

PACKING LIST

Issued Items

The following items will be issued to recruits and are included in the Basic Training Uniform Fee. The clothing items form the basis of the uniforms needed for all phases of ALERT training.

Uniform Items

- 3 short-sleeve shirts, chambray
- 1 long-sleeve shirt, chambray
- Patches and accessories for shirts
- 3 pairs BDU pants, navy twill
- 1 pair BDU pants, navy rip-stop
- 1 BDU belt
- 1 dress shirt
- 1 pair dress pants
- 1 tie
- 1 dress belt
- 1 pair dress shoes
- 1 waterproof jacket
- 1 fleece jacket
- 1 Marine cover, navy

- 1 boonie hat, khaki
- 1 watch cap, black
- 1 pair sweatpants
- 2 sweatshirts
- 2 pair shorts
- 1 ALERT T-shirt
- 4 navy T-shirts
- 1 navy ALERT polo shirt

Miscellaneous Items

- 1 duffel bag
- 1 locking carabineer
- 20-ft. length of 1" tubular webbing
- 2 one-quart canteens
- 1 Camelbak

Required Non-Issue Items

The following non-issue items will need to be obtained by the recruit. Many of these items can be purchased at reduced prices through ShopALERT, the ALERT store (look for the ♦ symbol). Unless otherwise noted, all items are required, regardless of season.

Footwear

- ☐ 1 pair hiking boots ♦
- ☐ 1 pair high-top, polishable black boots ♦
 - Over-the-ankle
- ☐ 1 pair high-quality running shoes
 - Cross trainers may be brought in addition.

Socks

- ☐ 2 pairs black dress socks ♦
- ☐ 6–8 pairs white athletic socks ♦
 - For physical training
- ☐ 8–10 pairs wool hiking socks ♦
 - Synthetic material is also acceptable, depending upon preference. Wool socks are mainly for warmth in the winter and blister prevention in the summer. A lighter, less abrasive material, such as teflon, or a polypro sock liner may be worn with hiking socks.
 - Darker colors preferred

Gloves

- ☐ 1 pair work gloves ♦
 - Must have leather palm
- ☐ 1 pair glove liners ♦
 - Polypro liners are acceptable as winter gloves

Thermal Underwear

- ☐ 1 long-sleeved top ♦
 - Navy or black; no turtlenecks
 - Polypropylene or other wicking material; no cotton

T-shirts

- ☐ 4 navy T-shirts ♦
- ☐ 2 white T-shirts ♦
 - Crew neck only; no logos or pockets

ShopALERT

- ☐ Phone: (903) 636-9232
- ☐ Mailing Address: ShopALERT • One Academy Blvd. • Big Sandy, TX 75755
- ☐ Online: www.shopalert.us • Proceeds from ShopALERT sales support the ALERT Program.

Required Non-Issue Items (cont.)

Other Clothing Items (not available from ALERT)

- ☐ Casual “civilian” clothes
 - 1–2 collared shirts (polos allowed) and 1–2 pairs of pants (no “blue” jeans)
- ☐ 8–10 pairs of underwear
 - Boxers, briefs, or boxer/briefs
- ☐ Pillow
- ☐ 2 sets twin-size sheets with pillowcases
 - White only
- ☐ Watch ♦
- ☐ 3 sets of towels
 - Including hand towels and washcloths
 - Darker colors preferred
- ☐ Eyeglasses
 - If you wear contact lenses, you must also bring a pair of glasses.
- ☐ Safety strap for eyeglasses
- ☐ Shoe cloth
- ☐ Shower shoes (Flip-flops, sandals)
- ☐ 20–25 clothes hangers
 - Uniformity in type and color recommended

Toiletry Items (enough for all 9 weeks of training)

- ☐ Shaving razor and shaving cream ♦
 - Electric razor is optional.
- ☐ Toothbrushes, toothpaste, and floss ♦
- ☐ Soap and shampoo ♦
- ☐ Deodorant ♦
- ☐ Nail clippers ♦
- ☐ Medicated lip balm ♦

Gear

- ☐ Backpack ♦
 - Internal-frame pack recommended
 - 3,500-cubic-inch minimum
- ☐ Day pack ♦
 - 1,500–1,700-cubic-inch minimum
 - For day hikes and carrying books
- ☐ Waterproof pack cover ♦
- ☐ 9'x12' coated nylon tarp or lightweight tent ♦
- ☐ Outdoor sleeping bag ♦
 - Rated to at least 25°F
- ☐ Folding knife ♦
 - Blade no longer than 4"
- ☐ Plastic whistle ♦
- ☐ Map compass ♦

- ☐ 100-ft. length of 550 paracord ♦
- ☐ First Aid kit ♦
 - Aspirin, antacid, Band-Aids®, moleskin, needle, anti-bacterial soap or tincture of benzoin, roller gauze, safety pins, Steri-Pad® gauze, medical tape, triangular bandage, elastic bandage, tweezers
- ☐ Metal “mess” kit or pot ♦
 - 1 frying pan and 1 boiling pot recommended
- ☐ Eating utensils ♦
 - Spoon recommended as minimum
- ☐ Matches ♦
- ☐ Flashlight, extra bulbs, and batteries ♦
 - Small, lightweight, and bright
 - A second flashlight may be cheaper than buying replacement bulbs.
- ☐ Sewing kit ♦
 - Needles, white and navy thread, scissors
- ☐ Water purification tablets or water filter ♦
- ☐ Insect repellent ♦
- ☐ Sunscreen/sunblock ♦
- ☐ Black shoe polish ♦
- ☐ Hand sanitizer ♦

Miscellaneous Items

- ☐ Bible (KJV) ♦
 - The smaller the better; “no-commentary” style
- ☐ Notebook, paper, pens, pencils ♦
- ☐ Stationery, envelopes, stamps ♦
- ☐ Laundry detergent powder ♦
- ☐ Starch ♦
 - 2–3 Sta-Flo® liquid starch
 - 3–5 Faultless® spray starch
- ☐ Phone card for long-distance calls home ♦
- ☐ White & black laundry/gear markers ♦
- ☐ Butane lighters ♦
- ☐ Vitamin C, potassium, and garlic tablets ♦

Suggested Items

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

- ☐ Compression shorts ♦
- ☐ Chafing cream or powder ♦
- ☐ Sunglasses
 - Conservative
- ☐ Camera and film ♦
 - Cameras with time/date stamp are not permitted during Basic Training.
 - Disposable cameras are practical options.
- ☐ Personal checks, debit card and/or Visa/Mastercard credit card
 - For personal supplies, equipment, or uniform purchases
- ☐ Iron - (required)
- ☐ Small travel kit ♦
 - Toothbrush, toothpaste, razor, soap, deodorant
 - Sample sizes recommended
- ☐ Large zip-lock bags
- ☐ 1 additional pair of navy BDUs ♦
- ☐ Headlamp (flashlight) ♦

Optional Items

These items are purely optional and are listed simply as suggestions for those whose packing space and/or finances permit.

- ☐ Gore-Tex® socks or Seal Skinz® ♦
- ☐ Personal prescription medications
- ☐ Military-issue, tri-fold shovel or small camping shovel ♦
- ☐ Folding saw or hatchet ♦
- ☐ Sleeping pad or inflatable closed-cell foam pad ♦

Packing

Due to limited storage space for luggage, please pack your gear in soft/collapsible luggage or duffel bags.

What NOT to Bring

Please leave behind books, magazines, music media, fixed-blade knives, alcohol, tobacco, cell phones, laptop computers, distracting past times, and any inappropriate paraphernalia.

Source for Outdoor Gear

The ALERT Store

- ☐ Phone: (903) 636-9232
- ☐ Mailing Address: The ALERT Store • One Academy Blvd. • Big Sandy, TX 75755
- ☐ Online: www.thealertstore.com • Proceeds from store sales support the ALERT Program.

Basic Training Packages (Kits) are available from the ALERT Store with the required items a recruit will need for his time in Basic. (except the not available through ALERT items.)

(Notes continued on next page)

GEAR RECOMMENDATIONS

Clothing Materials

Fleece

- **Description:** A teased nylon fabric usually used in jackets.
- **Pros:** Provides excellent heat retention; wicks moisture very well; does not irritate or chafe; is light and easy to breathe through.
- **Cons:** Melts when exposed to flame; most common weave is neither waterproof nor wind-proof.

Wool

- **Description:** A natural fiber that is widely used in socks, hats, mittens, and even in pants.
- **Pros:** Provides excellent heat retention, wicks moisture well, provides more wind and rain protection than does fleece (except for loose-knit wools), and insulates even when wet. It is less abrasive than cotton, and it does not melt as quickly as a synthetic material when exposed to high temperatures.
- **Cons:** May require more care in washing; heavier than most synthetics; some people's skin reacts to the texture.

Thinsulate™

- **Description:** A thin, insulating fabric usually used in boots, gloves, and light jackets. It is always laminated to another fabric and is rated by weight of fabric: 200g is the most common form, although 400g, 600g, etc., is often used in boots. Thinsulate™ is not in itself waterproof.
- **Pros:** Good for people who often experience cold feet.
- **Cons:** When used as a boot liner, it can cause the feet to sweat excessively, unless worn by someone who has consistently cold feet.

Gore-Tex®

- **Description:** A membrane consisting of billions of microscopic pores, laminated to other textile material. It keeps wind and water out, but allows body moisture vapor to escape. It is mostly used in cold-weather clothing.
- **Pros:** Excellent barrier to the elements; durable material.
- **Cons:** Melts when exposed to flame; "breathability" is not always adequate (additional ventilation required); Gore-Tex®-lined boots, gloves, etc., may not be fully waterproof if seams are not sealed.

Clothing Recommendations

Body Warmth

There are many different kinds of thermal underwear—with varying degrees of effectiveness. The most effective fabrics are wicking fabrics such as polypropylene, Capilene®, Thermax®, and many others. "Polypro" is generally the least expensive and traditionally comes in three weights: light, medium, and expedition weight. Polypro is also a great bottom layer because it keeps all your other clothing from chafing your skin. Wool long underwear can be a good option if your skin does not react to it.

Hiking Boots/Shoes

Footwear plays an important part in the outcome of one's Basic Training. The average recruit walks, runs, and hikes over 500 miles in his boots. Don't compromise quality for a little cost.

A good boot is usually described as an "off-trail" or "backpacking" boot with a stiff sole and excellent ankle support. Full-fledged mountaineering boots made for crampons are not suitable for all-purpose use. An example of an excellent boot is the Vasque Sundowner, which should last about five years if properly cared for. Many ALERT men have found that lighter hiking boots made by manufacturers such as Nike, Adidas, Timberland, New Balance, Montrail, and HiTec are adequate.

The pair of high-top (minimum 8 inches tall), polishable black boots are required for Basic Training with the use of certain uniforms. A uniform boot, however, is typically not a good hiking boot and can increase the likelihood of Achilles tendon injuries. Therefore, an optional hiking boot is a wise acquisition.

Socks

Thick, high-quality, wool socks are recommended, especially those made by Smartwool®, Wigwam®, or Thorlo®. Wearing a pair of Gore-Tex® or Seal Skinz® socks is a good way to keep your other socks a little drier, especially when you have to put new, dry socks into wet boots.

Polypro sock liners are also an option. These are very thin, non-irritating, slick socks, which will provide extra insulation and blister protection. If you use sock liners, you won't need more than a few pairs because they virtually cannot retain water.

Underwear

We recommend cotton boxers for general use, but cotton gets wet when you sweat and can chafe. There are also boxers and "long briefs" made of different materials, such as polypro, which are good, too. Boxers have been found to treat most men better than briefs during the Basic Training regimen.

Equipment Recommendations

Sleeping bag

Your sleeping bag is a very important gear item, not only because it has to keep you warm at night, but also because it is a major part of the weight you will carry. For Basic Training we suggest a mummy-style bag that is good to 25° F or less and a compression sack in which to stuff it in. For warm-weather camping, a 25° F bag is adequate.

A highly-insulative, synthetic fill is recommended. Goose down is acceptable. It is lighter, but more expensive, and tends to lose its insulation abilities when wet. Synthetic fills maintain a high level of heat retention when wet. Examples of good synthetic fills are Lite Loft™, Micro Loft®, Permaloft™, and Thermolite Extreme®.

Backpack

Equal to your sleeping bag in importance is your backpack. Internal-frame packs are the best for the kind of hiking done at ALERT. The main difference between an internal-frame and an external-frame pack is the way weight is distributed. An internal-frame pack keeps weight dense and close to your body, while an external-frame pack has a larger profile and a higher center of gravity. An internal-frame pack allows better maneuverability and balance on rough terrain, and while an external-frame backpack allows better ventilation than an internal-frame pack, it tends to bounce and sway when you run.

A military ALICE pack is very rugged and is designed to carry a lot of weight—even upwards of 100 pounds—but it is not built for comfort, nor is it very energy efficient, because the weight is not well-attached to you. It is worse, in fact, than some external-frame packs.

Before purchasing a pack, try different packs with weight in them, and choose the one that fits your body well. Suggestion includes Gregory® Backpack.

Tent

Although your tent is a less-important piece of equipment, do not buy a cheap one. If you do not wish to spend a lot of money on a tent, buy a waterproof nylon tarp. If you would rather carry a tent, buy a self-supporting, one- or two-man, or a bivy sack.

Important features to look for in a tent are a good rain fly and a good self-support system; these are also the key disadvantages of using a tarp. Another advantage to a tent over a tarp is that a tent will keep out insects such as mosquitos and spiders.