

SFRE Packing List

*Bring your own 45lbs Military Ruck

45lbs 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.

**1 box of MRE's is required for the event. Your Unit Readiness or S-4 can supply candidates with MRE's prior to SFRE weekend. Coordinate with your unit allowing them proper time to supply you.

In Ruck or On Body

(Items 1-17)

1. 3 sets of OCP/ACU/BDU/ABU/NWU/DCU/USMC DIGICAM with the ability to sterilize (remove branch/name tapes or tape over if sewn on) when instructed.
(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/MARPAT patrol cap.
6. Foot care items ie. Moleskin, foot powder, surgical tape, blister care items, sewing kit (needle and thread for blisters).
7. 2 APFU (Army Physical Fitness Uniform) and PT shoes. Members of other branches of service may wear their service branch Physical Fitness Uniform.
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 6 quarts of water on/in rucksack/on person and minimum 1 quart at all times when not with rucksack. *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. \$20 cash for Dining Facility use. You may have opportunities to eat at the training location Dining Facility. Cash will be required IOT eat.
17. Waterproof Bag or heavy-duty trash bag.

**You may bring a regular analog or digital wristwatch. Smart watches with connectivity or a compass are not allowed. You will be instructed on when watches are and are not authorized. 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 them in the barracks or car during the individual events.

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.