

BASIC TRAINING PACKING LIST

REQUIRED ITEMS

The following items must be purchased and brought with recruits to Basic Training. Many of these items may be purchased at reduced prices through the ALERT Store (these items are marked with an asterisk *). All items are required, regardless of season.

Footwear

- Hiking Shoes*
- High-quality Running Shoes*
- High-top, Polishable Black Boots*
- Shower Shoes
- 2 pairs Black Dress Socks
- 8–10 pairs Ankle-High Athletic Socks*
- 8–10 pairs Wool Hiking Socks *

Clothing Items

- 1 Long Sleeve Thermal Top*
- Compression Shorts
- 8–10 pairs of Underwear
- Leather Palm Work Gloves*
- Glove Liners*

Toiletries

- Toothbrushes, toothpaste, and floss*
- Soap and Shampoo*
- Deodorant*
- Shaving Razor and Shaving Cream*
- Medicated Lip Balm/Chapstick*
- Nail Clippers
- Eyeglasses (if applicable)
- Safety Strap for Eyeglasses

Gear

- Multi-day Backpack (3,500 cubic inch minimum)*
- Day Pack (1,500 cubic inch minimum)*

- Lightweight Tent*
- Outdoor Sleeping Bag*
- Folding Knife*
- Plastic Whistle*
- 550 Paracord (100 ft length)*
- First Aid Kit*
- Personal "Mess" Kit*
- Eating Utensils*
- 2–5 Lighters*
- Backup Fire Starting Option*
- Flashlight, Extra Bulbs, and Batteries*
- Water Purification Tablets or Water Filter*
- Sewing Kit*

Miscellaneous Items

- Pillow
- Bible (KJV)*
- Pens and Pencils*
- Envelopes and Stamps*
- White/Silver and Black Laundry Markers*
- Sunscreen/Sunblock*
- Hand Sanitizer*
- Insect Repellent*
- Vitamin C, Potassium, and Garlic Tablets

OPTIONAL (YET RECOMMENDED) ITEMS

The following items are *not required* for Basic Training; however, they may be useful during and after Basic Training.

- Extra pair of Hiking Shoes *
- Chafing Cream or Powder*
- Sleeping Pad or Inflatable Closed-cell Foam Pad*
- Waterproof Pack Cover*
- Small Toiletry Kit
- 2nd Map Compass*
- Headlamp*
- Large Zip-lock Bags*
- Iron
- Small Folding Saw or Hatchet*
- Personal Payment Options

PACKING LIST *EXPLANATION*

REQUIRED ITEMS

Footwear

One of the most important gear purchases you will make will be your footwear. Be sure to break in all of your footwear before the start of Basic Training.

1 pair Hiking Shoes *

When buying hiking shoes, some suggested brands to look at are Vasque, Salomon, Teva, and Merrell. Low-cut or ankle high style are recommended.

Some key points to consider are:

1. *Weight*—Go light! Approximately 2 to 3 lbs.
2. *Durability*—Sometimes it is better to sacrifice a little durability for less weight, but remember these have to last at least through Basic Training.
3. *Sole*—These must be a little stiffer than regular running shoes otherwise your feet will hate you.
4. *Foot Shape*—Not every shoe will fit your foot. Some brands are made for a narrower foot while others cater to a wider foot, etc.
5. *Fit*—Be sure to try them on before you purchase them. Your shoes should be snug but not too tight, and you need to have the socks you will be wearing during Basic in order to get an accurate fit. Also be aware of any rub spots around the ankle, heel, or toes. These will not go away later and will become a major irritation!
6. *Cost*—You will probably spend \$80.00 to \$130.00



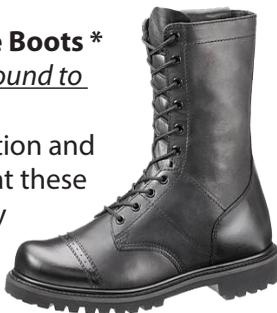
1 pair High-quality Running Shoes *

Used for PT every morning. Cross Trainers may be brought in addition. It is very important to have good running shoes, so don't settle for the ones you have been wearing for the last year. If your runners are more than 6 months old, you need new ones. Be sure to try on a new pair before you purchase them.

1 pair High-top, Polishable Boots *

Must be black and 8" from ground to top of boot.

Needed for Saturday inspection and uniformity. Keep in mind that these boots will be worn every day after the completion of Basic Training.



1 pair Shower Shoes

Must be worn while taking showers to prevent the spread of fungus and bacteria.

2 pairs Black Dress Socks

For use with the dress uniform.

8–10 pairs Ankle-High Athletic Socks *

No neon colors; no crew cut or no-shows.

For use during PT. Also provides enough pairs to allow clean socks for the rest of the day.



8–10 pairs Wool Hiking Socks *

Dark colors preferred.

Wool is good to wear all year long. Get different thicknesses for warm and cold environments. Wool helps wick the moisture away from the skin and retains its insulating qualities even when wet. Wool is also less abrasive to the skin than other products and thus helps minimize blisters on the feet.



Clothing Items

1 Long-Sleeved Thermal Top *

Navy or black only; no turtlenecks; no cotton.

To be worn during cold hiking/camping environments. Use polypropylene or other high-tech wicking material.

Compression Shorts

Worn to prevent chafing. Choose the "Long" compression shorts so that they cover your thighs. Dark colors are best. Under Armour is a great brand.

8–10 pairs of Underwear

Due to the rigors of Basic Training it may not be possible to do laundry often enough to get by with fewer pairs. May be boxers or boxer/briefs.

1 pair Leather Palm Work Gloves *

Must have leather palms.

To be worn during work projects, deployments, and when repelling. Leather palms provide necessary protection against most surfaces.

1 Pair Glove Liners *

Used for cold weather PT and hiking. Glove liners are knit, tight fitting gloves.

Toiletries

Bring enough of the following items to get you through all 9 weeks of Basic Training.

Toothbrushes, Toothpaste, and Floss *

Soap and Shampoo *

Deodorant *

Shaving Razor and Shaving Cream *

Electric razors are an option, but they are bulkier to pack when hiking.

- ❑ **Medicated Lip Balm/Chapstick ***
Important to prevent sunburn and windburn when out in the field.
- ❑ **Nail Clippers**
To provide needed foot care and grooming. Being able to trim toenails can be essential in preventing toe injuries during hikes.
- ❑ **Eyeglasses (if applicable)**
If you wear contact lenses, you must bring a backup pair of eyeglasses because you may not always have time to put your contacts in.
- ❑ **Safety Strap for Eyeglasses**
Many activities require you to be upside down. Straps will help you prevent losing your glasses during rigorous activities.

Gear

- ❑ **Multi-day Backpack ***
3,500 cubic inch minimum.
Internal frame packs are more suitable for the type of hiking done during Basic and they tend to be more comfortable to carry. When buying a multi-day pack, some suggested brands to look at are Lowe Alpine, Osprey, Gregory, High Sierra, and Arc'teryx.
- ❑ **Day Pack ***
1,500 cubic inch minimum.
Used on campus to bring needed supplies to classes and training exercises. An internal frame or other support will make the pack more comfortable to wear.
- ❑ **Lightweight Tent ***
One- or two-man style. A two-man tent may be shared and the weight split amongst squad members. A tent with a fly that covers the entire tent down to the ground will help keep you dryer in rain and warmer in cold weather.
- ❑ **Outdoor Sleeping Bag ***
When purchasing a sleeping bag, keep in mind the temperature at which you like to sleep. If you prefer to be warm, buy a bag with a lower temperature rating. If you would rather be cool, then get a bag with a higher temperature rating. Remember, you can always put more clothes on to stay warm and lighter weight bags tend to have a warmer rating. We suggest a rating of at least 40 degrees F.
- ❑ **Folding knife ***
No fixed blades allowed; blade length must be shorter than 4".
There is no need for a longer blade. This also reduces the risk of injuring another person or yourself.



- ❑ **Plastic Whistle ***
Loud emergency whistle for if you get lost or need to signal someone far away. Metal whistles are allowed but usually not recommended because they weigh more than plastic ones, rust, and usually don't work if they get wet.
- ❑ **550 Paracord (100 ft. length) ***
Used for tying and lashing as needed. 550 Paracord is extremely strong and made of a core and outer sheath.
- ❑ **First Aid Kit ***
Small/travel size.
Commercial and homemade kits are acceptable. Things to include are: Band-Aids, moleskin, needle, alcohol wipes, medical tape, gauze, safety pins, triangular bandage, elastic bandage, tweezers, etc. We do not allow any medication to be kept in the kit.
- ❑ **Personal "Mess" Kit ***
Metal and silicone type products allowed. A metal squad pot will be issued to the squad to cook with, so it is not imperative to use a metal style mess kit.
- ❑ **Eating Utensils ***
A spork (spoon/fork combination) is recommended as a minimum. Both metal and heat resistant plastic utensils are good options; however those made of plastic tend to weigh less.
- ❑ **2-5 Lighters ***
Lighters will be used to start fires during field exercises as well as for maintaining uniforms.
- ❑ **Backup Fire Starting Option ***
Being able to start a fire is imperative in survival situations and drills. Matches are cheap but useless when wet. Magnesium bars are useful, water resistant and reliable with a little bit of practice. Trioxane fuel bars are a great fire-starting tool when used with a normal or flint and steel style lighter.
- ❑ **Flashlight, Extra Bulbs, and Batteries ***
It is very important that the light be reliable. Sometimes it is better to have two flashlights with interchangeable batteries instead of buying extra bulbs. The flashlight does not need to be extra high quality. A simple mini-Mag style AA size flashlight for camping works well. A headlamp is recommended in addition to the flashlight to allow the use of both hands when camping, cooking, reading, or during night exercises (see Optional Items).
- ❑ **Water Purification Tablets or Water Filter ***
Both are good options. Water filters are heavier but simpler to use and the water tastes better. Due to the expense, purchasing a water filter would only be recommended if it would likely be used in future outdoor activities. Purification tablets are much smaller and easier to carry in a pack.



- Sewing kit ***
Must have navy and white thread.
For emergency button fixes or tears in clothes, packs or tents.

Miscellaneous Items

- Pillow**
For nightly use in the barracks.
- Bible (King James Version) ***
Must contain Old and New Testaments.
KJV is used for uniformity in memorization. A small, compact Bible is needed, not a full size or study Bible. If desired, you may bring another translation for personal use.
- Pens and Pencils ***
Used in classes, morning devotions, wisdom searches, and writing letters home. Bring enough to get through all 9 weeks of Basic Training.
- Envelopes, and Stamps ***
You are required to send a minimum of one letter home per week. Also, beware of any extra charges for international addresses (use only US stamps, not your home country's).

- White/Silver and Black Laundry and Gear Markers ***
White and silver are best for marking clothing while black is good for marking gear. "Rub-a-dub" brand type permanent markers do not wash off clothing.
- Sunscreen/Sunblock ***
Small/travel size.
Essential in the Texas sun.
- Hand Sanitizer ***
Small/travel size.
Alcohol gel is a great disinfectant to use on hands and utensils when camping and has greatly reduced the incidences of infections and the spread of illness. Great for using as a fire starter as well.
- Insect Repellent ***
Small/travel size.
Used to keep away annoying mosquitoes, ticks, and other biting insects.
- Vitamin C, Potassium, and Garlic tablets**
Helps boost immune system to keep healthier. Bring enough to last the duration of Basic, taking them daily. In addition, one small/travel size bottle is recommended for keeping in your pack while in the field.

OPTIONAL (YET RECOMMENDED) ITEMS

- Extra pair of Hiking Shoes ***
An extra pair of hiking shoes would be used as a backup pair should your primary ones get wet and need to dry out. Please note that this pair does not need to be super high quality as they will be used as a backup pair.
- Chafing Cream or Powder ***
Great to have in conjunction with compression shorts. Extra thick diaper rash prevention creams are good as are several other products including Bodyglide, Bag Balm, and Boudreaux's Butt Paste.
- Sleeping Pad or Inflatable Closed-cell Foam Pad ***
These are great for added insulation from the cold ground and can add a bit of comfort for sleeping. Both options work well.
- Waterproof Pack Cover ***
Used to protect the pack from becoming waterlogged when it rains and when crossing rivers/streams. This prevents extra weight from collecting in the pack.
- Small Toiletry Kit**
A kit of small/travel size toiletry items may be used in packs or on deployments after Basic Training.
- 2nd Map Compass ***
Having two compasses is a great option in case one is lost and it provides the ability to have one in both packs. It must have a clear base plate and be from a recognized brand (i.e. Silva, Suunto, Brunton) not one from Wal-Mart or other "discount" department store. See pictures for examples of different styles.
- Headlamp (Highly recommended!) ***
Great to have around the campsite and during night time exercises in the field. Some have a Red filter or Red LED option which are great to use to protect your natural night vision.
- Large Zip-lock Bags ***
Can be used to pack clothes, extra journal pages and other items that could be destroyed by water while hiking.



❑ **Iron**

It is a nice option to have a working iron that you are familiar with for ironing your uniforms for inspection.

❑ **Small Folding Saw or Hatchet ***

No tomahawks, machetes, or similar weapons allowed.

Can be used for gathering firewood and making small fire starting tinder.

❑ **Personal Payment Options**

It is recommended that you put money on your Store account before the start of Basic so that you are able to make emergency purchases from the ALERT Store. You will not be able to keep more than \$100 dollars cash with you during Basic, so it is a good idea to have a personal checkbook or credit/debit card. Any excess cash will be turned into the finance department on R-night and placed on your store account for future use. Leftover amounts on your account can be returned to you after Basic Training or left for ERT.

ADDITIONAL INFORMATION

Make Shopping Easy

For your convenience, items marked with an asterisk (*) are available from the ALERT store. You can order by phone at (903) 636-9384 or online at www.thealertstore.com. Any items ordered through the ALERT store will be delivered to you upon your arrival.

Travel and Shipping

You are welcome to travel with a cell phone, but please realize that once your training begins your cell phone will be put in a restricted storage area and will be returned to you only at the completion of your training.

In order to travel “lighter”, you have the option to mail your gear in advance to the following address:

Basic Training Gear—Your Name
One Academy Blvd.
Big Sandy, TX 75755.

Items Not to Bring

Do not bring books, magazines, music media, fixed-blade knives, alcohol, tobacco, laptop computers, sun glasses (during Basic Training), distracting pastimes, and any inappropriate paraphernalia.

Note of Caution

Please do not bring excessive cash or anything of great value. The International ALERT Academy is not responsible for lost or stolen items.