### “What To Wear and Bring List”

<table>
<thead>
<tr>
<th>ITEM</th>
<th>MALE</th>
<th>FEMALE</th>
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</thead>
<tbody>
<tr>
<td><strong>CLOTHING</strong>&lt;sup&gt;2&lt;/sup&gt;</td>
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<tr>
<td>Wear casual, comfortable clothing:</td>
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<tr>
<td>– Shirt or blouse (no obscene graphics)(no halter tops or cut-off T-shirts)</td>
<td>1</td>
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<tr>
<td>– Slacks or Jeans (no shorts or cut-offs)</td>
<td>1</td>
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<tr>
<td>– Complete underwear (You’ll get a mini-physical on ship day, no thongs)</td>
<td>1</td>
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<tr>
<td>– Pair of comfortable, casual shoes suitable for walking and extended standing (no high heels) and socks</td>
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<tr>
<td>– Coat or Jacket (seasonal)</td>
<td>As needed</td>
<td>As needed</td>
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<tr>
<td>Bring change of underwear: (male- briefs, female - briefs and bras) white, black or neutral, no thongs</td>
<td>2</td>
<td>2</td>
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<tr>
<td>Bring Feminine Sanitary Items</td>
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<td>As needed</td>
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<tr>
<td><strong>MINIMAL PERSONAL HYGIENE ARTICLES:</strong> (All Travel Sized items)</td>
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<tr>
<td>Shampoo and conditioner (1 oz)</td>
<td>As needed</td>
<td>As needed</td>
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<tr>
<td>Soap (1 bar soap or 1oz liquid soap)</td>
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<tr>
<td>Anti-perspirant / deodorant (non-aerosol only)</td>
<td>1</td>
<td>1</td>
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<tr>
<td>Toothbrush and toothpaste</td>
<td>1</td>
<td>1</td>
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<tr>
<td>Disposable/safety shaving razor (non-electric)</td>
<td>1</td>
<td>1</td>
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<tr>
<td>Shaving cream (non-aerosol)</td>
<td>1</td>
<td>As needed</td>
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<tr>
<td>Comb, brush, hair accessories (black or matching hair color)</td>
<td>As needed</td>
<td>As needed</td>
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<tr>
<td><strong>EYEGLASSES</strong> (if prescribed, no faddish/stylish eyewear w/ prescription if available)</td>
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<tr>
<td><strong>ALL IMPORTANT PERSONAL DOCUMENTS</strong> (check with Recruiter) Including:</td>
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<tr>
<td>Childhood and adolescent immunization records if available</td>
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<tr>
<td>Government-issued photo ID card</td>
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<tr>
<td>Marriage certificate, family birth certificates, and their SSN (if married or legally supporting)</td>
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<tr>
<td>Required prescription medications (in original pharmacy container) and/or a doctor’s prescription.</td>
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<td><strong>FINANCE</strong></td>
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<tr>
<td>Not to exceed $50.00 in cash, Traveler’s Checks, or Money Orders</td>
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<td>Checkbook and/or ATM card with access to direct deposit account for military pay</td>
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<tr>
<td><strong>NOTES:</strong></td>
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<tr>
<td>&lt;sup&gt;1&lt;/sup&gt; All items must fit into the Army FSP Bag or small airline approved “carry on” suitcase or gym bag</td>
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<tr>
<td>&lt;sup&gt;2&lt;/sup&gt; Soldiers traveling from overseas locations should add 1 change of clothing and underwear (same guidance as above, extra shoes and extra coat not needed)</td>
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