

US ARMY CADET COMMAND CADET WELCOME PACKET



ADVANCED CAMP 2025

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USACC, G3, CST Planning Branch.



DEPARTMENT OF THE ARMY
UNITED STATES ARMY ROTC CADET SUMMER TRAINING DETACHMENT
1ST CAVALRY REGIMENT ROAD
FORT KNOX, KENTUCKY 40121-5123

ATCC-ST

MEMORANDUM FOR Cadet (Future American Soldier and Leader)

SUBJECT: Advanced Camp Cadet 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 the United States of America and our Army. I am honored to witness this critical phase of your journey as you transition towards becoming one of our Army's 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 training, leadership, and proficiencies you will gain here will be the foundation for your future profession as an Army officer. You are the future of our Army and will soon lead our Soldiers wherever we are called to fight.
3. Over the course of Advanced Camp, you will be evaluated on your physical fitness, character, leadership, 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 while performing tactical operations in a complex field environment.
4. During training you will be pushed beyond your comfort zone, and you will be deliberately challenged, both physically and mentally. It is important to remember you are not going through this alone - you will be part of a team and will have a world-class group of cadre to assist. You have already received training and education from many of the best institutions and are wholly prepared for success. I expect nothing short of excellence from each of you.
5. I know each one of you possess the skills and determination to meet these challenges and I look forward to training alongside of you this summer.

KING.STEVEN.MIC
HAEL.1136204072

Digitally signed by
KING.STEVEN.MICHAEL.113620407
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Date: 2024.11.27 13:37:34 -05'00'

STEVEN M. KING
Brigadier General, USA
Commandant

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Section 1 - COVID Information Sheet

Cadets, cadre, and support personnel that test positive for COVID will be closely monitored and personally engaged to ensure recovery. USACC will set top priority to the Cadets' mental health, physical recovery, and clear communication with the parents throughout the recovery process.

Section 2 - AC Training Strip

The CST training strip is divided into four phases: reception, staging, onward movement; integration; deployment; and redeployment & reintegration. Upon arrival to Fort Knox, Cadets will in-process, conduct a Physical Assessment Test, 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, and receive their final counseling before graduation.

-1	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Travel R&I	Travel R&I	OCIE Layouts & Initial CST counseling	ACFT	Physical	HT/WT	Fire Drill Ormanys	PMI	EST	Group & Zero	Confirm & Appl Hold- off	6 Mile FM	LN Review	LN PE 1	LN PE 2	Rappel/ Conf. CRS (A)	FLRC	Warrior Skills	MED	Reset	CTO Class / Cadre Lead Patrol
		In-Process	Weapons Draw / Weapons IMM			BMS					Foundational 1 Skills Training	Rappel/ Conf. CRS (B)			COMMO					
		Briefs at Olive @ 1300	CIF Issue			HGAC					LN Written	DECON			Deploy to TA12					
		CG In-Brief	Physical Make-Up			LN														
ACER/Initial Counseling																				
Directed Training																				

20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36					
SQD Assess	SQD Assess	8-mile RP	EVAL	EVAL	EVAL	Bay Planning and Refit	EVAL	EVAL	EVAL	EVAL	EVAL	EVAL	PLT Photo	CIF	3 Mile Run	GRAD RXL					
		Bay Planning and Refit															Blood Drive	Branch Orientation	Family Day		
																				WPN T/I	IMMUNIZATIONS
8-mile SP	Peer II																				

Figure 1- AC Training Strips

Section 3 - 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, PRT
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 unit 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 are 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 4 - Graduation Requirements and Performance Evaluation

GRADUATION REQUIREMENTS: See Below Policy memo #9 for all requirements.



**DEPARTMENT OF THE ARMY
UNITED STATES ARMY ROTC CADET SUMMER TRAINING DETACHMENT
1ST CAVALRY REGIMENT ROAD
FORT KNOX KY 40121-5123**

ATCC-ST

25 Nov 2024

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Cadet Summer Training 2025 (CST25) Policy Memorandum 9 – Advanced Camp (AC) Performance and Completion Credit

1. References.

- a. Army Regulation (AR) 145-1 (Senior Reserve Officers' Training Corps Program: Organization, Administration, and Training).
- b. AR 600-9 (The Army Body Composition Program).
- c. Army Directive (AD) 2022-05 (Army Combat Fitness Test).
- d. AD 2023-08 (Army Body Fat Assessment Exemption for Army Combat Fitness Test Score).
- e. AD 2023-11 (Army Body Fat Assessment for the Army Body Composition Program).
- f. ADP 6-22 (Army Leadership and the Profession).
- g. Field Manual (FM) 6-22 (Developing Leaders).
- h. FM 7-22 (Holistic Health and Fitness).
- i. Training Circular 3-20.40 (Training and Qualification-Individual Weapons).
- j. HQ USACC, ATCC-ST memorandum (CST Policy Memorandum 20 - Evaluations and Appeals).
- k. HQ USACC, ATCC-ST memorandum (CST Policy Memorandum 28 - Leadership Development Review Board).
- l. HQ USACC, ATCC-ST memorandum (CST Policy Memorandum 29 - Training Waiver Review).

2. Purpose. Advanced Camp (AC) provides an opportunity to further develop skills and evaluate Cadet performance in physical fitness, military skills competency, and

leadership, using the core leader competencies and attributes described by the Army Leadership Requirements Model (ALRM). Advanced Camp is a required element of Professional Military Education (PME). Army Senior ROTC Cadets fulfil the requirements of Title 10, US Code (Subtitle A, Part III, Chapter 103) for Commission through successful completion of Advanced Camp. This policy outlines the **standards of performance** Cadets **must achieve** to meet AC **completion criteria**, and the **standards for assessment**.

3. Advanced Camp Evaluation Report (ACER). At the conclusion of AC, Cadets receive an overall CST AC Camp score on their ACER, USACC Form 1059. Advance Camp Cadet Evaluation Scoring (ACCES) is used to determine the performance for each Cadet. Successfully completed events accumulate points in ACCES for each Cadet. Those points are then annotated on the ACER. The purpose of this assessment is three-fold. First, the ACER provides summary feedback to the Cadet on their performance at AC. Second, it provides the host campus cadre an assessment of the Cadet's performance during AC to prepare a developmental plan for the MS-IV year. Lastly, the ACER provides data to the Cadet's accessions packet. The ACER is used as part of the Mission Set Order of Merit List (OML) model. The Cadet's overall performance is reflected on the front page of the ACER and the back page provides valuable feedback from regimental cadre.

4. Advanced Camp Graduation Requirements. To receive CST AC graduation credit, Cadets must pass Army Combat Fitness Test (ACFT) and Height and Weight (HT/WT) Army Body Composition Program (ABCP) standards and receive a "Capable" or higher on each of their first three evaluated Situation, Observation, Associate and Assess, Reinforce and Recommend (SOAR) cards during the Tactics phase of CST.

a. Army Combat Fitness Test (ACFT). Advanced Camp Cadets take an ACFT during the Reception, Staging, Onward Movement, and Integration (RSOI) phase of AC. This is a single-attempt event. A minimum score of 60 points per event equates to a passing score. ACCES Points are awarded for ACFT total score. ACFT failures are annotated in the Cadet's record, and the Cadet is **dismissed** from CST **without camp credit**. No waivers are considered. Administration of this ACFT is for CST assessment purposes only and **is not** a FOR RECORD test; therefore, retesting is not required, and disenrollment shall not be initiated under provisions of AR 145-1, para. 10-2.b.(8,16), on the sole basis of this failure. It is important to note that while ACFT failure is grounds for immediate dismissal from CST without camp credit, that dismissal alone does not immediately trigger disenrollment. However, because successful completion of CST is part of a Cadet's commissioning requirements, the failure of CST in its totality, in conjunction with all other factors required for commissioning, may become the grounds for disenrollment.

b. Height and Weight (HT/WT). Cadets comply with the ABCP requirements for active-duty Soldiers in effect at the time of CST execution.

(1) Any Cadet who meets the standards for the ABCP, IAW AR 600-9 receives a score of **PASS** and continues training. Cadets who exceed the Army body composition screening standards but achieve a total ACFT score of 540 or above **with** a minimum of 80 points in each sub-event are granted the body composition exemption per AD 2023-08. Cadets in this category receive a PASS for Army height and weight standards.

(2) Any Cadet who exceeds allowed Army body composition standards, IAW AR 600-9, immediately conducts a validation screening. This validation is not executed by the same Cadre that conducted the initial assessment.

(3) After validation screening, any Cadet who exceeds Army body composition standards, is **dismissed** from CST **without camp credit**. No waivers are considered. Administration of these HT/WT test is for CST assessment purposes only and **is not a FOR RECORD** test; therefore, retesting is not required, and disenrollment shall not be initiated under provisions of AR 145-1, para. 10- 2.b.(8,16), on the sole basis of these failures. It is important to note that while HT/WT failure is grounds for immediate dismissal from CST without camp credit, that dismissal alone does not immediately trigger disenrollment. However, because successful completion of CST is part of a Cadet's commissioning requirements, the failure of CST in its totality, in conjunction with all other factors required for commissioning, may become the grounds for disenrollment.

c. Cadet Leadership Evaluation. Cadets will receive a minimum of five (5) evaluations during AC: two (2) evaluations during garrison (developmental) and three (3) evaluations during the field training exercise (FTX) (assessment) phase. Cadre utilize the SOAR Card for all Cadet evaluations.

(1) Developmental Evaluations. Cadets are evaluated in any squad or platoon-level leadership position (PL/PSG, SL). Developmental leadership evaluations **are not** calculated for ACCES points toward the overall camp score. Developmental evaluations are designed to **set expectations** for future evaluations through "sets and reps" and not included in the Cadet ACER.

(2) Cadets may receive SOAR Card evaluations during Field Leader Reaction Course (FLRC) or Squad Situational Training Exercise (SQD STX). Any SOAR card evaluations during these events **do not** count towards the overall camp performance score and are for **developmental** purposes only.

(3) Assessment Evaluations. SOAR Card evaluations during the FTX count towards the overall camp performance score. Cadets receive a minimum of three (3) SOAR Card evaluations of which one must be in a platoon-level leadership position: either Platoon Leader or Platoon Sergeant. Only the **first 3** evaluations (with one PL/PSG Evaluation) in the FTX **count** towards the overall ACCES score. **Subsequent evaluations** are considered for **developmental purposes** only and have **no impact** on the overall camp performance score. Daily leadership evaluations are required during the Wolverine phase of training.

(4) Peer Evaluations. Platoon Training Officers (PTO) ensure that a total of three (3) peer evaluations are conducted by Cadets during AC. These peer evaluations will be conducted at the squad level and will use the Cadet Command Form 156-17-R. Cadet Peer Eval data is inputted in the PTO Input File. Peer evaluations **count** toward the overall ACCES score.

(5) Cadets may receive negative SPOT reports for negative actions or conduct. Negative SPOT reports are captured using SOAR cards. The first negative SPOT report is for administrative and developmental purposes. A second negative SPOT report results in a loss of five (5) points on the ACCES. A third negative SPOT report results in a Leadership Development Review Board (**LDRB**). Negative Spot Reports undergo Company Training Officer (CTO) review and Regimental Training Officer (RTO) approval. Negative SPOT reports are warranted for conduct that is beyond an on-the-spot correction, but less than a serious breach of Army Values/Ethics.

(6) Unsatisfactory Assessment Evaluation performances result in a referral to the LDRB. Unsatisfactory performance is defined as receiving one "U" rating during the evaluated FTX phase of CST. PLT Observer Controller/Trainers (OC/Ts) are required to refer Cadets to an LDRB who earn a "U" rating on any leader evaluation within **48 hours** of the "U" rating.

5. There are 13 "Evaluated" tasks included in the CST execution matrix. Evaluated tasks are defined as those tasks which provide an outcome and feed the Cadet overall AC score through ACER input. The points achieved from these events, along with their ACFT and leadership evaluations establish a Cadet's total CST AC Camp score. Results annotated on the ACER and the Cadet's final OML position at CST are based on their score comparative to their peers. Definitions of CST25 evaluated tasks are as follows.

a. Land Navigation Written Exam. Advanced Camp Cadets are administered the land navigation written exam prior to execution of the land navigation practical exercise. This is a single attempt event. Points are awarded based on performance and count towards the overall camp performance score. A minimum score of **70%** is required to receive a **PASS** for this event. Cadets who receive a PASS earn ACCES points based on test performance score. Test failures are annotated in the Cadet record, and the Cadet continues to train.

b. Land Navigation Practical Exercise. Cadets execute the land navigation practical exercise for both day and night iterations. A minimum score of five of seven (**5 of 7**) points found is required to receive a **PASS** for this event. Cadets who receive a PASS earn ACCES points based on the number of points found. Cadets receive two opportunities to achieve a PASS performance. Practical exercise attempt number one is worth maximum points. Practical exercise attempt number two is rated as no higher than five of seven (**5 of 7**) points found. Points are awarded based on performance and

count towards the overall camp performance score. Practical exercise failures are annotated in the Cadet record, and the Cadet continues to train.

c. Basic Rifle Marksmanship/Qualification (BRM). Cadets execute the TC 3-20.40 BRM training model, culminating with Table VI rifle qualification. Cadets receive three opportunities to qualify with their assigned weapon. The **first attempt** on Table VI is scored based on record of fire character scores. Cadets do not execute subsequent qualification attempts unless retraining is complete (Tables II and III) and verified by BRM cadre. Subsequent qualifications are rated as no higher than **Marksman**. Cadets who qualify earn ACCES points based on the Qualification Badge earned. Weapons qualification failures are annotated in the Cadet record, and the Cadet continues to train.

d. Confidence Courses (Rappel and Obstacle Course). Cadets must successfully negotiate seven of ten (**7 of 10**) obstacles to receive a **PASS** for this event. Cadets are given two (2) attempts at each obstacle. Attempting an obstacle, but not successfully negotiating the obstacle **does not** count. An attempt is defined as, showing signs of physical exertion, while negotiating part of, but not the whole obstacle. Cadets that **fail to attempt** any obstacle are treated as a "**refusal to train**" and are subject to a LDRB. Cadets who receive a PASS earn ACCES points based on the number of obstacles completed. Confidence Course failures are annotated in the Cadet record, and the Cadet continues to train.

e. Battle March and Shoot.

(1) 6-mile Foot March (Individual Scored Event). The 6-mile foot march is a release march event. Cadets have two (2) hours to complete the designated 6-mile course with assigned equipment. Cadets who complete the march in 2 hours or less earn ACCES points based on the performance score. Cadets that fail to complete within the 2-hour time allotted with assigned equipment, or if the Cadet is aided by a vehicle or another person, is counted as having failed the event. The failure is annotated in the Cadet record, and the Cadet continues to train.

(2) Shoot (Company Scored Event) (Must complete all training). At the conclusion of the 6-mile foot march, each Cadet immediately moves to the M4 rifle range. Cadets receive 40 rounds (two magazines) of 5.56mm ammunition and attempt to qualify using the ALT-C qualification table, engaging as many targets as possible. The total number of hits by the Cadet are added to their Company total. A guidon streamer is awarded to the Company with the highest total score within the Regiment. The shoot event does not produce a point value calculation for the ACCES. A refusal to fire constitutes as a "**refusal to train**," and the Cadet is subject to a LDRB.

f. Warrior Task Training (Must complete all training to standard). Warrior Task Training includes **8 Skill Level 1 tasks**: Call for Fire (CFF); Chemical, Biological, Radiological, Nuclear (CBRN); Tactical Combat Casualty Care (TC3); COMMO; prepare

a Range Card; Camouflage Self; Maintain M4; and Troop Leading Procedures (TLP). These tasks are broken down into four **(4) evaluated lanes** (with 14 evaluated sub-tasks): Weapons, Patrolling, Medical, CBRN. Cadets must achieve a passing score of **70%** or higher in **10 of 14** evaluated sub-tasks within the lanes, to receive a **PASS**. Cadets are given two **(2) attempts** at each evaluated sub-task. Cadets who receive a **PASS** earn ACCES points based on the performance score. Practical Exercise failures are annotated in the Cadet record, and the Cadet continues to train.

- (1) Weapons Lane.
 - (a) Clear, load, fire, perform immediate action, unload, and clear an M4.
 - (b) Clear, load, fire, perform immediate action, unload, and clear an M249.
 - (c) Clear, load, fire, perform immediate action, unload, and clear an M240.
 - (d) Employ and recover an M18A1 Claymore Mine.
- (2) Patrolling Lane.
 - (a) Prepare a range card for a machine gun.
 - (b) Call for indirect fire, adjust indirect fire, and fire for effect.
 - (c) Camouflage yourself and your individual equipment, use visual Signaling Techniques.
 - (d) Operate ASIP Radio, send a SPOT Report.
- (3) Medical Lane.
 - (a) Request a medical evacuation (MEDEVAC).
 - (b) Perform care under fire, transport and transfer a casualty.
 - (c) Perform first aid to restore breathing and or pulse of an unconscious adult.
 - (d) Evaluate a casualty using Tactical Field Care and control bleeding.
- (4) Chemical, Biological, Radiological, Nuclear (CBRN).
 - (a) Assume MOPP Level three. Decontaminate your skin and equipment, assuming MOPP level four.
 - (b) Complete the CS Chamber.

g. Hand Grenade Assault Course (HGAC). Cadets must complete three of three **(3 of 3)** training events (Identify Hand Grenades, Employ Hand Grenades, HGAC) and score a five of seven **(5 of 7)** (Second Class) or higher during HGAC to receive a **PASS** for this event. Cadets who receive a **PASS** earn ACCES points based on the performance score. Practical exercise failures are annotated in the Cadet record, and the Cadet continues to train.

h. 8-mile Foot March. Cadets must complete the 8-mile foot march route with their company unaided to receive a **PASS** for this event. Cadets who receive a **PASS** earn ACCES points based on the performance score. If a Cadet fails to complete the 8-mile foot march with their company and with assigned equipment, or if the Cadet is aided by a vehicle or another person, it counts as a failed event. The failure is annotated in the Cadet record, and the Cadet continues to train.

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SUBJECT: CST25 Policy Memorandum 9 – AC Performance and Completion Credit

i. 12-mile Foot March. Cadets must complete the 12-mile foot march route with their company unaided to receive a **PASS** for this event. Cadets who receive a PASS earn ACCES points based on the performance score. If a Cadet fails to complete the 8-mile foot march with their company and with assigned equipment, or if the Cadet is aided by a vehicle or another person, it counts as a failed event. The failure is annotated in the Cadet record, and the Cadet continues to train.

j. 3-mile Graduation Run. Cadets must complete the 3-mile graduation run route with their company unaided to receive a **PASS** for this event. Cadets who receive a PASS earn ACCES points based on the performance score. If a Cadet fails to complete the 8-mile foot march with their company and with assigned equipment, or if the Cadet is aided by a vehicle or another person, it counts as a failed event. The failure is annotated in the Cadet record, and the Cadet continues to train.

6. Missed Training. To meet graduation requirements and receive AC credit, Cadets **may not miss** more than **48 hours** of scheduled training. This applies only after Cadets officially in-processed camp. Late arrival outside the Cadet's control is handled accordingly. Cadets who miss training due to mitigating circumstances, e.g., mandated medical treatment, may be subject to a Waiver Review Board (WRB) to determine their further eligibility to attain camp credit. The WRB is outlined in CST Policy Memorandum 29 – Training Waiver Review.

7. Re-Test/Remediation. There is no on campus remediation or re-testing of any tasks for points or camp credit included in the CST25 Advanced Camp policy.

8. Waiver Authority. The CST Commandant retains waiver approval authority for all items contained in this memorandum.

9. The Commanding General of U.S. Army Cadet Command has discretion to remove personnel, to include Cadets, from AC for the purpose of maintaining good order and discipline, safety, and/or upholding standards. Nothing in this policy is meant to diminish the inherent and aforementioned authorities of the Commanding General. Under circumstances that require immediate action, the Commanding General may direct dismissal from AC without initiation of a review board. Dismissal from CST under such circumstances may result in the failure to meet camp completion criteria, no camp credit being awarded, and the Cadet becoming subject to initiation of ROTC disenrollment.

10. Out-of-Cycle Commissioning (OCC). Cadets projected to commission at the end of AC do not commission if they fail to meet the AC graduation criteria as listed in this policy letter. OCC Cadets are subject to the LDRB processes and may be disenrolled from ROTC for failure to meet all AC graduation criteria or for misconduct.

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SUBJECT: CST25 Policy Memorandum 9 – AC Performance and Completion Credit

11. Point of contact is Mr. Shawn M. Bowers, Deputy G37, at 502-624-6258 and email: shawn.m.bowers.civ@army.mil.

A handwritten signature in black ink, appearing to read 'St M King' with a stylized flourish at the end.

STEVEN M. KING
Brigadier General, USA
Commandant

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**DEPARTMENT OF THE ARMY
UNITED STATES ARMY ROTC CADET SUMMER TRAINING DETACHMENT
1ST CAVALRY REGIMENT ROAD
FORT KNOX KY 40121-5123**

ATCC-ST

25 Nov 2024

MEMORANDUM FOR SEE DISTRIBUTION

**SUBJECT: Cadet Summer Training 2025 (CST25) Policy Memorandum 19 –
Reconnaissance Commando (RECONDO) Badge**

1. References.

a. FM 6-22 (Developing Leaders).

b. HQ USACC, ATCC-ST memorandum (Cadet Summer Training (CST) Policy Memorandum 9 – Advance Camp (AC) Performance and Completion Credit).

2. Purpose: This policy outlines the standards of performance AC Cadets must achieve to earn the RECONDO badge.

3. The RECONDO badge has a rich history in the U.S. Army and Cadet Command. The Badge is based on the Reconnaissance Commando concept established in 1958 for the 101st Airborne Division. Soldiers were trained in tactical skills enabling decisive action in small unit tactics, particularly when separated from the unit to exercise initiative through decisive action against the enemy. The RECONDO badge is awarded to AC Cadets who demonstrate initiative in preparing themselves for training and leading in Advanced Camp by displaying individual superior performance. Cadets will earn the RECONDO badge if they meet or exceed the following criteria:

a. Height/Weight. Must meet Army Body Composition Program requirements (Height/Weight) on first assessment upon arrival (or be granted an exemption).

b. Army Combat Fitness Test (ACFT). First Time Go, ACFT. Must earn 80 points or higher in each of the six sub-events.

c. Confidence Course. Must successfully negotiate 8 of 10 Obstacles.

d. Hand Grenade Assault Course. Must score Second Class or higher.

e. 6-Mile Foot March. Must complete the march with their regiment at Advanced Camp in 90 minutes or less.

f. Land Navigation Written Test. First Time Go with a score of 80% or higher.

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SUBJECT: Cadet Summer Training 2025 (CST25) Policy Memorandum 19 –
RECONDO Badge

g. Land Navigation Practical Exercise. First Time Go. Navigate to a minimum of six of seven (6 of 7) points found (Day/Night Combined).

h. Basic Rifle Marksmanship Pop-Up. First Time Go. Qualify Sharpshooter or higher.

i. Warrior Skills Tasks. Must receive a GO/PASS for 70% of evaluated tasks (10 of 14).

j. Remaining Evaluated Tasks. Must receive a GO/PASS for all remaining evaluated tasks per CST Policy Letter #9.

k. Cannot have a negative SPOT Report recorded or founded disciplinary action by a board. If the board rules against the Cadet after AC Completion, then the RECONDO standing (if applicable) is rescinded.

4. Point of contact for is Mr. David P. Shines, G37 Leader Development Planner, at 502-624-5057; or email; david.p.shines.civ@army.mil.



STEVEN M. KING
Brigadier General, USA
CST Commandant

DISTRIBUTION:
CA

Section 5 - Training Events Overview

Basic Rifleman Marksmanship (BRM)

Action: Maintain an M4-Series 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 practice grenades (M69) with training 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.

Battle March & Shoot/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 by engaging and hitting targets.

Section 6 - Administrative Guidance

Cell Phones. Cadets will retain 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 unsealed 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 always remain in the Cadet's control.
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.

Personal belongings. Personal belongings (i.e., rings necklaces) will be secured by cadre to safeguard and protect Cadet's property.

Prohibited Items. Cadre will confiscate the following:

1. **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.
2. Pornography will be destroyed.
3. Controlled substances (unprescribed), tobacco, or alcoholic beverages of any type.

4. Tanker Boots, zipper boots and all cold weather boots will be confiscated and stored until completion of CST.
5. Large amounts of cash (more than \$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.
6. Contact lenses are prohibited during all phases of Advanced Camp. You are required to wear prescription glasses in lieu of contact lenses at Advanced Camp.

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.

Pay and Subsistence.

1. 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.
2. 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.
3. 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 USACC Headquarters and Headquarters Detachment (HHD), which will process the pay adjustment. Expect this process to take 1-3 months.
4. All Cadets should ensure funds have been deposited rather than assuming funds have been deposited into their applicable accounts.
5. 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.

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

- a. GTG-AD Cadets will earn their regular pay and entitlements during AC and follow-on-training (FOT).
- b. 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 USACC HHD, which will process the pay adjustment. Expect this process to take from 1- 2 months. USACC HHD POC for actions is Mr. Eric Wells at (502) 624-5532 and eric.a.wells4.civ@army.mil.

Common Phone Numbers And Websites.

American Red Cross: 1-800-733-2767

CST Operations Center: 502-624-ROTC (secondary means of emergency contact)

www.knox.army.mil/

www.flickr.com/photos/136737541@N05/

<https://twitter.com/armyrotc>

www.facebook.com/cadetcommand

In Case of emergency, your family may initiate a Red Cross message by calling the following number and providing the required information.



 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 _____	
SERVICE TO THE ARMED FORCES	Social Security # (last 4 digits) _____	Date of Birth _____
	Branch _____	Rank _____ Duty Status _____
	Complete Military Unit Address _____ _____	
	Service Member's Telephone/Cell/Military (duty) #s _____ _____	
	Local Red Cross Phone # _____	
A1739-08/11		

Documents. 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. <i>CST CADET PERSONNEL RECORDS CHECKLIST</i>			
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 waive 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	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 4- Cadet Personnel Records Checklist



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.



TAB A- (Contracted Cadet Packing List) to Appendix 6 (Cadet Packing List) to Annex F (Sustainment) to USACC OPORD 23-09-026 Cadet Summer Training

(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 CONTACT LENSES AT ADVANCED CAMP IS PROHIBITED DURING ALL PHASES.

NOTE: Coat, ACU OCP: Velcro or Sewn-on Name Tape and U.S. Army with USACC Patch only. No Combat Patches or Badges of any kind are authorized (i.e. Ranger Tab, Airborne, Air Assault, or any Battalion Identifying Patches etc...).

Cadet Summer Training 2025 and Beyond Contracted Cadet Packing List (OCT 2024)						
MS Level:		Cadet Name:				
CST Regiment:		School:		Inspection Date:		
** ACU clothing bag items will be in OCP pattern only**						
Cadets will report to CST with signed copy of packing list and copy of KYLOC clothing bag records. PMS or designated representative will validate all Cadet baggage prior to departure.						
PGC	LIN	NSN	Nomenclature	Req	OH QTY	Campus Cadre Initials
Clothing Bag Items issued at Program Level (Uniform Sizes are NSN specific, must be in OCP pattern)						
04009	P12029	8415-01-630-8905	Cap, Patrol, Army Combat Uniform OCP	2		
03976	C10345	8415-01-623-3294	Coat, ACU OCP (Permethrin).	4		
93664		8455-01-524-4476	Patch, US Flag	2		
35608		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	T85614	8415-01-623-3316	Trousers, ACU OCP (Permethrin).	4		
04015	B90343	8415-01-630-9491	Belt, Rigger's, Coyote	1		
04011	T24671	8415-01-630-5523	T-Shirt, Moisture-Wicking, Coyote.	7		
02882	S89914	8440-01-508-3357	Socks, Boot, Black / Green.	7		
04039	B60315	8430-01-632-2475	Boots, Combat, Hot Weather OR	2		
04040	B13584	8430-01-546-1708	Boots, Combat Temperate			
04118	J63269	8415-01-644-4837	Gloves, Light Duty Utility, (LDUG)	1		
03983	T16401	8415-01-623-2516	T-Shirt, APFU, Short Sleeve	2		
03982	T00041	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 with OCP))						
29011	R97425	8465-01-525-0578	Rifleman Set, MOLLE, components A thru F 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		
29010	DA6562	8465-01-525-0606	C. Pouch, M4 Two Mag, MOLLE	3		
29008	DA6588	8465-01-525-0585	D. Pouch, Canteen, General, MOLLE	2		
28970	DA653Y	8465-01-524-5232	E. Carrier, Hydration System, MOLLE	1		
28969	DA657E	8465-01-524-5250	F. Pack, Assault, 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	M48214	8465-01-524-5285	Ruck, Medium or Large (DA654J), MOLLE	1		
28967	DA6517	8465-01-524-7232	Waistbelt, Molded, MOLLE	1		
29004	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		
28992	DA657S	8465-01-524-8415	Buckle, Male Shoulder, MOLLE	2		
28958	DA657W	8465-01-524-7241	Load Lifter Attachment, MOLLE	2		
Modular Sleep System:						
21267	DA658Z	8465-01-398-0685	(Light) 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 Small Compression Blk (IMSS)	1		
21228	M24944	8465-01-393-6515	Mat Sleeping (Foam Pad or Self inflating)	1		
N/A	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)(CIF does not have the parts to service the old	1		
03129	H53175	8470-01-529-6329	kevlar) OR Helmet, Advanced Combat (ACH)			
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	Tarp (8340-01-600-4807) or Poncho, Wet Weather	1		
32522	L70789	8405-01-547-2559	Poncho Liner	1		
06284	B13907	8465-00-530-3692	Bag, Barracks	2		
42193	B15825	8465-00-261-6909	Bag, Waterproof	2		
Packing List Validation						
Date:		Host School:				
Inspector Rank, Name:		Inspector Signature:				
PMS Name:		PMS E-mail and Phone Number:				
School POC:		Phone Number:				

Items issued at Program level	Req	O/H QTY	Campus Cadre Initials
CST Packing List Inventory Signed by Campus Cadre	1		
Ranger Handbook	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.	Req	O/H QTY	Campus Cadre Initials
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		
Padlock, Combination (keys are often lost)	3		
Tags, Identification w / medical tags if required	1 Set		
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		
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 recent clinical note prescribing medication. Medical Cadre members may, at their discretion, examine contents of any open bottle of medication to ascertain pills are all same and consistent with labeled contents. MUST DECLARE DURING MEDICAL INPROCESSING. (USACC Circular 145-5, pg 9)	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		
Bag, Zip-Lock, Gallon Size	10		
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 NSN: 4510-01-470-2805 (or neutral color if purchasing non-Army issued model)	1		
Packing List Validation			
Date:	Host School:		
Inspector Rank, Name:	Inspector Signature:		
PMS Name:	PMS E-mail and Phone Number:		
School POC:	Phone Number:		