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From: Captain Michael J. Blanchette #2952, Commandant, Academy, DST 93rd

To: 93rd Recruit Training Troop Candidates

Subject: 93rd Recruit Training Troop-Equipment List

1. Each trainee will be responsible for the purchase or procurement of the equipment listed below. Items on this list will be brought to the Academy on Day One of training. It is imperative that you bring with you **only** the items listed.

1. One (1) pair of shower shoes (Croc® style shoes, navy blue or black, with strap; no exposed toes or thong-type sandals).
2. Toiletry articles (contained in a 1-gallon clear Ziplock bag).
   - o Females: Place feminine hygiene items in a separate clear Ziplock bag.
   - o All razors and razor blades will be placed in a clear plastic bag. (Electric razors will only be authorized if an accommodation has been approved through human resources)
3. One (1) toiletry bag, color black, empty.
4. Any required, prescribed medications in original labeled prescription bottle (contained in a separate clear plastic bag).
5. Four (4) bath towels, color solid white.
6. Six (6) pair athletic socks, color solid white (crew length with no logo).
7. Six (6) pair running socks, color solid white (¼ crew length).
8. One (1) mesh laundry bag, color white (the bag shall not contain any wire).
9. One (1) swimsuit, color navy:
   - o Females – one-piece suit.
     - ▪ One (1) pair over shorts/boardshorts, color navy blue, no logo.
   - o Males – boxer style.
10. One (1) pair of cross training shoes.
11. One (1) pair of running shoes.
12. Ten (10) undershorts, color white (boxers or briefs).

13. Females only: Ten (10) athletic brassieres, color white.
14. Three (3) black ink ballpoint pens.
15. One (1) permanent black marker.
16. One (1) white indelible ink marker.
17. Four (4) sweatpants, color heather gray, with pockets, no logo.
18. Four (4) crew neck sweatshirts, color heather gray, no logo, no hoods.
19. Five (5) pairs compression shorts, color black.
20. Two (2) cotton gym shorts, color navy, with pockets, no logo, draw string inside waistband.
21. Five (5) cotton gym shorts, color heather gray, with pockets, no logo, draw string inside waistband.
22. Two (2) crew neck cotton T-shirt, color navy, no logo.
23. Eight (8) crew neck T-shirts, color heather gray, no logo.
24. One (1) package of one hundred (100) 3x5 index cards.
25. Two (2) Canvas duffle bags "military style" top load only, color black, between 250 and 280 liters (no hockey bags).
26. Trainee manual (will be provided at orientation session).
27. One (1) 8 ½ x 11, one-subject notebook, spiral bound, blue cover, college ruled, 100 perforated sheets.
28. One (1) Standard Size Pillow 20X26, color white.
29. One (1) mattress protector, twin size, color white.
30. One (1) 12" ruler, wooden.
31. One (1) copy of Massachusetts RMV Driver's Manual (obtain at the RMV for $5.00).
32. All assigned learning material issued at orientation.
33. Your Driver's License for identification purposes upon entering the Academy grounds.
34. One (1) copy of your Driver's License on an 8.5 x 11 piece of paper (collected at registration).
35. Five (5) black metal hangers.
36. One (1) 3"x5" white index card. Legibly written on it in black marker:
    - o Your last name, first name, middle initial.
    - o Once parked, this will be placed on your dashboard in a conspicuous location, so it may be read by looking into your vehicle, through the windshield on the driver's side.
37. One (1) Sunscreen (secured in a 1-gallon clear Ziploc bag containing insect repellant).
38. One (1) Insect repellant (secured in a 1-gallon clear Ziplock bag containing sunscreen).
39. Any documentation that has not been turned in.
40. Nine (9) unopened single-serving electrolyte packets that contain no sugar. These packets shall contain mainly sodium chloride, magnesium, and potassium. One example of this would be LMNT.

2. The above items will be packed into two canvas military style duffle bags (outlined above).The above items will be packed into two canvas military style duffle bags (outlined above). These items are available at any large retailer, Army/Navy Store, or at numerous sites online. The duffle bags will be brought to the Academy on Day One of the training program by the trainee. All fragile or breakable items listed above must be protected against breakage within the duffle bags. The duffle bags will not have any wheels, zippers, hard plastic handles, or contain any rigid structure. The duffle bags will be marked in white ink as follows: Last Name, First Initial. The lettering will be block style, 3" in height, visible on the outside of the duffle bag while being carried.

3. The back and front of the gray PT sweatshirts and T-shirts will be handwritten in black permanent ink. The back and front of the navy T-shirts will be handwritten in white permanent ink. These items will be marked in the following manner:

LAST NAME, FIRST INITIAL.

(Example: SMITH, R.)

a. Letters will be black. 2” in height on the back, 1” in height on the front, each letter on the shirt 3/4 inch in diameter.
b. Upper case block style (no stencil).
c. The name will be centered.
d. The top edge of the letters shall be 6” down from the lowest point of the crew neck seam.

4. All other items on the check list will be labeled in an inconspicuous location in black permanent ink as follows:

LAST NAME, FIRST INITIAL.
(Example: SMITH, R.)

5. Read the above instructions carefully. Any questions about this equipment list will be answered at the orientation session.