

PACKING FOR BASIC MILITARY TRAINING

What do you bring to Basic Military Training (BMT)? Not much other than yourself and the necessary items listed below. Anything you bring that is inappropriate for Basic Military Training will be confiscated and returned to you after graduation. Upon arrival, you will be issued a \$400 prepaid credit card and the appropriate [running shoes](#) for purchase based on your particular physiology. A backpack will also be provided that will include many of the items you'll need to get through BMT.

AIR FORCE-PROVIDED ITEMS

When you arrive, a backpack with the following items will be waiting for you. To pay for the backpack and these items, \$165-\$177 will be deducted from your pay.

- Laundry bag
- Four mesh bags
- Padlock
- Two writing pens
- Two black Sharpies
- Four brown towels
- Four blousing straps
- Flashlight
- ID card holder
- Reflective belt
- Two silver Sharpies
- Ruler
- Highlighter
- Notepad
- Book of stamps
- Box of envelopes
- "3-in-1" soap
- Shower shoes
- Toothbrush
- Toothpaste
- Toothbrush case
- Dental floss
- Foot powder
- Deodorant
- Laundry detergent
- Box of trash bags
- Nail-trimming kit
- Canteen
- Storage container



CLOTHING AND ACCESSORIES

Ensure clothing brought to BMT is of good taste and relevant to the temperatures current to the San Antonio/Lackland AFB area. Do not pack or wear anything that might draw unwanted attention, including ripped, torn, frayed, skintight or patched clothing and any garments that are revealing or contain obscene, profane or lewd words or drawings. All pants will be worn in an appropriate manner and will not sag. Additional items will be issued to you, and some items such as [sports bras](#) and watches may be purchased upon arrival.

- At least two pairs of pants, including a pair of long pants (for graduation weekend)
- Three shirts, including at least one collared shirt and/or blouse equivalent (for graduation weekend)
- Closed-toe shoes (no high heels) (for graduation weekend)
- Civilian eyeglasses (if needed; with hard case and current prescription)
- Three pairs of boxers or briefs (male)
- Three pairs of spandex shorts (dark blue or black with no visible ornamentation)
- Six pairs of black or white non-thong-style underpants (female)
- Six black or white sports bras (female)
- Hair bands and bobby pins that are the same color as hair (female)
- Nylons/pantyhose (not mandatory)
- Basic watch (not mandatory)
- [Running shoes](#)



PERSONAL HYGIENE PRODUCTS

Be sure to only bring hygiene items that are easy to clean for inspection.

- Shampoo (travel size)
- Conditioner (travel size)
- Hair ties and hairpins/clips of same natural hair color
- Shaving equipment (two-week supply; disposable razors are encouraged)
- Brushes or combs
- Sanitary napkins or tampons (two-week supply)
- Conservative makeup (if worn)

BANKING MATERIALS

In addition to the items below, the military requires all recruits to set up a direct deposit account and bring a cash/debit card in case of unforeseen travel delays or pay issues after arrival to BMT. This will require a voided check in order to activate the account.

- The name of your bank
- Your bank routing number
- Your account number
- Your ATM card



PAPERWORK

Make a copy of any important paperwork so you'll have backup if something is misplaced.

- Social Security card
- Birth certificate
- Enlistment contract
- College transcripts, Civil Air Patrol certificates and any JROTC certificates (if applicable)
- Driver's license or state ID (and color copy of spouse's driver's license or state ID, if applicable)
- Alien card and/or naturalization certificates (if applicable)
- Marriage license and birth certificate for your dependents (if applicable)
- Completed, signed Visitor Access Request Letter (given to applicant by recruiter to be filled out) with all required information regarding any family member over the age of 18 who doesn't already have a valid military ID expected to attend your BMT graduation event
- List of important contact information (e.g., mother, father, significant other, including full legal name, address and contact phone number)

SUGGESTED ITEMS

In addition to memorizing your Social Security number, the following items are recommended but not required:

- Debit card
- Stationery
- Prepaid phone card
- Active cell phone with charger (with minutes loaded, if prepay-by-the-minute phone)
- Glasses (if worn) with hard case and current prescription (Contact lenses are hard to care for at BMT and will only be worn until military-issued glasses are provided.)

MEDICAL MATERIALS

All doctor-prescribed medication currently being taken must be brought with you to Basic Military Training in its original pharmacy-issued, labeled container with original prescription documentation. Once on base, a military doctor will examine your prescriptions and reissue necessary medication from the on-base pharmacy. Female recruits who are already taking birth control should continue doing so throughout the eight weeks of Basic Military Training.

THINGS NOT TO BRING

The items below should not be included when packing for BMT.

- Cigarettes or tobacco of any kind
- Over-the-counter medications
- Expensive jewelry
- Food, candy, beverages or supplements
- Magazines
- Smart watches or electronic devices/
high-value items
- Aerosol products
- Items containing alcohol (e.g., face wash, mouthwash)
- Acrylic/fake nails
- Electric face exfoliators