

SFRE PACKING LIST

* OFFICIAL PRINT OUT OF GT SCORE AND SECURITY CLEARANCE

***BRING YOUR OWN 65lbs MILITARY RUCK**

65lbs DRY will be your ruck weight requirement. If the below items do not meet weight requirements, add like items. Plates, kettle bells, sandbags, etc. will not be permitted during SFRE event.

IN RUCK OR ON BODY

(Items 1-14)

- 1.) 4 sets OCP/ACU/BDU/ABU/NWU/DCU/USMC DIGICAM (**Assault/Combat Shirt NOT authorized during any event**)
- 2.) 2 sets **MILITARY COMPLIANT** or **MILITARY ISSUE** combat boots, no other boots will be authorized. Boots should be well broken in, but not worn out.
- 3.) 4 Army Tan T-shirts or the regulation T-shirt for uniforms of other branches of service.
- 4.) 8 pairs of socks. Military wool socks work best for reducing the chance of blisters.
- 5.) 1 OCP/ACU/BDU/ABU/NWU/DCU/USMC DIGICAM patrol cap.
- 6.) Foot care items ie. Moleskin, foot powder, surgical tape, blister care items, sewing kit (needle and thread for blisters).
- 7.) 1 APFU (Army Physical Fitness Uniform). Members of other branches of service may wear their service branch Physical Fitness Uniform. If you are currently not in the Army, you may do your APFT in civilian athletic clothing (Black shorts, tan shirt). Civilians Winter Months Oct – Mar Athletic Sweat Pants and or Sweat Shirt with T-Shirt underneath, for Summer Months Apr-Sep Shorts and T-shirt minimum.
- 8.) 1 Pair of shower shoes/flip-flops for showering and after road march
- 9.) Sleeping bag, sleeping mat, poncho.
- 10.) 1 pair of heavy-duty military work/rappelling gloves. If you do not have military gloves, heavy duty civilian work gloves are acceptable.
- 11.) Hydration device (camel back, canteens, Nalgene bottles, etc.) required to have the ability to carry a minimum of 4 quarts (1 gallon) of water on/in Rucksack, and a minimum of 750ml on person. ***Recommend a back-up bladder, as many have broken on candidates during previous SFREs**

12.) Head lamp with Red lens.

13.) 2x pens, 2x pencils & 1x notebook (weather-proofed)

14.) 3x MREs (minimum)

15.) 1 Bath Towel for showering (personal hygiene kit)

16.) 1x box MREs. Personal Unit Readiness or S-4 can supply candidates with MREs prior to SFRE weekend event. Coordinate with your unit, allowing them proper time to supply you.

17.) \$20 cash for Dining Facility use. You will have opportunities to eat at the FHL Dining Facility. Cash will be required IOT eat. – (DFAC CURRENTLY UNAVAILABLE DUE TO COVID 19)

Wristwatches, GPS, cell phones or timing devices of any type are not authorized during any of the individual events. You may bring these devices; however, you must leave it in your gym bag or car during the individual events.

If you are currently in the military you will be in the proper uniform at the proper time, unless SFRE Cadre authorize modifications. You will be clean shaven and have a regulation hair cut at the start of the duty day. AR 670-1 applies to Army soldiers while on duty. Current members of other branches of service will be held to their individual service regulations for uniform and appearance.

Prior Service / LE must contact SFRE Event Cadre if lacking proper equipment, 7 days prior of event to discuss pack options.