

US ARMY CADET COMMAND CADET WELCOME PACKET



BASIC CAMP

2024

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USACC, G3, CST Planning Branch.



DEPARTMENT OF THE ARMY
UNITED STATES ARMY ROTC CADET SUMMER TRAINING DETACHMENT
1ST CAVALRY REGIMENT ROAD
FORT KNOX, KENTUCKY 40121-5123

FEB 28 2024

ATCC-ST

MEMORANDUM FOR Cadet (Future American Soldier and Leader)

SUBJECT: Basic Camp Cadet Welcome Letter

1. As the Cadet Summer Training Commandant, I would like to welcome you to Basic Camp at Fort Knox, Kentucky. This summer will introduce you the U.S. Army profession and prepare you to meet the challenges ahead in your military career. I feel privileged to witness this critical phase of your journey as you transition towards becoming one of our Army's future leaders.
2. Basic Camp is the first step in your preparation and training to commission as a Second Lieutenant. It is your first opportunity to immerse yourself in the Army culture and experience. The individual and collective training tasks learned here are the foundation on which all Soldiering is built. Through information briefs, rigorous training and specific Soldier skills, the training you will receive will shape and strengthen you both mentally and physically. You have chosen a profession of great meaning and honor requiring steadfast leadership, trust, and resolve. You have an opportunity to be the future of our Army and lead our Soldiers wherever we are called to fight.
3. Over the next four weeks you will receive instruction on physical fitness, character, teamwork, and resiliency. You will be exposed to the Army Leadership Attributes and Competencies through deliberate training and evaluations based on core Soldier skills. The final Field Training Exercise is a culminating event designed to provide a hands-on experience of Army small unit operations.
4. During training you will be pushed beyond your comfort zone, and you will be deliberately challenged. It is important to remember you are not going through this alone and will be part of a team. You will also have a world class group of cadre to assist.
5. I know each one of you possess the skills and determination to meet these challenges and I look forward to training alongside of you this summer.

A handwritten signature in black ink, appearing to read "A. Azubuike", written over a horizontal line.

AMANDA I. AZUBUIKE
Brigadier General, USA
CST Commandant

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Section 1 - COVID Information

Cadets, cadre, and support personnel that test positive for COVID will be closely monitored and personally engaged to ensure recovery. USACC will set top priority to the Cadets' mental health, physical recovery, and clear communication with the parents throughout the recovery process.

Section 2 - BC Training Strip

The Cadet Summer Training (CST) strip is divided into four phases: reception; integration; individual task development; tactical phase; and recovery & goal setting. Upon arrival to Fort Knox, Cadets will in-process and attend briefs such as Equal Opportunity (EO), Sexual Harassment/Assault Response and Prevention (SHARP), Army Values, Army history, and a component and accessions brief. Next focus is individual training such as weapon marksmanship and land navigation and prepare for collective tasks in field conditions. To culminate the field training exercise, the Cadets will complete a 10-kilometer foot march into the Garrison. During recovery & goal setting, Cadets will focus on maintenance of equipment, receive their final counseling, and graduation.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Travel R&I	Fire Drill	CIF Draw	DS Reception	ARMY 101	ACFT Intro	PRT	PRT	Orienteeing	FM 4mi	PRT	PRT	Application Hold-off Table 4	ACFT	Rappel/ Conf. CRS (A)	TDC	FHCC
	STT Physical		PRT INTRO. SHARP/EO		Weapons Draw (AM)	D&C	Map Reading I & II		PCC/ PClS	PMI Table 1	US Weapons DEMO					
	In-Process	D&C INTRO.	IG/Legal ARD	Army Values	WPN IMM Policy & SOP	CAPE Vignettes	Terrain Association		OBST CRS	EST Table 2	Group & Zero	Practice & Qual Table 5/6	Night Infil			
Survey	CG In-brief	OCIE Assembly	P3 TNG RTO Inbrief	D&C	D&C (WPN)	Army History										
Directed Training		Initial Counseling		Directed Training										Mid-Cycle Counseling		

18	19	20	21	22	23	24	25	26	27	28	29	30	
Classroom Training	SLT Round Robin	INTRO to Small Unit Tactics	FTX	6 Mile Foot March SP	6 Mile Foot March RP	OCIE MAINT	OCIE MAINT	CIF Turn-In	Blood Drive	D&C Comp	Branch Day	PLT Photo	GRAD RXL
	Fire TM Move / MAN.					INTRO to Battle Drills	OCIE MAINT						
	SQD FOOM				Weapon MAINT	COMPO	TDR					Family Day	GRAD
Directed Training										Survey / End-Cycle Counseling			

Figure 1- BC Training Strip

Section 3 - Typical Training Day

Typical garrison and field training days at CST consists of the following:

Garrison Training

Time	Activity Description
0500-0530	Wake up, get dressed and make bed
0530-0700	Physical Readiness Training (PRT)
0700-0800	Personal hygiene, clean living area, and breakfast
0800-0900	Move to training by foot or bus
0900-1230	Training
1230-1330	Lunch (movement is integrated into this time as well)
1330-1730	Training
1730-1900	Dinner
1900-2000	Reinforcement Time. Cadets reflect on day's events and receive leadership counseling
2000-2100	Cadet Leader's time
2100-2200	Personal hygiene. Cadets generally use this time for barracks maintenance, uniform preparation, and academic study for the next day's training
2200	Lights out

Field Training

Time	Activity Description
0500-0530	Wake up, get dressed and make bed
0530-0630	Personal hygiene, clean living area, and breakfast
0630-0700	Move to training by foot or Light Medium Tactical Vehicle (LMTV)
0700-1230	Training small unit tactics
1230-1300	Lunch (movement is integrated into this time as well)
1300-1700	Training small unit tactics
1700-1800	Move to company area by foot or LMTV
1800-1900	Dinner
1900-2000	Reinforcement Time. Cadets reflect on day's events and receive leadership counseling
2000-2100	Cadet Leader's time
2100-2200	Personal hygiene. Cadets generally use this time for barracks maintenance, uniform preparation, and academic study for the next day's training
2200	Lights out

Figure 2- BC Training Day

Cadets are counseled by their chain of command at least three times on their camp performance, leadership assessments, and Basic Camp Evaluation Report (BACER). If there are discrepancies with the BACER, the Cadet must address the discrepancy with the chain of command PRIOR to leaving CST. BACERs will not be changed after a Cadet departs Basic Camp. There are many ways to address your chain of command with any concerns to include use of the open-door policy at the regimental, task force, and Commandant level.

Section 4 - Graduation Requirements and Performance Evaluation

GRADUATION REQUIREMENTS

1. BC Cadets may not miss more than 48 hours of training, not to include required rest cycles (7 hours per night as per TRADOC Regulation).
2. Cadets who fail to meet the prescribed standards will not receive completion credit for BC, unless they are given a waiver. Waivers are issued at the Task Force (TF) commander's (CDR) discretion upon recommendation by the Cadet's regimental cadre. Generally, a waiver is considered if the Cadet's performance is above average and/or the Cadet's potential for contracting is above average, and exceptional circumstances exist which interfered with the Cadet's completion of BC (e.g., a medical emergency, a family emergency, etc.).

PERFORMANCE EVALUATION

At the conclusion of BC, Cadets will receive an overall assessment of their performance on USACC Form 1059-BC (BACER). The purpose of this assessment is to inform the PMS for further professional development.

Section 5 - Training Events Overview

The training events outlined on the following slides provide an overview of “must attempt” events. You must understand the tasks to be trained and standards you will be expected to meet. For a more detailed view of the tasks, conditions, and standards for BC events and Soldier skills associated with BC, refer to the links directly following these slides.

Training Event Overview

[Basic Rifleman Marksmanship \(BRM\)](#)

Action: Maintain an M4-Series Rifle Carbine.

Condition: You have just returned from a mission with your loaded M4 series carbine and have been directed to conduct maintenance on your weapon. You have a small-arms case or a maintenance equipment case.

Standard: Clear, disassemble, clean, inspect, lubricate, assemble, and perform a function check on the M4. Maintain the magazine and ammunition.

[Communication](#)

Action: Operate a Single Channel Ground and Airborne Radio System (SINCGARS)

Conditions: Given a requirement to contact a distant radio station, an operational SINCGARS, antenna, distant station, Signal Operations Instructions (SOI), and required references in an operational

environment.

Standards: Prepare SINCGARS in Single Channel (SC); establish communication with a distant station by successfully conducting a secure communication check according to required frequency.

Land Navigation

Action: Conduct Land Navigation in a scenario-based environment.

Condition: In a field environment, given a certified Land Navigation course, map, compass, and graphic control measures, complete the course in the allotted time.

Standard: The Cadet, acting as a PL must plan, prepare, and execute Land Navigation operations in a scenario-based environment. Receive a GO by navigating from one point to another and meeting all requirements for the Land Navigation.

Machine Guns

Action: Maintain an M249 or M240B.

Condition: You have just returned from a mission with your loaded M249 or M240B and have been directed to conduct maintenance on your weapon. You have a small-arms case or a maintenance equipment case.

Standard: Clear, disassemble, clean, inspect, lubricate, assemble, and perform a function check on the M249 or M240B.

Range Card

Action: Prepare a range card for your position.

Conditions: During daylight, in a defensive fighting position, given an assigned primary sector of fire with recognizable targets; a secondary sector of fire with recognizable targets; blank standard range cards DA Form 5517-R; a pencil; a lensatic compass; and a map of your assigned sector of fire.

Standards: Prepare a range card for your position. Sketch in the terrain in your assigned sector of fire. Located and sketched in magnetic north. Using the appropriate symbol. Sketched in sector limits, the gun symbol, and dead space. In the DATA section wrote in the weapon, the unit, and other required data. Sketched in terrain features that offer likely targets and numbered them in priority.

Order and Formations of Movement

Action: Conduct individual, team, squad level movements.

Conditions: In a training environment, given your assigned weapon and a team or squad sized element; maneuver through different types of terrain; react to contact in different situations; engage the enemy; and learn the fundamentals of different types of maneuver formations.

Standards: Be able to successfully maneuver through different types of terrain and to react to enemy fire while maintaining the correct formation to overcome the objective.

Section 6 - Administrative Guidance

Cell Phones. Cadets will secure their personal cell phones throughout camp. However, Cadet cell phone usage times will be directed by CST cadre.

Medications. All medications must be in the original labeled container [(Over the Counter (OTC) or prescription-to include birth control pills)] along with most recent clinical note prescribing the medication. Medical cadre members may, at their discretion, examine the contents of any open bottle of medication to ensure the pills are all the same and consistent with the labeled contents.

1. Category III and IV controlled substances will be reviewed by medical cadre.
2. OTC medications for pain or allergies will remain with Cadets for ongoing use as intended and approved by the Food and Drug Administration (FDA); however, Cadets should be aware of the potential for the medication to mask symptoms of disease or injury. If the Cadet is taking the maximum daily recommended dose, the Cadet should be evaluated by a provider at the Cadet medical clinic. The major side effects of some OTC allergy medications are drowsiness and dehydration, both of which are dangerous in a field/training environment. Cadets concerned about allergies in the field environment should discuss this with the physician during their medical examination at CST.
3. Metabolic enhancers, stimulants, and creatine supplements of ANY kind are PROHIBITED and will be stored for the duration of CST. You may bring healthy non-perishable, pre-packaged snacks such as protein bars with you to Fort Knox. There will also be time and facilities available for local purchase.
4. All medications must be declared on DA Form 2807-1. Prescription medications will always remain in the Cadet's control.
5. Sharing of prescription drugs between individuals is illegal by both state and federal law. Cadets participating in the giving or receiving of prescription medications will be disciplined in accordance with the Uniform Code of Military Justice (UCMJ).
6. There is no list of recommended OTC drugs; however, Cadets should bring any OTC drugs they are currently taking with a min of 30-day supply.

Personal belongings. Personal belongings (i.e., rings necklaces) will be secured by cadre to safeguard and protect Cadet's property.

Prohibited Items. Cadre will confiscate the following:

1. **Weapons or ammunition of ANY type.** No knives with blades longer than three (3) inches. Disposition of confiscated weapons and/or ammunition will be determined by the appropriate authorities.
2. Pornography will be destroyed.
3. Controlled substances (unprescribed), tobacco, or alcoholic beverages of any type.
4. Tanker Boots, zipper boots and all cold weather boots will be confiscated and stored until completion of CST.

5. Large amounts of cash (more than \$500) will be safeguarded by cadre and will be returned upon completion of camp. Cadets will receive a hand receipt from cadre documenting the transaction.
6. Contact lenses are prohibited during all phases of Basic Camp. You are required to wear prescription glasses in lieu of contact lenses at Basic Camp.

Postal Services. Cadets should bring an initial supply of stamps, writing paper, and envelopes to CST. Mailboxes for outgoing mail are located throughout the CST footprint. All outgoing mail should include the CST address and the return address.

To send mail to Advanced Camp Cadets, use the following address format:

**CADET LAST NAME, FIRST NAME MI HQ,
USACC, BC
XX REGT, XX COMPANY, XX PLATOON (specify)
24 RHINELAND STREET
FORT KNOX KY 40121-5117**

All mail received before 6 May or after 14 August will be returned to sender.

To expedite delivery, packages sent to CST should NOT require signature, whenever possible.

Pay and Subsistence.

1. Direct Deposit/Electronic Fund Transfer (EFT). All Cadets attending CST must have either a checking or savings account established prior to CST. Direct Deposit/EFT is mandatory for all CST attendees.
2. Cadets in a current pay status will be paid on the 1st and 15th of the month by EFT. Cadet pay will be deposited directly into the same account as the monthly stipend checks are deposited.
3. Family Separation. Green to Gold Active Duty (GTG-AD) Cadets who have dependents living with them are authorized Family Separation Allowance only if they successfully complete a minimum of 30 continuous days at AC. Once GTG-AD Cadets have returned to their home station, they will file a travel voucher through their ROTC Detachment. Upon payment of the travel voucher and receipt of the settlement voucher/notification, GTG- AD Cadets will submit DD Form 1561 with a copy of the settlement voucher/notification to the Fort Jackson Student Detachment which will process the pay adjustment. Expect this process to take 1-3 months.
4. All Cadets should ensure funds have been deposited rather than assuming funds have been deposited into their applicable accounts.
5. During BC, Cadet Pay questions should be addressed through the Regimental HRA to the CST Pay Team for resolution. Following AC, Cadet Pay questions should be addressed to the Detachment HRA or the Liaison at the CTLT, Nurse Summer Training Program (NSTP), and/or respective location.
6. Green To Gold (GTG)-Active Duty (AD) Option Cadets:

- a. GTG-AD Cadets will earn their regular pay and entitlements during AC and follow-on-training (FOT).
- b. Base Allowance for Subsistence (BAS). GTG-AD Cadets will have government provided meals deducted from their BAS while attending AC and FOT. The BAS deduction must be submitted by the Cadet/ROTC detachment following completion of AC to the Fort Jackson Student Detachment which will process the pay adjustment. Expect this process to take from 1- 2 months.

Common Phone Numbers And Websites.

American Red Cross: 1-800-733-2767

CST Operations Center: 502-624-ROTC (secondary means of emergency contact)

www.knox.army.mil/

www.flickr.com/photos/136737541@N05/

<https://twitter.com/armyrotc>


www.facebook.com/cadetcommand

In Case of emergency, your family may initiate a Red Cross message by calling the following number and providing the required information.

1-800-733-2767



**American
Red Cross**

SERVICE TO THE ARMED FORCES	 American Red Cross	To contact your service member regarding an emergency, call 1-877-272-7337. Be ready to give the following information. (Keep in a safe place.)
	Full Legal Name _____	
	Social Security # (last 4 digits) _____ Date of Birth _____	
	Branch _____ Rank _____ Duty Status _____	
	Complete Military Unit Address _____ _____ _____	
	Service Member's Telephone/Cell/Military (duty) #s _____ _____	
	Local Red Cross Phone # _____	

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Documents. Cadets must report with all documentation outlined on the personnel records checklist. Refer to Fig. 4 – Personnel Records Checklist.

It is your responsibility to coordinate with your HRA to ensure that you report with the appropriate documents.			
<i>CST CADET PERSONNEL RECORDS CHECKLIST</i>			
CADET NAME (LAST, FIRST, MIDDLE NAME, NAME EXTENSION):			HOST SCHOOL:
The following documents must be hand-carried to CST by <u>ALL</u> Cadets, unless directed otherwise. Any incomplete or incorrect packets will cause delay at in-processing and may negatively impact the Cadet’s ability to start training.			
INITIAL	QTY	DOCUMENT	REMARKS
	2	DAMPS Active Duty for Training orders (for all training)	
	1	DD Form 2983, Recruit/Trainee Prohibited Activities Acknowledgement	Must be signed within one calendar year of CST graduation date
	1	Follow-On Training documents (copy of orders and travel itinerary etc.), as applicable	Type: Location:
	1	Travel Itinerary and 1610, including all legs of travel	Do not schedule flights for prior to 1500 EST on graduation day.
	1	Valid Common Access Card (CAC) with known PIN (ALL Contracted Cadets)	A new CAC is required if expiration date is within 60-days of CST report date. Fort Knox does not waiver the DoD proof of identification requirements for replacement CAC while in training. Ensure Cadets travel with 2 forms of valid identification
	1	Valid government-issued photo ID (non-contracted Cadets)	
	1 set	Identification Tags	All Contracted Cadets
	1	DD Form 93	Must be signed within one year and a copy uploaded into iPERMS, prior to reporting to CST
	1	SGLV Form 8286 (Servicemembers’ Group Life Insurance Election and Certificate)	Signed form must be uploaded into iPERMS prior to reporting to CST
	1	Verify all bank and accounting information in CCIMM	Student/Cadet Information/Pay Tab
	Optional	Early Release Request (if applicable)	Requests for Cadet Early Release will be approved by CST TF Commander
HRA NAME, PHONE NUMBER AND EMAIL ADDRESS:			

Figure 4- Cadet Personnel Records Checklist



Airport Reception Operations



Upon arrival, Cadets should collect bags and report to CST reception tables located at Baggage Carousel E. Personnel will assist with late baggage claims, account for Cadets and prepare Cadets and baggage for transport to Fort Knox. Cadets requiring additional assistance should report to the Fort Knox Reception Center, ticketing level.



Change 1 to TAB B- (Non-Contracted Cadet Packing List) to Appendix 6 (Cadet Packing List) to Annex F (Sustainment) to USACC OPOD 23-09-026 Cadet Summer Training

(BEFORE PACKING, CHECK WITH YOUR CADRE FOR ANY CHANGES AND TO ENSURE YOU ARE USING THE CORRECT LIST). Note: CADETS ARE REQUIRED TO BRING 2 SETS OF EYEGLASSES. THE USE OF CONTACTS AT BASIC CAMP IS PROHIBITED DURING ALL PHASES.

Cadet Summer Training 2024 and Beyond Non-Contracted Cadet Packing List (JAN 2024)						
MS Level:		Cadet Name:				
CST Regiment:		School:		Inspection Date:		
** ACU clothing bag items will be in OCP pattern only**						
Cadets will report to CST with signed copy of packing list and copy of KYLOC clothing bag records. PMS or designated representative will validate all Cadet baggage prior to departure.						
PGC	LIN	NSN	Nomenclature	Req	OH QTY	Campus Cadre Initials
Clothing Bag Items issued at Program Level (Uniform Sizes are NSN specific, must be in OCP pattern)						
04009	C05062	8415-01-630-8905	Cap, Patrol, Army Combat Uniform OCP	Size	1	
03976	C05065	8415-01-623-5052	Coat, ACU OCP (Permethrin).	Size	2	
93664		8455-01-524-4476	Patch, US Flag		1	
35608		8455-01-531-6334	Tape, US Army, ACU Velcro		2	
99204		8455-00-000-9995	Nametape, ACU Velcro		2	
29636		8455-01-528-8869	Patch, Unit, Cadet Command		1	
03977	T05051	8415-01-623-3923	Trousers, ACU OCP (Permethrin).	Size	2	
04015	B05007	8415-01-630-9491	Belt, Rigger's, Coyote	Size	1	
04011	T05049	8430-01-630-5523	T-Shirt, Moisture-Wicking, Coyote.	Size	2	
02882	S89914	8440-01-508-3357	Socks, Boot, Black / Green.	Size	2	
04039	B60315	8430-01-632-2475	Boots, Combat, Hot Weather OR			
04040	B13584	8430-01-632-5324	Boots, Combat Temperate	Size	1	
04118	G05021	8415-01-644-4837	Gloves, Light Duty Utility, (LDUG)	Size	1	
03983	T05044	8415-01-623-2516	T-Shirt, APFU, Short Sleeve	Size	1	
03982	T05042	8415-01-623-2466	Trunks, APFU	Size	1	
36096	B14729	8465-01-604-6541	Bag, Duffel, Nylon, Improved		1	
OCIE items issued at Program Level (Camouflage patterns can be mixed (UCP with OCP))						
29011	R97425	8465-01-525-0578	Rifeman Set, MOLLE, components A thru F below: (Build a complete Core Rifeman Set before ordering a new one)		1	
29001	DA655K	8465-01-525-0577	A. Fighting Load Carrier, MOLLE		1	
29009	DA6593	8465-01-525-0589	B. Pouch, Hand Grenade, MOLLE		2	
29010	DA6562	8465-01-525-0606	C. Pouch, M4 Two Mag, MOLLE		3	
29008	DA6588	8465-01-525-0585	D. Pouch, Canteen, General, MOLLE		2	
28970	DA653Y	8465-01-524-5232	E. Carrier, Hydration System, MOLLE		1	
28969	DA657E	8465-01-524-5250	F. Pack, Assault, MOLLE		1	
28701	DA651E	8465-01-519-2304	Bladder, Hydration System (Multiple sizes available. Match bladder size with hydration carrier)		1	
29128	DA650F	8465-01-524-8368	Pack, Frame, MOLLE		1	
91709	DA654J	8465-01-524-5285	Ruck, Large, MOLLE		1	
28967	DA6517	8465-01-524-7232	Waistbelt, Molded, MOLLE		1	
29004	DA6545	8465-01-524-8407	Carrier, Entrenching Tool, MOLLE		1	
28966	DA652Z	8465-01-524-7240	Straps, Shoulders, Frame, MOLLE		1	
28968	DA655V	8465-01-524-7226	Pouch, Sustainment, MOLLE		2	
28992	DA657S	8465-01-524-8415	Buckle, Male Shoulder, MOLLE		2	
28958	DA657W	8465-01-524-7241	Load Lifter Attachment, MOLLE		2	
Modular Sleep System:						
21267	DA658Z	8465-01-398-0685	Bag, Patrol, Sleeping / Foliage Green / X-LG (MSS)		1	
77777	DA6506	8465-01-416-8517	Bivy Cover Sleeping (MSS)		1	
77777	DA659E	8465-01-547-2670	Stuff Sack Large Compression Blk (MSS)		1	
21228	M24944	8465-01-393-6515	Mat Sleeping (Foam Pad or Self inflating)		1	
NA	MC20CH	5120-00-878-5932	Entrenching Tool (E-Tool) Hand, Folding, Heavy-Duty		1	
34494	K34733	8470-01-092-7527	Helmet, Ground Troops / Parachutist (PASGT) (CIF does not have the parts to service the old		1	
03129	H53175	8470-01-529-6329	kevlar) OR Helmet, Advanced Combat (ACH)	Size		
03113	C28472	8415-01-521-8808	Cover, Helmet	Size	1	
10328	DA151M	8415-01-524-5842	Helmet, Band Camouflage (Cat eyes)		1	
NA	HA4084	4240-01-630-8327	Spec Industrial ESS Crossbow w/case or UVEX XC Eyewear, Blk Frame		1	
03144	DA1556	8415-01-530-2157	Elbow Pads		1	
03143	DA1588	8415-01-530-2350	Knee Pads		1	
04713	C96536	8465-01-115-0026	Canteen, 1 Quart, Water, Plastic		2	
10404	F54817	8465-00-165-6838	Cup, Canteen		1	
NA	J05017	8415-01-641-0778	Jacket, Extended Cold Weather, GEN III Layer 5 (issued via ODO)	Size	1	
NA	T57106	8415-01-527-1551	Trousers, Extended Cold Weather, GEN III Layer 5 (issued via ODO)	Size	1	
32523	P17415	8405-01-547-2555	Poncho, Wet Weather (May issue 8340-01-600-4807 TARP if available)		1	
32522	L70789	8405-01-547-2559	Liner, Wet Weather, Poncho		1	
06284	B13907	8465-00-530-3692	Bag, Barracks		1	
42193	B15825	8465-00-261-6909	Bag, Waterproof		1	
28979	DA654S	8465-01-524-7638	Pouch, External Medical		1	
Packing List Validation						
Date:		Host School:				
Inspector Rank, Name:			Inspector Signature:			
PMS Name:			PMS E-mail and Phone Number:			
School POC:			Phone Number:			

Items issued at Program level		Req	O/H QTY	Campus Cadre Initials
CST Packing List Inventory Signed by Campus Cadre		1		
Ranger Handbook		1		
Camouflage Stick - Light Green / Loam		2		
550 Cord (Green / Black)		30M		
Protractor, Map		1		
Compass, Lensatic (2 preferred if available at program)		1		
Belt, Reflective, Yellow		1		
Individual Cadet provides the following items:				
Civilian Apparel- For 'travel and off duty activities' while at CST (i.e. family day) the prescribed 'uniform' is as follows: Cadets will carry a set of PTs (PT SS shirt, PT shorts) and running shoes in their carry on baggage.		Req	O/H QTY	Campus Cadre Initials
Pants, Khaki, or conservative length khaki shorts (one pair will be used for travel)		2		
Shirt, polo / golf style, in solid color (preferably school and / or ROTC branded) (one will be used for travel)		2		
Shoes, weather appropriate (no open toe shoes allowed)		2		
(NO inappropriate clothing, tank tops, t-shirts with foul/profane language, short shorts, etc. No athletic style clothing will be worn on family day, travel days or after graduation.)				
Underwear, cotton		7 (min)		
Socks, Athletic, plain white or black (Must cover / be above ankle but no higher than mid calf. No stripes or logos)		6		
Shoes, Running		1		
Towel, Bath, Brown		2		
Shoes, Shower		1		
Padlock, Combination (keys are often lost)		3		
Tags, Identification w / medical tags if required		1 Set		
Wristwatch		1		
Headlamp w / red lens (extra batteries and bulb)		1		
Pad, Writing, pocket size for notetaking (write in the rain preferred)		As Req		
Pencil, mechanical, 0.5mm		3		
Pen, Black Ink		As Req		
Personal Hygiene Items (min 30-day supply required)		As Req		
Wipes, Baby or Towelettes, Cleansing (80 pack)		1		
Sunscreen		1 (min)		
Mirror, small, portable, shaving		1		
Razor w / 4 blades and Cream, Shaving		As Req		
Toothbrush and Toothpaste		As Req		
Clipper, Nail		As Req		
Soap, bar w / Soap Container (unscented)		As Req		
Comb / Brush		As Req		
Deodorant		As Req		
Spray, Bug (DEET)		1 (min)		
Detergent, Laundry (High Efficiency ONLY)		As Req		
Prescription medications: Must be in original labeled container (over the counter or prescription, to include birth control pills) along with most recent clinical note prescribing medication. Medical Cadre members may, at their discretion, examine contents of any open bottle of medication to ascertain pills are all same and consistent with labeled contents. MUST DECLARE DURING MEDICAL INPROCESSING. (USACC Circular 145-5, pg 9)		As Req		
Cadet-Provided Optional Items				
Cap, Synthetic Microfleece, Green or Black (PT Cap)		1		
T-Shirt, Cotton, Sand (Recommend additional t-shirts for AC Cadets due to extended FTX)		3		
Shorts, spandex, grey or black, no logo		2		
Socks (Black / Green) (Recommend additional socks for Advanced Camp Cadets)		7		
Dryer, Hair		1		
Kit, Sewing		1		
Beads, Pace Count		1		
Cord, Bungee, med size (black / brown / green / ACU)		5		
Bag, Zip-Lock, Gallon Size		10		
100 mph Tape (green)		10ft min		
Washcloth, White or Brown		2		
Alcohol Markers		1 pack		
Mandatory Female additional items				
Underwear, Cotton (White, black, or neutral color as per AR 670-1 20-28a(2))		7		
Bra, Sports, suitable for running (White, black, or neutral color as per AR 670-1 20-28a(2))		5		
Hair accessories, plain design, matching hair color		As Req		
Wipes, Feminine / Additional Baby Wipes UNSCENTED (About 2-3 per day, 20-day supply)		As Req		
Personal Feminine Hygiene Items (20 days for the field in the A bag or Ruck Sack)		As Req		
Pads/Tampons (unscented, recommend w/applicator, additional ziplock bags for storage of used / unused products)		As Req		
Optional Female additional items				
If Birth Control is utilized, the following methods are authorized during training: (Recommend birth control method be implemented 90 days prior to training)				
Intrauterine Devices (IUD) Mirena, ParaGard ONLY				
Birth Control Pills (45-day supply)		As Req		
Patch (Ortho-Evra is NOT recommended)				
Implant - Nexplanon				
Female Urinary Diversion Device (FUDD) or similar Item NSN: 4510-01-470-2805 (or neutral color if purchasing non-Army issued model)		1		
Packing List Validation				
Date:		Host School:		
Inspector Rank, Name:		Inspector Signature:		
PMS Name:		PMS E-mail and Phone Number:		
School POC:		Phone Number:		