



## 30th Adjutant General Battalion (Reception) Trainee Packing List

Items to Bring	Male	Female
<b>Clothing</b>		
Wear casual, comfortable clothing		
Shirt or blouse (no obscene graphics) (no halter tops or cutoff T-shirts)	1	1
Slacks or jeans (no shorts or cutoffs)	1	1
Complete underwear (you will get a mini-physical on ship day, no thongs)	1	1
A pair of comfortable, casual shoes suitable for walking and extended standing (no high heels) and socks	1	1
Coat or Jacket (seasonal)	As needed	As needed
Bring a change of underwear: (male - briefs; female - briefs and bras (white, black or neutral) or preferably sports bras, no thongs)	2	2 underwear 3 bras
Feminine sanitary items	N/A	As needed
<b>Minimum Personal Hygiene Articles: (all travel-sized items)</b>		
Shampoo and conditioner (1 oz.)	As needed	As needed
Soap (1 bar soap or 1 oz. liquid soap)	1	1
Antiperspirant and/or deodorant (nonaerosol only)	1	1
Toothbrush and toothpaste	1	1
Disposable and/or safety shaving razor (nonelectric)	1	1
Shaving cream (nonaerosol)	1	As needed
Comb, brush, hair accessories (black or matching hair color)	As needed	As needed
Combination lock	1	1
<b>Other Items</b>		
Eye glasses		
All important personal documents (check with recruiter) including:		
Childhood and adolescent immunization records, if available		
Government-issued photo ID card		
Marriage certificate, Family birth certificates, and their Social Security Number (SSN) (if married or legally supporting) (original court-certified copies)		
SSN Cards (or other Government ID with the SSN) (copies are ok)		
Required prescription medications (in original pharmacy container) and/or with a doctor's prescription		
<b>Finance</b>		
Not to exceed \$50.00 in cash, travelers checks, or money orders		
Checkbook or canceled check reflecting the account number and American Bankers Association routing number to establish direct deposit bank account for military pay		
Automated Teller machine (ATM) card		

**All items should fit into the Army Future Soldier Bag or small bag**