
| Pillow | 1 |
| Pillow Case (White) | 1 |
| Bath Towel (White) | 2 |
| Washcloths (White) | 3 |
| Jeans (Blue) | 5 pr |
| Sweatpants (Grey) | 1 |
| Shorts (Solid Black) | 4 |
| T-Shirt (White - Sold as undershirts) | 5 |
| Socks (White) | 6pr |
| Boot Socks (Black) | 3pr |
| Skivvies (White) | 5pr |
| Small Flashlight w/ Spare Batteries | 1 |
| Insect Repellant | 1 |
| Sun Screen | 1 |
| Foot Powder | 1 |
| Ziplock (Gallon Sized) | 1 |
| Container of Wipes | 1 |
| Toilet Paper Roll (in resealable bag) | 1 roll |
| Laundry Bag (pillow case will suffice) | 1 |
| Shoe Shine Kit (Parade Gloss, Brush, dauber & cloth) | 1 |

| Hygiene Kit | |
|-------------------------|-----|
| Item | Qty |
| Tooth Brush | 1 |
| Tooth Paste | 1 |
| Liquid Body Wash | 1 |
| Deodorant | 1 |
| Shampoo/Conditioner | 1 |
| Lip Balm w/ SPF | 1 |
| Q-Tips (handful) | 1 |
| Shaving Kit (if needed) | 1 |

| Females |
|-------------------------------------|
| Smaller Addl Towel For Hair |
| Face Soap & Lotion |
| Feminine Hygiene Products as needed |
| Bobby Pins (match hair color) |
| Hairspray |
| Comb or Brush |
| Hair Bands (thick and thin) |
| White Sports Bras (4) |

'Wear in' shoes and boots using SAME SOCKS that will be worn during boot camp.

| What NOT To Bring |
|--|
| No Jewelry or valuables of any kind* |
| No Hats |
| No Saggy Clothes |
| No Cell Phones |
| No iPods,, MP3 Players, Video Games or Electronics of any kind |
| No Knives or Weapons of any kind |
| No Money |
| No Pogy Bait (sweets or junk food) or Food of any kind |
| No Alcohol or drugs |
| No Tank Tops |
| No Lighters/Matches |
| No Books or Magazines |
| No Contact Lenses** |

*Only medical ID bracelets & work-out watches with rubber or cloth straps.

**If glasses are required, bring a 'Brain Strap' to hold them on. Brain Strap: Eye glasses holder strap. Something comfortable, neoprene material, etc.

- Clothes need to be plain and free of any graphics, branding or designs
- Keep in mind that ALL items will be written on once recruits arrive
- All items should be **travel sized** or enough for one weeks use.
- Clothes do not need to be new, but no open holes or big tears. (All tears must be stitched.)
- Jeans will be used for protection during Obstacle Course. Old jeans are perfect (Comfortable, not too loose or too tight. They must be able to move around in them.)
- All items (with exception of sleeping bag and boots) should fit inside one gym bag, backpack, sea bag, or enclosed plastic bin.
- If you have more than one child, please get separate items for each child as they may not always be together and there there is no sharing.

Medication Instructions: All medication (prescription - includes inhalers and/or over the counter medication) ONLY enough medication for time of event MUST be in its ORIGINAL container with name and dosage instructions and placed inside a Ziplock bag with last name, first name marked on outside. Top portion of **YMMEDFORM2** must also be completed by parent/guardian for EACH medication. All medication must be immediately submitted to the Medical Officer/Staff upon Check In. (Asthma inhaler must be FULL.)