



### ARTB School Physical Exam Checklist

<b>PASS YOUR PHYSICAL!</b> Check your physical exam. It's your responsibility to make sure all these blocks, labs and studies are completed. Do not assume it was done correctly. <b>ANY DEFICIENCY BELOW WILL PROHIBIT YOUR ENTRANCE INTO SCHOOL ON ZERO DAY.</b>	Ranger		Airborne	
	34 or younger	35 or older	34 or younger	35 or older
<b>REPORT OF MEDICAL HISTORY DD FORM 2807-1 (3 Pages)</b>	X	X	X	X
Name and SSN completed on every page by service member	X	X	X	X
Blocks 1-29 completed by service member	X	X	X	X
Block 30 a, b & c completed by examiner	X	X	X	X
<b>REPORT OF MEDICAL EXAMINATION DD FORM 2808 (3 Pages)</b>	X	X	X	X
Name and SSN completed on every page by service member	X	X	X	X
Blocks 2-15 completed by service member	X	X	X	X
Blocks 1, 16-42, 44, 45-58, 72b, 73, 74 a & b, 77, 78, & 81 a & b completed by examiner	X	X	X	X
Exam must be dated <u>within 18 months</u> of course start date (block 1)	X	X	X	X
Blocks 43, 83 a & b completed by dentist ( <u>Must be CAT1 or CAT2</u> )	X	X	X	X
Blocks 59, 61 & 63 completed by optometry ( <u>per AR 40-501, Chap 5-3g</u> )	X	X	X	X
Block 71 completed by audiology or attached DD Form 2216E ( <u>H2 OR H3 REQUIRE WAIVER</u> )	X	X	X	X
Physical Exam is qualified for "Airborne/Ranger Training/School" (block 74a)	X	X	X	X
MD/DO Signature (block 81 a & b if exam was completed by MD/DO) (block 84 a & b if exam was conducted by a PA)	X	X	X	X
<b>ARTB School physical examination lab requirements (Documented on DD FORM 2808)</b>				
Urinalysis (block 43 a & b) <del>43</del> <b>45</b>	X	X	X	X
Urine Microscopy (block 73)	X	X	X	X
Hematocrit (HCT) (block 47)	X	X	X	X
Sickledex (Sickle Cell screening) (block 52a)	X	X	X	X
HIV (within 2 years) (block 49) Results and Date of test	X	X	X	X
Fasting Blood Sugar (FBS) (block 73)		X		
Complete Blood Count (CBC) (block 73)		X		
Fasting Lipid Panel (block 73)		X		
Electrocardiogram (ECG) (block 73)		X		X
Rectal Exam with Stool Guaiac (block 73)		X		
<b>Additional Requirements</b>				
Printed copy of ECG report		X		X
Printed copy of lab results	X	X	X	X
Printed copy of Hearing Examination (DD FORM 2216E) (H2 or H3 Require Waiver)	X	X	X	X
Printed copy of RTB Surgeon Waiver (if applicable)	X	X	X	X
LASIK/PRK Waiver (if applicable) attached to physical. See below.	X	X	X	X

- COMMENTS:**
1. Ensure your provider checks Army Regulation 40-501 CHAPTER 5-3, 5-4 and 2 for conditions that require a waiver
  2. It is highly recommended that you take this checklist to your TMC when you report for your examination.
  3. If you are marked disqualified for any reason you must submit for a waiver through the ARTB Brigade Surgeon, guidance can be found on <http://www.benning.army.mil/infantry/r/b/Stuidentinformation.html>.
  4. LASIK/PRK waiver form is downloadable from the ARTB Website. This is the "ONLY" authorized form to be utilized for Ranger School.
  5. All other waiver request should consult the Medical requirements waiver section of the RTB Website for more information.
  6. **BRING A COMPLETE COPY OF YOUR DD2808 & DD2807-1 (6 PAGES) AND EVERYTHING LISTED IN YOUR ADDITIONAL REQUIREMENTS**
  7. **LEAVE A COPY OF EVERYTHING WITH SOMEONE WHO CAN E-MAIL IT FOR YOU on a weekend**
  8. **If you have any questions contact 4th RTBn Penny Aid Station at (708) 544-6965**

# Ranger School Packing List

2/18/2015

## RANGER TRAINING BRIGADE PACKING LIST EFFECTIVE FOR CLASSES STARTING AFTER:

\*Examples posted on this packing list are meant to represent items that are similar to the required items.

\*Marines (Woodland MARPAT MCCUU), Navy & Air Force students will bring their own service equivalent uniforms or US Combat Uniforms (ACUs) where applicable

\*All mandatory & optional items must fit into 2 duffel bags

**ALL IOBLG AND ABOLG STUDENTS MUST BRING ALL TA-50 THEY WERE ISSUED AT THE FORT BENNING/KELLY HILL CIF SHOWN ON THE ATTACHED MENU (CLICK FOR MENU)**

\*\*Students must arrive with all MANDATORY items (highlighted).

### CLICK ON ITEM TO SEE EXAMPLE

Students must bring 5 copies of their orders, 2 copies of the following documents: DD-93/SGLI, ERB/ORB, signed Commanders letter, signed packing list and ABN Certificate if Applicable		
Cap, ACU with cat eyes sewn on and name tape, (velcro or sewn on; Cover), Marine (with cat eyes sewn on and name-tape sewn on back) note #1	2 ea	CIF LIN: P1
ID Card	1 ea	
Trousers, ACU	6 ea	CIF LIN: T8
Coat, ACU	6 ea	CIF LIN: C1
Boots, Hot Weather Desert (All Boots IAW AR 670-1 WITH NO BUCKLES)	2 ea	
Boots, Cold Weather (All Boots IAW AR 670-1 WITH NO BUCKLES)	1 ea	min. 200g thinsulat
Shoes, Running	1 pr	
PT Uniform; <b>Jacket, pants, Long Sleeve Shirt</b> , Short Sleeve Shirt, and shorts	1 ea	
Name-Tape, Cloth (sew on, no velcro)	4 ea	
Drawers, Cold Weather; Military issue Poly-Pro or Gen III, level-1-bottoms.	2 ea	
Drawers, Cold Weather; Military issue Poly-Pro or Gen III, level-2-bottoms.	2 ea	Gen-3-Level-2 CIF I
Undershirt, Cold Weather; Military issue Poly-Pro or Gen III level-1-tops	2 ea	
Undershirt; Cold Weather; Military issue Poly-Pro or Gen III level-2-tops	2 ea	Gen-3-level-2 CIF t
Eyeglasses (military issue, if required) each with retainer bands	2 pr MIN	
ID Tags with Breakaway Chain with Medical Alert Tags or Bracelet (if required)	2 Sets	
Civilian clothes consisting of: 1 Collar Shirt, 1 pr of Pants, 1 Jacket	1 ea	
Neck Gator Brown / Tan <b>NO BLACK</b>	1 ea	CIF LIN: G3
Duffel Bag (Army issue only) No oversized Duffel Bags and no zippers. One additional Duffel Bag with lock for unauthorized item if coming from an overseas unit or TDY enroute.	2 ea/3ea	CIF LIN: B1
Gloves, Leather, Blk with Inserts, Gloves, Cold, Foliage Green.	1 Pair	CIF LIN: G6 CIF LIN: J6;
Socks, white (calf or above ankle only)	2 Pair	
Magazine, M4	7 ea	
Adapter, Firing, (M4 yellow) <b>NOT M16 RED</b>	1 ea	<b>TO&amp;E UN</b>

## Ranger School Packing List

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Belt, tan non-elastic (Rigger style)	2 ea	CIF LIN: B9
T-Shirts, S/S; ACU tan or ACU green ; cotton loose fitting (t-shirt Service Specific)	8 ea	
Socks, cushion sole wool blend (Military Black, Tan or Green - non waterproof)	15 pr	
Watch cap; green micro fleece	2 ea	
Weapons Cleaning Kit, small arms with the following tiems: 1 cleaning rod handle, 4 cleaning rods, 1 eyelet, 1 bore brush, 1 chamber brush, 1 two ended tooth brush, 1 pack of chamber patches, 1 small bottle of CLP)		
Whistle, OD (military issue) NSN 8465-00-254-8803	1 ea	
Eye Protection APEL (Clear Lens only)	2 pr	
Belt, reflective (High Vis. Yellow)	1 ea	
Combination Locks (key locks unauthorized)1 additional for unauthorized bags if from overseas unit or TDY enroute	5 ea/1ea	
Compass, Lensatic (military issue)	1 ea	FSC LIN: E6
Ear Plugs with Case	1 ea	
Extra Bootlaces	2 pr	
Camelback/MOLLE hydration system 70-100oz. Carrier will not have additional pockets/ CIF LIN: DA651E and DA652Q	1 ea	
Extra bite Valve and Blatter for hydration system	1 ea	
Flashlight, AA Style, with red lens	1 ea	
Batteries, AA and/or AAA cell (For Flashlights)	8 pk	
Headlamp	1 ea	
Luminous tape 1"X6" strip	1ea	
Mouth Piece (Athletic)	1 ea	
Nylon Cord (550 type)	100 ft	
Pens	10 ea	
Pencils	10 ea	
Notebook, pocket size	3 ea	
Protractor	2 ea	
Razor, shaving (non electric)	1 ea	
Razor Blades	12 ea	
Sewing Kit	1 ea	
Shaving Cream	1 can	
Shower Shoes (Any Color)	1 pr	
Soap	2 bars	
Soap Dish	1 ea	
Toothbrush	1 ea	
Toothpaste (large tubes)	2 ea	
Towels, large (green or brown)	2 ea	
Towels (wash cloth) (green or brown)	2 ea	
Laundry Soap	as needed	
Wristwatch (non GPS or Internet capable)	1 ea	
Band, Helmet, Camouflage	1 ea	
Alcohol Marker, permanent (any color)	1 ea	
Camouflage Stick, light green and loam (or like item)	3 ea	NSN 6850-00-1

# Ranger School Packing List

2/18/2015

THE FOLLOWING ITEMS ARE ITEMS THAT ARE MANDATORY FOR FEMALE STUDENTS ONLY		
Feminine Wipes (2 per day)	124 total	
Bras (No underwire, no clasp, and no hooks) Minimum 2, may have up to 6.	2 to 6	
Underwear (100% cotton only. Recommend use only when needed)	6	
Pads/Tampons (2 month supply, Recommend Biodegradable, if not additional ziplock bags will be authorized for carrying used products)	2 month supply	
Female Urinary Device (FUD)	1	

## Ranger School Packing List

2/18/2015

<b>The following optional items and quantities are authorized in the Ranger Course:</b>		
Alcohol Markers (Blk/Blue/Red/Grn)	2 ea	
Alcohol Eraser	1 ea	
Black Tape, friction or electrical	2 rolls	
Finger/toe nail clippers	1 ea	
Foot Powder, (Anti-fungal, not containing menthol)	2 ea	
Large Trash Bags	1 box	
Lip Balm	1 ea	
Pocket Knife (folding blade 4" or less)	1 ea	
Small Mirror	1 ea	
Sunscreen	2 ea	
Waterproof Bags (zip lock, small)	25 ea	
Baby Wipes: Alcohol free and without additives	1 box	
Drawers Cotton, Underwear (white, brown or green)	6 pair	
Electric Hair Trimmer	1 set	
Gloves, Cold Weather, Civilian (black or subdued)	1 Pair	highly recomn
Gloves, Nomex or Tactical Style (Logo must be subdued or blacked in, (No Neoprene Type Gloves)	1 pair	highly recomn
Hand Sanitizer with or without alcohol is permitted	1 ea	
Index Cards	2 packs	
Insect Repellant (non aerosol)	1 ea	
Insoles, Boots (Any Type)	2 ea	
Lamination Paper	1 roll max	
Laundry Bag (mesh or green)	1 ea	
Leathermans Type Tool	1 ea	
Letter Writing Material	as needed	
Lighter	1 ea	
Liner, Field Jacket	1 ea	
Map Case	1 ea	
Moleskin	as needed	
Pace Cord	1 ea	
Packs of Non-Caffiene chewing gum	as needed	
Q-Tips	1 box	
Skin Care Lotion: (6 - 8 FL.OZ.) Free of alcohol, fragrance, and petroleum	1 ea	
Status Card NOTE: Status Cards Must be BLANK	1 ea	
Tactical Handbook, Unit Leader, Small (THULS)	1 ea	
Tape, 100 MPH	2 rolls	
Terrain Model Kit (small)	1 ea	
Waterproof Matches	2 boxes	
Whetstone	1 ea	
Wrist Compass	1 ea	
Potomac Field Gear approved items		
*Items must be sealed in their original package.		

**Administration Foot Notes:**

- 1) Ranger eyes will be 1/2"x1" in size, sewn flush with name tape 1" apart.
- 2) Students must bring 1/2 the amount of velcro name tapes and US Army tapes in relation to the number of ACU's brought. If a student brings 6 x sets of ACU's, he must have 3 x complete sets of velcro ACU name tapes and US Army tapes. Rank will while in Ranger School.
- 3) T-Shirts must be loose fitting cotton (NO TIGHT FITTING), UnderArmour or other athletic type T-shirts are not authorized
- 4) ALL INTERNATIONAL STUDENTS ARE AUTHORIZED TO BRING THEIR OWN MILITARY ISSUED EQUIVALENT EQUIPMENT uniforms and equipment are issued by the Ranger Training Companies. It is not necessary for the student to purchase equipment than the items stated above

**ANY ITEM NOT LISTED ON THIS LIST IS UNAUTHORIZED!!! NO TA-50 UNLESS YOU ARE COMING FROM IBOLC OR ABOLC AUTHORIZED!!!**

**THE RANGER TRAINING BRIGADE IS NOT RESPONSIBLE FOR STORAGE OF UNAUTHORIZED ITEMS. THE ONLY EXCEPTIONS WILL BE FOR STUDENTS COMING FROM OVERSEAS ASSIGNMENTS OR TDY ENROUTE**

These items will be confiscated and placed in hold baggage during initial layout. Students will sign a form stating that the Ranger Training Brigade is not responsible for any loss or damage to personal items stored while students are attending the course are found during subsequent inspections, that item will be confiscated and student will be released from course. (You must have extra duffel bag and lock to store unauthorized items)

**THE FOLLOWING ITEMS ARE UNAUTHORIZED AND ARE GROUNDS FOR POTENTIAL REJECTION FROM THE COURSE AND/OR SOR:**

Cellular Telephone or any electronic items

- Any product with caffeine
- Tobacco products of any type
- Civilian Long Underwear
- Contact Lenses
- Filled in Operations Order, FRAGO or ANNEX Formats,
- Modified Shoulder Strap Pads or Kidney Pads
- Spandex type Athletic Wear/Underwear (I.e. TIGHT fitting under armour)
- Vitamins and Supplements of any kind
- Gortex Socks
- CIVILIAN MEDICATIONS I.E. ASPIRIN, TYLENOL, VITAMINS ETC
- NO PERSONAL TA 50 (Caribiners, Pouches, Bungee Cords, etc.)
- CASH OVER \$100

**INSPECTOR MUST BE SERGEANT OR ABOVE  
INSPECTOR SHALL PRINT, SIGN, AND PROVIDE A PHONE NUMBER**

**INSPECTED AND PACKED BY:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**PHONE NUMBER:** \_\_\_\_\_

**PRINT OUT THE FIRST 4 PAGES OF THIS PACKING LIST AND BRING WITH YOU FOR THE LAYOUT**