

# BASIC TRAINING PACKING LIST

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## REQUIRED ITEMS

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The following items must be purchased and brought to Basic Training. All items are required, regardless of season. Many of these items may be purchased through the ALERT Store. Items marked with an asterisk (\*) are included in the Complete Gear Package (please refer to [www.thealertstore.com](http://www.thealertstore.com) for specific details on each item).

### 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 \*  
*Do not bring no-show socks*
- 8-10 pairs Wool Hiking Socks \*

### Clothing Items

- 1 Long Sleeve Thermal Top \*
- 8-10 pairs of Performance Boxers
- Leather Palm Work Gloves \*
- Gloves Liners\*

### Toiletries

- Toothbrushes, Toothpaste, & Floss \*
- Shampoo/Body Wash \*
- Deodorant \*
- Shaving Razor & Shaving Cream \*
- Lip Balm/ChapStick \*
- Nail Clippers
- Eyeglasses (if applicable)
- Safety Strap for Eyeglasses (if applicable)

### Gear

- Multi-day Backpack (60 liter minimum) \*
- Day Pack (24 liter minimum) \*
- Lightweight Tent \*

- Outdoor Sleeping Bag \*
- Folding Knife \*
- Plastic Whistle \*
- 550 Paracord (100 ft length) \*
- Personal "Mess" Kit \*
- Eating Utensils \*
- 2-5 Lighters \*
- Backup Fire Starting Option \*
- Flashlight with Extra Batteries \*
- Sewing Kit \*

### Miscellaneous Items

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

### In-Processing Items

- 4-5 T-shirts
- 3 Athletic Shorts
- 2 Casual Pants
- 1 Polo or Button-down Shirt
- 1 Water Bottle

## OPTIONAL (YET RECOMMENDED) ITEMS

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The following items are *not required* for Basic Training; however, they may be useful during 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
- 2<sup>nd</sup> Map Compass \*
- 2<sup>nd</sup> Grid Reader \*
- 3x5" Rite in the Rain Notebook \*
- Headlamp
- Large Zip-lock Bags
- Iron
- Small Folding Saw or Hatchet
- Extra Paper or Notebook
- 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

No bright/vibrant colors.

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 stiffer than regular running shoes.
4. **Foot Shape**—Not every shoe will fit your foot. For example, some brands are made for a narrower foot, while others cater to a wider foot.
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, so an additional pair may be helpful in 2nd Phase.



#### ❑ 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 Sleeve Thermal Top

Navy or black only; no turtle necks; no cotton.

To be worn during cold hiking/camping environments. Polypropylene or other high-tech wicking materials are best.

#### ❑ 8–10 pairs of Performance Boxers

Compression style is recommended to prevent chafing. Choose 8–9" length so that they cover your thighs preventing ride-up. Dark colors are best. Under Armour and AND1 are great brands.

#### ❑ 1 pair Leather Palm Work Gloves

Must have leather palms.

To be worn during work projects, deployments, and when rappelling. 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, & Floss

#### ❑ Shampoo/Body Wash

Disinfectant soap is provided.

#### ❑ Deodorant

#### ❑ Shaving Razor & Shaving Cream

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

#### ❑ 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 (if applicable)**

Many activities require you to be upside down. Straps will help you prevent losing your glasses during rigorous activities.

**Gear**

❑ **Multi-day Backpack**

60 liter 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 Osprey, Gregory and Arc'teryx.



❑ **Day Pack**

24 liter 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. No sling packs.



❑ **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. 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. If your backpack comes with a built-in whistle, you do not need to bring a separate one. Metal whistles are allowed but not recommended.

❑ **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.



❑ **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 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**

Must bring extra batteries.

It is very important that the light be reliable, and you will not always have access to recharge your flashlight. If you bring a rechargeable flashlight you still need to bring an extra rechargeable battery or a second rechargeable flashlight. 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).

❑ **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**  
Must contain Old and New Testaments.  
You may bring your preferred translation for personal Bible study. A compact Bible is preferable over a large study Bible style. Because KJV is used for uniformity in memorization, a pocket New Testament in KJV will also be provided.
- ❑ **Pens**  
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. International students have the option to have their letters scanned and emailed.
- ❑ **White/Silver & Black Laundry Markers**  
White or 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 greatly reduces the likelihood of infections and the spread of illness. Can also be used as a fire starter.
- ❑ **Insect Repellent**  
Small/travel size.  
Used to keep away annoying mosquitoes, ticks, and other biting insects.
- ❑ **Vitamin C, Potassium, & Garlic Tablets**  
Helps boost immune system to keep you 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.

## In-Processing Items

These items will only be used during the first few days called In-Processing.

- ❑ **4-5 T-shirts**
- ❑ **3 Athletic Shorts**
- ❑ **2 Casual Pants**  
May be jeans, khaki or other casual pants.
- ❑ **1 Polo or Button-down Shirt**  
Worn for church with casual pants.
- ❑ **1 Water Bottle**

## 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, or 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.

- ❑ **2<sup>nd</sup> Map Compass**  
Having two compasses is a great option in case one is lost, and it provides the ability to have one in both of your packs. It must have a clear base plate, a rotating bezel, and be from a recognized brand, i.e. Silva, Suunto, or Brunton.
- ❑ **2<sup>nd</sup> Grid Reader**  
For navigation training and events.
- ❑ **3x5" Rite in the Rain Notebook**  
Helpful to have for quick notes while out in the field.
- ❑ **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 protect 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.
- ❑ **Extra Paper or Notebook**  
For note taking and writing letters home.

- ❑ **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 2nd Phase.

## **ADDITIONAL INFORMATION**

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### **Make Shopping Easy**

Most of the needed gear may be purchased through the ALERT Store. You can contact them by phone or email if you have any questions. Any items ordered through the ALERT Store will be delivered to you upon your arrival.

www.thealertstore.com  
sales@alertacademy.com  
903-636-9384

### **Travel & 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.

### **Do Not Bring**

Do not bring books, games, magazines, music, musical instruments, fixed-blade knives, alcohol, tobacco or nicotine products, laptop computers, sunglasses, or any inappropriate paraphernalia to Basic Training.

### **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.