

US ARMY CADET COMMAND CADET WELCOME PACKET



ADVANCED CAMP 2020

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USACC, G3, CST Planning Branch.



DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY CADET COMMAND
1ST CAVALRY REGIMENT ROAD
FORT KNOX, KENTUCKY 40121

ATCC-ZD

MEMORANDUM FOR Cadet (Future American Soldier and Leader)

SUBJECT: Cadet Advanced Camp Welcome Letter

1. As the Cadet Summer Training Commandant, I would like to welcome you to Advanced Camp at Fort Knox, Kentucky. This summer will prepare you to meet the challenges ahead in your military career and reinforce your commitment to America and the United States Army. I am honored and humbled to witness this critical phase of your journey as you transition towards becoming one of our future leaders.

2. Cadet Summer Training is one of the final steps in your preparation and training to commission as a Second Lieutenant. It is a chance to hone your leadership style and sharpen your Soldier skills. The tasks and proficiencies learned here are the foundation on which all Soldiering is built, and it is vital you invest yourself completely in the training so as to help shape and strengthen the Officer Corps. You have chosen a profession of great meaning and honor requiring steadfast leadership, trust, and resolve. You are the future of our Army and soon will lead our Soldiers wherever we are called to fight.

3. Over 5 weeks you will be evaluated on your physical fitness, character, teamwork, and resilience. You must demonstrate the Army Leadership Attributes and Competencies (ADRP 6-22) through deliberate training and evaluations based on core Soldier skills. The final Field Training Exercise is a culminating event designed to challenge you and increase your capacity while performing tactical operations in a complex environment.

4. During training you will be pushed beyond your comfort zone and you will struggle. It is important to remember you are not going through this alone and will be part of a team and have a world class group of cadre to assist. You have also received training and education from some of the best institutions and Army Cadre and are wholly prepared for success. I expect nothing short of excellence from each of you.

5. I know each and every 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 cursive script, reading "Antonio V. Munera".

ANTONIO V. MUNERA
Brigadier General
Commandant

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Section 1- AC Training Strip

The CST training strip is broken down into four phases: reception, staging, onward movement; integration; deployment to Atropia; and redeployment & reintegration. Upon arrival to Fort Knox, Cadets will in-process, conduct Army Physical Fitness Training (APFT), and receive their initial counseling. The next focus will be on individual training such as weapon qualifications, land navigation, and preparing for collective tasks in field conditions. To culminate the field training exercise, the Cadets will complete a 12-mile foot march into the Garrison. During reintegration, Cadets will focus on maintenance of equipment, receive their final counseling, and attend branch orientation before graduation.

Regiments 1-11																																			
Reception, Staging, Onward Movement																Integration						Deployment to Atropia						Redeployment & Reintegration							
SRP				IRT												STX (Darby)						FTX I			FTX 2										
0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
BARRACKS				BIV						BARRACKS												BIV						BARRACKS							
<ul style="list-style-type: none"> • Height/Weight • ARI Survey • SRP/Inprocess • TA-50/ Equipment Issue • Commanding General In brief • Standards Briefs (SHARP, EO, IG, etc.) • Army Physical Fitness Test • Confidence I (Leader Reaction Crse) • ACER Counseling 				<ul style="list-style-type: none"> • Map Reading Exam • Land Navigation • Call-for-Fire Training • 6-Mile Foot March • Basic Rifle Marksmanship • Peer Evaluation I • Hand Grenade • Buddy Team LFX • Confidence II (Rappel) • CBRN (Chem-Bio) Training • First Aid Training (TC3) • Night Infiltration Course • Stress Shoot 												<ul style="list-style-type: none"> • Patrol Base Classes • Squad Battle Drills • Cadre-Led TLPs • Cadre-Led Patrols <ul style="list-style-type: none"> - Recon - Ambush - Raid - Mvmt to Contact • Patrol Base OPS • PCCs / PCIs • Platoon SOPs 						<ul style="list-style-type: none"> • 8-Mile Foot March • TLPs (Panther) • Field Training Exercise I <ul style="list-style-type: none"> - Small Unit Tactics - CTLT OPFOR (3:1) - Slow build of Complexity • Mid-Counseling (Formative) • Peer Evaluation II • TLPs (Grizzly) • Field Training Exercise II <ul style="list-style-type: none"> - Small Unit Tactics - Near-Peer (2-on-2 Platoons) - Increased Complexity - Combined Arms Mvr Focus - Patrol Base Operations • Peer Evaluation III 						<ul style="list-style-type: none"> • 12-Mile FM • WPNS Maintenance • OCIE Maintenance • WPNS Turn In • Travel Document Review • ACER Counseling • End of course survey • Branch Orientation • OCIE Turn-in (CIF) • Blood Drive • Sensing Session • Family Day • Graduation 							

Figure 1- AC Training Strips

Section 2- Typical Training Day

A typical garrison and field training day 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 the 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 units 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 the 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 4- AC Training Day

Cadets will be counseled by their chain of command at least three times on their camp performance, leadership assessments, and Advanced Camp Evaluation Report (ACER). If there are discrepancies with the ACER, the Cadet must address the discrepancy with the chain of command PRIOR to leaving CST. ACERs will not be changed after a Cadet departs Advanced 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 3- Graduation Requirements and Performance Evaluation

Cadets must attend qualifying training events. If the Cadet cannot make up the training, the Regimental Training Officer (RTO) will review the Cadet's performance and recommend to the TF Commander whether or not the Cadet should be retested or receive no credit for the course.

GRADUATION REQUIRMENTS

Advanced Camp

1) Must Pass

a. APFT (60 per event)

b. HT/WT (IAW AR 600-9) Any Cadet who is greater than 3% over their maximum allowed body fat percentage will be immediately dismissed from camp. Cadets 1-3% over the maximum allowed body fat after the second weigh in and body fat assessment, will be allowed to remain at camp to continue training. The Cadet will receive two additional opportunities to re-test on specific days as designated on the Daily Training Schedule. During the mid-point re-test, if a Cadet is greater than 3% over the maximum body fat assessment, the Chief Medical Officer (CMO) will be notified. The CMO will then conduct a fit to train evaluation which may result in the Cadet being dismissed from training without receiving camp credit.

c. Land Navigation (Day Points: 3/4, Night Points: 1/2)

d. Map Reading Test (70%)

e. Qual at BRM 300 Meter Range (minimum of 23/40 = Marksman)

f. 6 Mile Foot March (2 Hours; 35 lb Rucksack)

g. CBRN, First Aid, Call For Fire

2) Must Complete

a. Cannot miss more than 48 hours of scheduled training

b. Cadets are assessed in four Leadership positions (two during FTX, and two in Garrison)

c. Complete Rappel / Confidence Course

d. Buddy Team Live Fire

- e. Hand Grenade
- f. Earn a minimum, rating of Capable on ACER
- g. 8 & 12 Mile foot march
- h. Stress Shoot
- i. ACFT (Diagnostic only)
- j. Night Infiltration Course
- k. Call for fire



Reconnaissance Commando (RECONDO)

The RECONDO badge is awarded to Cadets who display superior skills at Advanced Camp. They must exceed the standards in APFT, confidence courses, land navigation marksmanship, first aid, CBRN, and the 12-mile foot march.

Badge Criteria

- a. Score 270 or above on the Army Physical Fitness Test, without retest, with a minimum of 90 points per event.
- b. Score 90% or higher on the written land navigation test, no retest.
- c. Navigate to five out of six points on the day and night land navigation course, first time go.
- d. Qualify Sharpshooter or better on pop-up range (first-time GO).
- e. Receive first-time GO on all First Aid, CBRN, and Call for Fire tasks.
- f. Complete the 6 mile foot march in 90 minutes or less (35 pound rucksack).
- g. No founded disciplinary action/or failure of an Army Standard.
- h. Receive a GO for all "Must Complete" AC graduation requirements.

PERFORMANCE EVALUATION

Cadre will observe, assess, and evaluate Cadets based on their performance in three critical areas:

1. Physical Fitness
2. Military Skills Competency
3. Leadership

Cadre will observe and counsel each Cadet based on character, presence, intellect, ability to display leadership qualities, develop, and achieve results at a platoon level, figure 2 below outlines the leadership, attributes, and competencies.



Figure 2- Army Leadership and Attributes and Competencies ADRP 6-22

Platoon Ranking Tool

The Platoon Tactical Officer (PTO) is responsible for the evaluation and rank ordering of Cadets in a platoon (programmed 40 Cadet platoon). Cadet ranking is based upon physical fitness, military skills competence, and demonstrated leadership ability. The Advanced Camp Platoon Ranking Tool, Fig. 3, pages 09/10, is used to determine Cadet ranking based on objective performance data. Cadet ranking determines the overall performance summary rating [Block 10 on the USACC Form 1059 Advanced Camp Evaluation Report (ACER) under the following criteria (40-Cadet PLT)]: Top 15th Percentile = Outstanding (5 Cadets), Upper 50th Percentile = Excellent (15 Cadets), Lower 50th Percentile = Proficient (15 Cadets), and Bottom 15th Percentile = Capable (5 Cadets). The USACC Form 1059 (ACER) will be used to document Cadet Performance for Advanced Camp.

Platoon Ranking Tool

CATEGORY	EVENT		WT	TOTAL %
P h y s i c a l	APFT	1. Cadet score is normalized by dividing by 300 (total number of points possible).	12	22%
		2. If Cadet does not pass on Initial Attempt, they receive zero points in the Tool.		
	3. Normalized score is then multiplied by the weight.			
	HT/WT	1. If Cadet does not pass on Initial Attempt, they receive zero points in the Tool.	2	
2. Cadets who pass Initial Attempt earn one point that is then multiplied by the weight.				
Foot Marches	1. Cadets who earn a GO earn one point for each Foot March. 2. Point is then multiplied by the weight.	6 Mile	4	
		12 Mile	4	

CATEGORY	EVENT		WT	TOTAL %
C o m p e t e n c e	Hand Grenade	1. Cadets who earn a 1ST TIME GO earn one point.	3	36%
		2. Cadets who earn a GO (Second Attempt) earn 3/4 point. 3rd attempt = 1/2 point, 4th attempt = 1/4 point.		
		3. Result is then multiplied by the weight.		
	Buddy Team Live Fire	1. Cadets who earn a 1ST TIME GO earn one point.	3	
2. Cadets who earn a GO (Second Attempt) earn 3/4 point. 3rd attempt = 1/2 point, 4th attempt = 1/4 point.				
3. Result is then multiplied by the weight.				
Land Nav Written Exam	1. Cadets who earn a 1ST TIME GO earn one point that is multiplied by the test percentage. 2. Cadets who earn a GO (Second Attempt) earn 3/4 point that is then multiplied by the test percentage. 3rd attempt = 1/2 point, 4th attempt = 1/4 point.	4		
			3. Result is then multiplied by the weight.	
Land Nav PE	1. Number of points found is normalized (Points found/Points attempted). 2. Cadets who earn a 1ST TIME GO earn one point that is multiplied by the normalized points found. 3. Cadets who earn a GO (Second Attempt) earn 3/4 point that is then multiplied by the normalized points found. 3rd attempt = 1/2 point, 4th attempt = 1/4 point, then multiplied by the normalized points found. 4. Result is then multiplied by the weight.	8		

CATEGORY	EVENT		WT	TOTAL %
C o m p e t e n c e (C o n t)	First Aid	1. Cadets who earn a 1ST TIME GO earn one point. 2. Cadets who earn a GO (Second Attempt) earn 3/4 point. 3rd attempt = 1/2 point, 4th attempt = 1/4 point. 3. Result is then multiplied by the weight.	3	36%
	CBRNE	1. Cadets who earn a 1ST TIME GO earn one point. 2. Cadets who earn a GO (Second Attempt) earn 3/4 point. 3rd attempt = 1/2 point, 4th attempt = 1/4 point 3. Result is then multiplied by the weight.	3	
	Confidence Course	1. Cadets who earn a 1ST TIME GO or GO earn one point. 2. That point is then multiplied by the weight.	3	
	Call for Fire	1. Cadets who earn a 1ST TIME GO earn one point. 2. Cadets who earn a GO (Second Attempt) earn half a point. 3rd attempt = 1/2 point, 4th attempt = 1/4 point. 3. Result is then multiplied by the weight.	3	
	Weapons Qualification	1. Cadets earn up to one point based on qualification earned in their first attempt: Expert = 1 Sharpshooter = .67 Marksman = .33 2. Cadets who do not qualify on their first attempt will receive .165 points regardless of passing qualification. 3. Result is then multiplied by the weight.	6	


CATEGORY	EVENT		WT	TOTAL %	
L e a d e r s h i p	Leadership Positions- 4 Total	1. Each evaluated position earns up to one point based on rating: Excellent = 1 Proficient = .67 Capable = .33 Unsatisfactory = 0 2. Each result is then multiplied by the weight.	1 st Garrison	7	42.0%
			2 nd Garrison	9	
			1 st FTX	10	
			2 nd FTX	10	
	Cadre Score	1. Cadre can award up to one (1) points per Cadet (or any increment for a maximum of one point) 2. Result is multiplied by the weight.	4		
Final Peer Eval	1. The average of all Peer Evals will be calculated, then normalized based on number of Cadets within the squad. 2. This will then be multiplied by the weight.	2			

TOTAL SCORE and Ranking	Cadet points will then be summed across all categories and ranked from highest to lowest number Ranking will be assigned based on Percentiles (Upper 15 th ; Upper 50 th ; Lower 50 th ; Bottom 15 th Percentiles).
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Figure 3- Cadet Performance Criteria


Section 4- Training Events Overview

The training events outlined on the following slides provide an overview of “must pass” or “must complete” 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 AC events and Soldier skills associated with AC, refer to the links directly following these slides.



U.S. ARMY

Land Navigation



**LEADERSHIP
EXCELLENCE**

Mission:
Conduct land navigation in a scenario based environment.

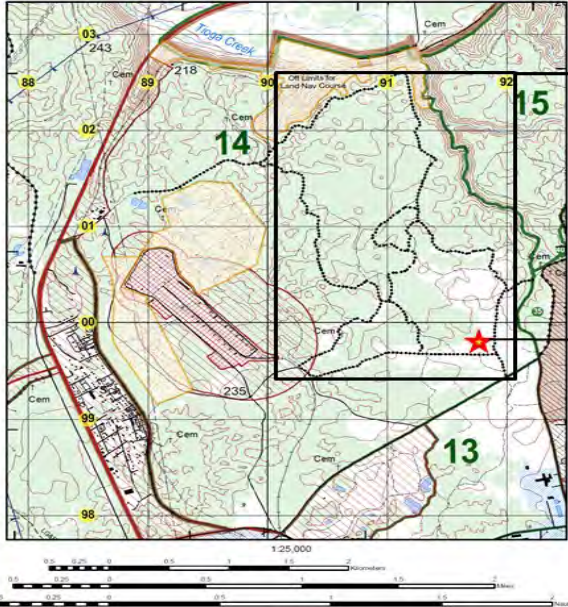
Standards:
Day: 4 hours to navigate to 3 out of 4 assigned points.
Night: 2 Hours to navigate to 1 out of 2 assigned points.
Only a red light is authorized for the night course.

Day 1

- Land navigation orientation / equipment draw.


Day 2

- Day Land Nav 0700-1200 to locate 3/4 points for a "go".
- Night Land Nav 2100-0000 to locate 1/2 points for a "go".



Land Nav Course

Start Point



U.S. ARMY

Basic Rifle Marksmanship



**LEADERSHIP
EXCELLENCE**

Mission:
Successfully qualify marksman (23 out of 40) on 300 meter pop-up range.

Day 1: Preliminary Marksmanship Instruction (PMI)
Weapons Maintenance & Malfunctions:
- Round Trajectory.
- Positions & Aimpoints.
- Dime Washer & Shadow Boxes.

Day 2: Group/Zero

- Group & Zero at 25m.
- Cadet fires 3x iterations of 50 rounds each for grouping drills from prone supported.


Day 3: Location of Misses and Hits (LOMAH)

- Cadet fires 30 rds prone supported
- Cadet fires 30 rds prone unsupported.
- Cadet fires 30 rds kneeling.

Day 4: 300m Qualification

- Cadet fires 20 rds prone supported.
- Cadet fires 10 rds prone unsupported.
- Cadet fires 10 rds kneeling.

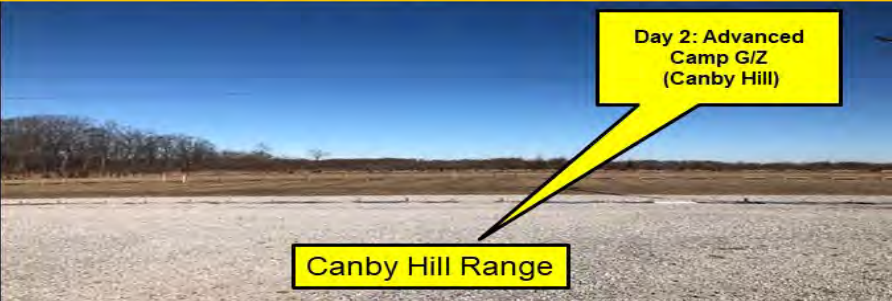
Cadet can fire up to 3x qualifications if necessary.



Firing Point



George Blair Range



Canby Hill Range

Day 3 & 4: Advanced Camp LOMAH & Qual

Day 2: Advanced Camp G/Z (Canby Hill)



CBRN



Mission:

In a training environment, given assigned protective mask, M8 and M9 detector paper, Joint Service Light Integrated Suit Technology (JSLIST) Chemical Protective Ensemble, CBRN protective footwear, and gloves.

Standards:

Cadets will learn how to react to a CBRN attack or hazard by: performing operator level Preventive Maintenance Checks and Services (PMCS) on assigned protective mask, without damaging the mask, and recording all deficiencies found and not corrected on DA Form 2404 or DA Form 5988E; putting on, clearing and sealing assigned protective mask within 9 seconds; donning all CBRN Individual Protective Equipment required to reach MOPP Level 4, within 8 minutes, and in sequence; drinking water from a canteen while wearing the M40A1/M50series protective mask; decontaminating self and equipment using decontamination kits.



First Aid (1AID)



Mission:

First Aid educates, trains and assesses Cadets in Tactical Combat Casualty Care Tasks IOT develop 2LTs with foundational knowledge in combat care.

Training events

1. Cadets arrive on Site.
2. Safety Brief and Site Orientation in Bleachers.
3. Cadet Hands on Training followed by Testing.
4. Cadets Depart training area.

Outcomes:

- Think critically and creatively in a stressful environment.
- Cadets will be confident, competent and proficient in basic First Aid skills required to sustain life.
- Demonstrate mental & physical toughness.
- Understand the proper methods of hasty and deliberate casualty care .
- Cadets will develop fundamental leader tasks in medical care in direct and indirect fire.





Buddy Team Live Fire



Mission:

1. Employ buddy team movement/maneuver techniques while engaging targets with the M4A1 carbine (blank and live fire).

2. During daylight hours, on a natural terrain course of approximately 150 meters in length. Given an M4A1 carbine, ammunition, ACH, FLC, IBA, seasonal uniform, and appropriate orders.

3. Cadets select temporary fighting positions with cover and concealment; use proper movement techniques as required by terrain and enemy fire; and engages enemy personnel to enable continued movement towards the objective while communicating effectively with team.



Hand Grenades



Mission:

Throw 2 Live hand grenade and complete hand grenade Assault Course

1. Mock Bay

- Successfully throw 3 out of 5 dummy hand grenades

2. Live Hand Grenade Range

- From a 4 foot barrier Successfully throw 2 live hand grenades.



2. Live Hand Grenade Range



1. Mock Bay



UNCLASSIFIED

ACFT Overlay



Mission:

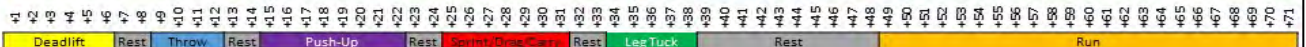
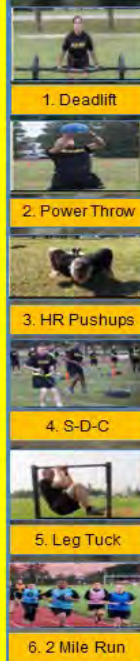
Complete a diagnostic Army Combat Fitness Test (ACFT)

Execution Timeline

0315 Site Setup
 0400 1st Platoon Arrives (Iteration #1) at Site A/B
 0400-0415 Iteration #1 Executes Prep Drill #1
 0415 2nd Platoon Arrives at Site A/B
 0415-0430 Iteration #1 Begins Warm-up Station
 0430 Iteration #1 Begins ACFT
 0442 Iteration #2 Begins ACFT
 0646 Iteration #11 Begins ACFT
 0745 Iteration #11 Completes ACFT
 0800-1000 Site tear Down

Concept of Operation:

The ACFT will be conducted on the morning of **Day 34 / Day 35** from the hours of **0400-0800**. The Regimental breakdown would be A/B on Day 34 and C/D on Day 35. Each company will complete ACFT w/in 3 hours and ACFT Committee will control flow, execution, and post-ACFT operations to ensure standardized and optimized testing.



ACFT Timeline



Night Infiltration Course



Mission:

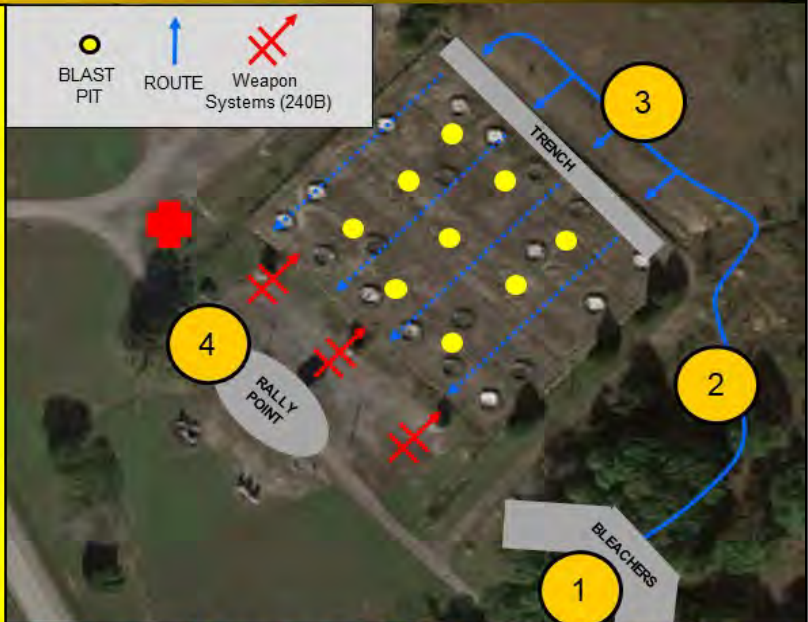
Move Under Direct Fire.

Conditions:

During darkness in a field environment, given an M4 Series Carbine with magazines, IBA, Fighting Load Carrier (FLC), Eye Pro, camel back with water, ammunition pouches, ACH, and blank adapter.

Standards:

The Trainee will negotiate the course using proper movement techniques, overcoming fear and building up confidence while using noise and light discipline.



1. Cadets receive safety brief and demonstration in the bleachers.

2. Cadets are escorted to the SP (trench) by Committee Cadre

3. Cadets get online and negotiate the trench.

4. Cadets move to the rally point at the end of the lane for accountability

Training Events Overview

Buddy Team Live Fire

Action: Employ buddy team movement/maneuver techniques while engaging targets with the M4A1 carbine (blank and live fire)

Condition: During daylight hours, on a natural terrain course of approximately 150 meters in length. Given an M4A1 carbine, ammunition, ACH, FLC, IBA, seasonal uniform, and appropriate orders.

Standards: Trainees select temporary fighting position with cover and concealment; uses proper movement techniques as required by terrain and enemy fire; and engages enemy personnel to enable continued movement towards the objective.

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.

Chemical, Biological, Radiological, and Nuclear (CBRN)

Action: Protect yourself from Chemical and Biological (CB) contamination using your assigned protective mask.

Condition: You are given your assigned protective mask, hood, carrier, a canteen with an M1 canteen cap or water canteen cap, and M8 detector paper. You find yourself in one of the following situations: 1) you hear or see a CB agent and/or unknown toxic industrial chemical attack/spill, 2) you realize, through other means, that you are under a CB agent and/or toxic industrial chemical attack, 3) you are ordered to mask, 4) you must enter a contaminated area, and 5) after having donned your protective mask, you need to drink from their canteen.

Standard: Cadets will be evaluated on their ability to protect themselves from CB agents and; or unknown toxic industrial chemical contamination by donning, clearing, and checking your assigned protective mask within 9 seconds without becoming contaminated. Drink water through your protective mask from their canteen without becoming a casualty.

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.

Dry Fire Drills

Action: Conduct basic rifle marksmanship drills

Conditions: Given your assigned M4 in a training environment; learn and enforce the basic foundational skills of basic rifle marksmanship; and become proficient prior to moving on to a live fire scenario.

Standards: Be able to apply the skills learned in the drill fire manual and safety and successfully maintain and fire your assigned M4.

First Aid

Action: Conduct First Aid

Condition: Given the proper supplies/equipment and a casualty with specified wound/injury during a given scenario while on a training mission.

Standard: Evaluate casualty; perform proper first aid for designated injury. Perform all steps IAW Instructor's material.

Hand Grenades

Action: Employ Hand Grenades

Conditions: During daylight, given fragmentation grenades (M67) with time-delay fuses, and fragmentation grenades with detonating fuses.

Standards: Select the appropriate throwing position, grip the hand grenade, prepare the grenade, and throw the hand grenade so it is within the effective range of the target.

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.

Stress Shoot

Action: Conduct individual Basic Rifle Marksmanship while stressed.

Conditions: In a training environment, given your assigned weapon; learn the fundamentals of marksmanship while stressed

Standards: Be able to successfully to overcome the stress and complete objective engaging and hitting targets.

Night Infiltration Course

Action: Conduct individual movement techniques.

Conditions: In a training environment; learn the fundamentals of individual movement techniques on a live fire range.

Standards: Be able to successfully to overcome stress and complete movement under fire.

Army Combat Fitness Test (ACFT)

Action: To familiarize with the new ACFT and complete a diagnostic test.

Conditions: Given the proper ACFT equipment and graders complete the 6 event ACFT in a timely manner.

Standards: To obtain a minimum of 60 points in each event.

Section 5- 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 remain in the Cadet's control at all times.
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.
7. Personal belongings (i.e. rings necklaces) will be secured by Cadre to safeguard and protect Cadet's property.
8. **Prohibited Items.** Cadre will confiscate the following:
 - a. **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.
 - b. Pornography will be destroyed.

- c. Controlled substances (unprescribed), tobacco, or alcoholic beverages of any type.
- d. Tanker Boots, zipper boots and all cold weather boots will be confiscated and stored until completion of CST.
- e. Large amounts of cash (in excess of \$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.

9. Family Members Access to Fort Knox using a 5-Day Fast Pass

- a. Family members are encouraged to attend CST Family Day programs and Graduations.
- b. Visitation with Cadets during training is not authorized.
- c. All adults family members and guest 18 years of age and older with a valid driver's license of state-issued ID who wish to attend CST events may obtain a **5-Day Fast Pass**. Under 18 cannot use the **5-Day Fast Pass**.
- d. The 5-day Fast Pass must be requested no earlier than 30 days of planned arrival and you must re-register if issued a newer Driver's License/State ID before arriving.
- e. U.S. citizens without a military ID but who possess a valid state driver's license/state-issued ID who wish to visit Fort Knox for CST may obtain a 5-day Fast Pass.
- f. The registrant's driver's license/state-issued ID serves as the pass.

(1) Those approved for a 5-day Fast Pass should use Chaffee Gate for their first entry. After the first visit they may use any open gate; the route is only marked from Chaffee Gate.

(2) The Driver should have the license/ID for each adult that registered for the 5-Day Pass and present them the gate guard for installation access (do not scan at the pedestal).

(3) See "Gate Hours of Operation" tab in the center of the webpage for gate hours of operation. Click or copy-and-paste this link into your web browser:

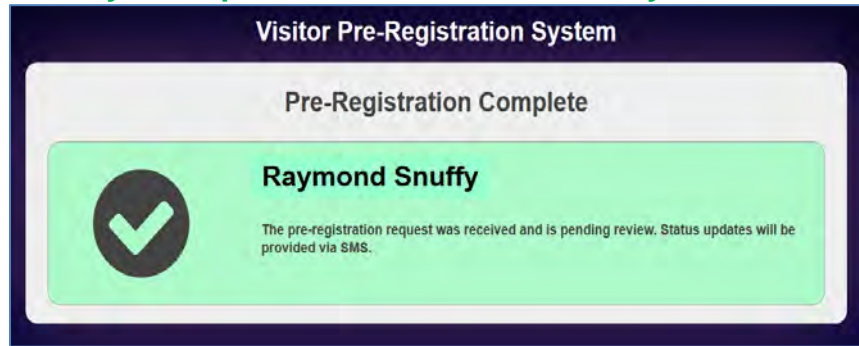
<https://home.army.mil/knox/index.php/about/Garrison/directorate-emergency-services/physical-security-division/access-control-1>.

g. Visit WWW.bit.ly/2QIoY8E. (Microsoft Edge, Firefox, Google Chrome, and Safari browsers recommended).

h. Complete all pre-registration requirements on the secure site, being sure to select "5-Day Fast Pass." This process takes less than ten minutes.

**** be sure to select "5-Day Fast Pass****

****Start Date can only be requested a maximum of 30 days in advance of visit date****



i. Applicants should receive a text message within a few minutes, and no later than 24 hours later, with notification on whether the request for a 5-day Fast Pass is approved.

j. If a text message is not received: call the Fort Knox Visitor Control Center at 502-624-7011 or 7019 to check status. Failure to call and follow up could result in a guest not gaining approval for access upon arrival to Fort Knox.



*****Once APPROVED 5-day Fast Pass*****

Proceed to Fort Knox main entrance on Bullion BLVD, and be prepared to provide your driver's license/ID to the gate guard. All additional occupants of your vehicle are also required to present their licenses, Visitor Passes, or other valid ID for installation access.

All occupants 18 and older shall have their own Visitor Pass approvals.

Additional Information: (<https://home.army.mil/knox/index.php/about/Garrison/directorate-emergency-services/physical-security-division/access-control-1>)

10. Email Invitations. All Cadets wishing for family members to receive an electronic invite to attend family day and/or graduation will be required provide email address(s) on day one in processing at the Copple center.

11. 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, AC
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.

12. Pay and Subsistence.

a. 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

b. 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.

c. 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.

d. All Cadets should **ensure** funds have been deposited rather than **assuming** funds have been deposited into their applicable accounts.

e. During AC, 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.

f. Green To Gold (GTG)-Active Duty (AD) Option Cadets:

(1) GTG-AD Cadets will earn their regular pay and entitlements during AC and follow-on-training (FOT).

(2) 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.

13. Cadets must report with all documentation outlined on the personnel records checklist. Refer to Fig. 6 – Personnel Records Checklist.

It is your responsibility to coordinate with your HRA to ensure that you report with the appropriate documents.			
CST CADET PERSONNEL RECORDS CHECKLIST			
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	Fort Knox pre-vetting Access Spreadsheet(Figure 2-D)	Completed spreadsheet required for all guests expected to attend Family Day or graduation
	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 6- Cadet Personnel Records Checklist

Common Phone numbers and Websites

- American Red Cross: 1-800-733-2767
- CST Operations Center: 502-624-ROTC (secondary means of emergency contact)
- 502-624-ROTC—CST Operations Center
- www.knox.army.mil/ www.Future.armyofficer.com
- www.flickr.com/photos/136737541@N05/
- <https://twitter.com/armyrotc>
- www.facebook.com/cadetcommand
- [#armyrotc](#), [#Cadetcommand](#), and [#armyrotccst](#)

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

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/Call/Military (duty) #s _____

Local Red Cross Phone # _____

SERVICE TO THE ARMED FORCES

LA75840011

Additional administrative notes; Be sure to read the admin notes on the following PowerPoint slide regarding CST mailing address, reception information, medical claims etc.



CST S1



CST Mailing Address

CADET LAST NAME, FIRST NAME MI
 HQ, USACC, Camp (AC or 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

Flight Information

- Home of Record, Program, or CPDT locations are only authorized destinations for government flights
- Travel to CPDT will depart the day after graduation
- There is no POV storage lot for Cadets that travel to CPDT after graduation
- Following graduation, Cadets will be allowed to depart with family members, or sign out on pass from Holding Company, as applicable

Medical Claims

- All medical care provided outside of a Military Treatment Facility will require a Department of Labor medical claim for payment of bills
- Medical bills sent to you after CST must be immediately provided to your program HRA for processing. DO NOT assume the military is paying bills on your behalf

Administrative Notes

- Ensure your DD93 is iPERMed before departing for camp and hand carry copy current form (valid for 1 yr.)
 - If you will need a new CAC, you must have 2 forms of Government or State issued IDs:
- https://www.cac.mil/Portals/53/Documents/List_of_Acceptable_Documents.pdf
- If guests are expected to attend graduation, hand-carry completed pre-vetting form



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.



Section 6 Packing List

(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 ADVANCED CAMP IS PROHIBITED DURING ALL PHASES.

Cadet Summer Training 2020 and Beyond Contracted Cadet Packing list (Final Version as of 8 Oct 2019)					
MS Level:		Cadet Name:			
CST Regiment:		School:		Inspection Date:	
** Fort Knox CIF has transitioned to OCP uniform items and CAN ONLY fill ACU uniform shortages with OCP items.					
Cadet will report to CST with signed copy of packing list and copy of KYLOC clothing bag records. PMS will validate all Cadet baggage has been inventoried prior to departure.					
PGC	LIN	NSN	Nomenclature	QTY	Campus Cadre Initials
Clothing Bag Items issued at program level (Uniform Sizes are NSN specific, must be UCP or OCP pattern)					
End of Camp Commissionees: Army Service Uniform Complete, Consisting of:					
01724	B62574	8405-01-088-7805	Beret, Wool, Black Shade 1593, w / USACC DUI	1	
			Coat, Male/Female, AB 450 w/Name Plate (bring appropriate shoulder boards if assigned branch)	1	
			Trousers / Slacks, Light Blue, AB 451	1	
			Shirt, Cotton / Poly, AW 521, White, Short Sleeves	1	
			Necktie / Neck Tab	1	
			Belt, Trs, Web Blk, nickel under-plate w/Buckle, Brass	1	
			Shoe, Black, Poromeric	1	
02275	L72204	8440-01-415-0051	Socks, Poly / nylon, Black	1	
			Undershirt, White	1	
			Silver Dollar (for first salute)	1	
04009	C05062	8415-01-630-8905	Cap, Patrol, Army Combat Uniform, OCP	2	
03976	C05065	8465-01-586-0103	Coat, Army Combat Uniform, OCP	4	
93664		8465-01-524-4476	Patch, US Flag	2	
29892		8455-01-531-6334	Tape, US Army, ACU Velcro	4	
99204		8455-00-000-9995	Nametape, ACU Velcro	4	
29636		8455-01-528-8869	Patch, Unit, Cadet Command	2	
03977	T05051	8415-01-585-9446	Trousers, ACU,OCP (Must Fit Properly)	4	
04015	B05007	8415-01-630-9491	Belt, Rigger's, Tan 499	1	
04011	T05049	8415-01-630-5523	T-Shirt, Moisture-Wicking, Tan 499	7	
02882	S89914	8440-01-508-3357	Socks, Boot, Black / Green	7	
04039	B60315	8430-01-598-4959	Boots, Combat, Hot Weather OR	2	
04040	B13584	8430-01-632-2412	Boots, Combat Temperature (Can be replaced by hot weather boots)	2	
04120	G05021	8415-01-644-4837	Gloves, Light Duty Utility, (LDUG),BLK	1	
03983	T05044	8415-01-623-2516	T-Shirt, APFU, SS	2	
03982	T05042	8415-01-623-2466	Trunks, APFU	2	
36096	B14729	8465-01-604-6541	Bag, Duffel, Nylon, Improved	2	
OCIE items issued at program level (Camouflage patterns can be mixed (UCP or OCP))					
29011	R97425	8465-01-525-0578	Rifleman Set, MOLLE, components A thru H below: (Build a complete Core Rifleman 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	
29012	DA658H	8465-01-525-0598	D. Pouch, M4 Three Mag, MOLLE	2	
29008	DA6588	8465-01-525-0585	E. Pouch, Canteen, General, MOLLE	2	
28970	DA653Y	8465-01-524-5232	F. Carrier, Hydration System, MOLLE	1	
28969	DA657E	8465-01-524-5250	G. Pack, Assault, MOLLE	1	
28963	DA6508	8465-01-524-7263	H. Waist Pack, 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	
	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	
	DA657S	8465-01-524-8415	Buckle, Male Shoulder, MOLLE	2	
	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 (IMSS)	1	
21228	M24944	8465-01-393-6515	Mat Sleeping (Foam Pad or Self inflating)	1	
	L00210	5120-00-878-5932	Entrenching Tool (E-Tool) Hand, Folding, Heavy-Duty	1	
34494	K34733	8470-01-092-7527	Helmet, Ground Troops / Parachutist (PASGT) OR	1	
03129	H53175	8470-01-529-6329	Helmet, Advanced Combat (ACH)	1	
03113	C28472	8415-01-521-8808	Cover, Helmet	1	
10328	DA151M	8415-01-524-5842	Helmet, Band Camouflage (Cat eyes)	1	
NA	NA	4240-01-516-3460	XC Eyewear, Black Frame, Clear Dura-streme Lens	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	
03091	P05813	8415-01-527-4614	Parka, Wet Weather (Do NOT substitute with GORTEX)	1	
29360	T38070	8415-01-527-1551	Trousers, Wet Weather (Do NOT substitute with GORTEX)	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	2	
	DA654S	8465-01-524-7638	Pouch, External Medical (Issued at CST if not available at program)	1	

Items issued at Program level	QTY	Campus Cadre Initials
CST Packing List Inventory Signed by Campus Cadre	1	
Ranger Handbook (Issued at CST if not available at program)	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.		
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	
Powder, Foot	As Req	
Padlock, Combination (keys are often lost)	3	
Tags, Identification w / medical tags if required	1 Set	
Glasses, Prescription (Contact Lenses are not authorized)	1 Pair	
Bag, Zip-Lock, Gallon Size	10	
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	
Chapstick or similar lip balm	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	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	
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	1	
Packing List Validation		
Date:	Host School:	
Inspector Rank, Name:	Inspector Signature:	
PMS Name:	PMS E-mail and Phone Number:	
School POC:	Phone Number:	