

# Trainee Packing List

## What to Bring

<b>Clothing</b>	<b>Toiletries</b>	<b>Money</b>
<ul style="list-style-type: none"><li>• One Day Supply of Casual, Comfortable clothing ** No halter tops or ragged shorts</li><li>• Three sets of underwear (White)</li><li>• One pair of white, calf-length athletic socks ** No color bands, designs or logos</li><li>• A pair of comfortable shoes</li><li>• Eyeglasses ** No faddish/stylish eyewear</li><li>• Eyeglass Band (if you wear glasses)</li><li>• Athletic Supporter</li><li>• Luggage should be limited to one small suitcase or gym bag</li><li>• Two Locks (padlock with 2 keys)</li></ul> <p>You will be given a professional foot assessment and a grant to purchase the proper running shoes, if you do not purchase running shoes prior to your arrival at 30TH AG BN (REC).</p>	<ul style="list-style-type: none"><li>• Disposable/Safety Razor with Blades</li><li>• Shaving Cream</li><li>• Towels</li><li>• Toothbrush with case (clear in color)</li><li>• Hairbrush or 6" black comb</li><li>• Two washcloths and one towel (brown)</li><li>• Antiperspirant (non-aerosol)</li><li>• Shower Shoes (Black)</li><li>• Toothpaste</li><li>• Dental Floss</li><li>• Shampoo</li><li>• Soap and Soap Case (Clear in color)</li></ul>	<ul style="list-style-type: none"><li>• \$10.00, but no more than \$50.00 in cash, you will be given an advance on your first paycheck for any required purchases</li><li>• ATM Card ** For access to your money while at Basic Training</li></ul>

## **Prohibited Items \*\* Do not bring these items with you to Fort Benning \*\***

- Weapons (Firearms, Blackjacks, All Knives, Tear Gas Guns, Bullets, Firecrackers, Brass Knuckles, Sling Shots, Straight Razors, Steel Hair Picks, Hand Chains, Darts)
- Drugs and Narcotics (Over the counter non prescription drugs, drug paraphernalia. This also includes dietary supplements and vitamins)
- Alcoholic beverages and empty containers
- Counterfeit money
- Gambling Devices (Cards, Dices, etc)
- Tobacco products, including matches and lighters
- Pornographic Items
- Food Items (Candy, Gum, Mints, Soda, etc)

## **Retained Items**

**\*\* Items disposed in the Amnesty Room WILL NOT be returned \*\***

- Cell phones, pagers and other electronic communication devices
- CD Players, IPOD's & MP3 Players
- Prescription Drugs will be verified during initial processing and returned to the Soldier

The following items are prohibited. Soldiers must either discard them in the Amnesty room or place them at the bottom of their personal bags:

- Soldiers may maintain possession of Walkman tape / CD player(s), however, they must remove and dispose of batteries while they are in the Amnesty room.
- Soldiers may maintain possession of cameras, however, they must remove film from reusable cameras and dispose of any "box-type", one time use camera(s).