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SAVE THIS PACKING LIST FROM THE MILSUITE SITE

PACKING LIST EFFECTIVE FOR CLASSES STARTING AFTER 01OCT19

ACU's ARE **NOT** APPROVED TO BE WORN

* ALL Candidates will bring their issued TA-50

* All items in yellow/red are mandatory

items highlighted in red are critical items that will be grounds for dismissal from the course if missing

* All

during the layout

****Students must arrive with all CRITICAL items (highlighted).**

CIF ITEMS (REQUIRED)	QUANTITY
JACKET COLD WEATHER (LIN: J21883)	1 ea
GLOVES LEATHER: MENS (LIN: J68064)	1 ea
PARKA COLD WEATHER: C (LIN: P69699)	1 ea
TROUSERS COLD WEATHER (LIN: X36109)	1 ea
PACK,FRAME,MOLLE (LIN: DA650F)	1 ea
BELT,MOLDED WAIST (LIN: DA6517)	1 ea
SHOULDER STRAPS,FRA (LIN: DA652Z)	1 ea
PACK, PATROL MOLLE, L (LIN: DA654J)	1 ea
SUSTAINMENT POUCH (LIN: DA655V)	2 ea
LOAD LIFTER ATTACHM (LIN: DA657W)	2 ea
BAG BARRACKS: COTTON (LIN: B13907)	1 ea
BAG CLOTHING WATERPROOF (LIN: B15825)	1 ea
MAT: SLEEPING SELF I (LIN: M24944)	1 ea
PONCHO WET WEATHER: C (LIN: P17415)	1 ea
CUP WATER CANTEEN: ST (LIN: F54817)	1 ea
CARRIER,FIGHTING LO (LIN: DA655K)	1 ea
POUCH,CANTEEN-GENER (LIN: DA6588)	2 ea
ITEM	QUANTITY
Copy of ERB/ORB.	1 ea
SERE-C Physical - an original Department of Defense (DD) Form 2808 and DD Form 2807-1 (With all supporting documents)	1 ea
All Females - A pregnancy test within 30 days of arrival to POAS with a copy of the laboratory inquiry showing negative HCGQL.	1 ea
<u>If required – a Medical/Psychological Waiver that has been reviewed and stamped APPROVED by the USASOC Surgeons office and/or 1st SWTG Psychologists. ALL CANDIDATES MUST REVIEW WAIVER TAB TO ENSURE COMPLIANCE WITH SWCS WAIVER POLICIES</u>	1 ea
If required – an Administrative Waiver that has been reviewed, APPROVED and signed by the Psychological Operations Proponent Commandant	1 ea
<u>ID Card</u>	1 ea
<u>Drawers, Cold Weather, Military issue Poly-Pro Only/</u>	1 ea
<u>Drawers, Cold Weather, Military issue Poly-Pro Only/</u>	1 ea
<u>Undershirt, Cold Weather, Military issue Poly-Pro Only/</u>	1 ea
<u>Undershirt, Cold Weather, Military issue Poly-Pro Only/</u>	1 ea
<u>Camelback/MOLLE hydration system 70-100oz (ACU Pattern) Carrier will not have additional pockets/ CIF LIN: DA651E and DA852Q</u>	1 ea
Personal bag (Backpack/Small Duffel) ** SEE NOTE - 7	1 ea
Army Issued Reflective Belt	2 ea
<u>Headlamp</u>	1 ea
Garrison OCP Uniform (jacket, trousers and headgear) ** SEE NOTE - 7	1 ea
<u>Sleep System, Complete (Summer, Winter & Bivvy)</u>	1 ea
Combination locks	2 ea

PSYCHOLOGICAL OPERATIONS ASSESSMENT AND SELECTION

PACKING LIST

Duffel Bag (Army issue only) /	2 ea
TROUSERS, OCP, MULTICAM ** SEE NOTE - 1	4 ea
PATROL CAP, MULTICAM ** SEE NOTE - 1	1 ea
COAT, OCP, MULTICAM ** SEE NOTE - 1	4 ea
BOOTS (ALL BOOTS IAW AR 670-1 WITH NO BUCKLES)	2 ea
Watch cap: green micro fleece	1 ea
Eyeglasses (military issue) (if required) each with retainer bands	2 pr min
PT Uniform: Jacket, pants, Long Sleeve Shirt, Short Sleeve Shirt, and shorts	2 ea
APFU Short sleeve shirt	2 ea
APFU Long sleeve shirt	2 ea
APFU Jacket and Pants	1 ea
Shoes, Running	1 pr
Socks, white (calf or above ankle only)	5 ea
Belt, tan non-elastic (Rigger style)/	1 ea
T-Shirts, S/S: ACU tan or ACU green ; cotton loose fitting	5 ea
Socks, cushion sole wool blend (Military Black, Tan or Green) (no gortex or waterproof)	7 pr
Batteries, AA and/or AAA cell (For Flashlights)	8 ea
Waterproof Bags (1-Gallon Zip-Lock Bag)	1 ea
GLOVES, Military Issue/Leather Palm	1 pr
Pens	3 ea
Pencils	3 ea
NOTEBOOK, 4"x6"	1 ea
Razor, shaving (non electric)	1 ea
Sewing Kit	1 ea
Shaving Cream	1 ea
Shower Shoes (Any Color)	1 pr
Soap	2 ea
Soap Dish	1 ea
Toothbrush	1 ea
Toothpaste (large tubes)	1 ea
SHAMPOO	1ea
Towels, large (green or brown)	2 ea
SOAP, Laundry	1 ea
Cash (At least \$25, but no more than \$100)	1 ea
THE FOLLOWING ITEMS ARE MANDATORY FOR FEMALE CANDIDATES ONLY	
UNDERGARMENT, BRA (No underwire, No clasps, No Hooks)	5 ea
UNDERGARMENTS, Drawers Cotton	6 ea
HYGIENE, Pads/Tampons	Two Week Supply
IF BIRTH CONTROL IS UTILIZED: WE RECOMMEND ALL BIRTH CONTROL METHODS BE IMPLEMENTED AT LEAST 90 DAYS PRIOR TO TRAINING	
THE FOLLOWING OPTIONAL ITEMS & QUANTITIES ARE AUTHORIZED AT POAS	
Gloves, Cold Weather, Civilian Gortex (black or subdued colors, minimum of 80 grams of thinsulate or 4 oz primeloft) HIGHLY RECOMMENDED!	1 pr
Gloves, Nomex or Tactical Style (Logo must be subdued or blacked in, No Neoprene Type Gloves)	1 pr
Finger/toe nail clippers	1 ea
Foot Powder, (Anti-fungal, not containing menthol)	1 ea
Lip Balm	1 ea
Pocket Knife (folding blade 4" or less)	1 ea
Waterproof Bags (zip lock, small)	5 ea
Hand Sanitizer with or without alcohol is permitted	1 ea
Curlex	1 ea
Q-Tips	1 box
INSECT REPELLENT (non aerosol)	1 ea
Skin Care Lotion: (6 - 8 FL.OZ.) Free of alcohol, fragrance, and petroleum	1 ea

Tape, 100 MPH (Tan or OD Green)	1 rolls
Nylon Cord (550 type)	25 ft
Extra bite Valve and Blatter for hydration system	1 ea
Extra Bootlaces	2 pr
Clothes Pins	As needed
Foam Roller, or Rolling Stick	1 ea
Vaseline	1 box
LAUNDRY BAG, Army Issue (Green)	1 ea
Book (Religious Text or Ranger Handbok)	1 ea
Anti-Chafe, (Body Glide)	1 ea
High Lighters	2 ea
2 Quart, Canteen Straws	As needed
Pillow	1 ea
Scrub Brush to clean TA-50	1 ea
UNDERWEAR, Drawers Cotton (Non-compression/no tight fitting)	As needed
Liquid hygiene items should be in original packaging	

ADMINISTRATION FOOT NOTES:

1. POAS Uniform Configuration. All candidates will arrive to selection with white engineer tape sewn on (see POAS Uniform Configuration enclosure) prior to arriving at Fort Bragg North Carolina
2. T-Shirts must be loose fitting cotton, **NO TIGHT FITTING**, Under Armour or other athletic shirts are not authorized
3. Unauthorized items will be held in personal baggage and secured by cadre following initial layout
4. Winter items are mandatory for October - April selection courses.
5. Additional clothing items are authorized (i.e. uniform, IPFU, t-shirts, undergarments etc.)
6. All uniforms will be worn in accordance with AR 670-1
7. Personal bag will be used to store Garrison OCPs and any personal items not needed or permitted during POAS.
8. Candidates will travel to POAS with the following items in a carry on bag -IPFU with running shoes
-Uniform with engineer tape and boots
-All In Processing paperwork
9. Candidates will not need a duty uniform with name, rank, patches or headgear during the course
10. Duffle bags must be Army issue
11. A&S does **not** provide candidates a sleep system. However, a sleep system is **MANDATORY** for admission into the course. Candidates are responsible for acquiring a sleep system if they haven't been issued one by their unit.
12. Toe shoes are not authorized for wear, e.g. Vibram five-fingers

**THE FOLLOWING ITEMS ARE NOT AUTHORIZED.
THESE ITEMS WILL BE SECURED BY CADRE UPON ARRIVAL AND RETURNED UPON COURSE
COMPLETION**

1. CELLULAR PHONE/ELECTRONIC ITEMS
2. ANY PRODUCT CONTAINING CAFFEINE
3. TOBACCO PRODUCTS OF ANY TYPE
4. CIVILIAN LONG UNDERWEAR
5. CONTACT LENSES
6. SPANDEX, ATHLETIC WEAR/UNDERWEAR (i.e. TIGHT FITTING UNDERARMOR)
7. SUPPLEMENTS, VITAMINS, ENERGY PRODUCTS OF ANY TYPE
8. CIVILIAN MEDICATIONS (I.E. ASPIRIN, TYLENOL)
9. NO KINESIOLOGY OR KT TAPE

INSPECTOR MUST BE MEMBER OF LOCAL SORB RECRUITING STATION
INSPECTER SHALL PRINT, SIGN, AND PROVIDE A PHONE NUMBER

INSPECTED AND PACKED BY: _____ DATE: _____

PHONE NUMBER: _____

PRINT THIS PACKING LIST AND BRING IT WITH YOU TO POAS