

# 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 BMT will be confiscated and returned to you after graduation. All trainees arriving at BMT are issued running shoes. However, if you choose, you will be allowed to wear running shoes brought from home if they are in good, working condition. (To learn more about running shoe requirements for BMT, click [here](#).) 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 solid-black SOG backpack and CamelBak water bottle with the following items will be waiting for you. To pay for the backpack and these items, you will utilize your EZ Pay card at your initial BX visit during the first week of training.

- Laundry bag
- Four mesh bags
- Padlock
- Two writing pens
- Two black Sharpies
- Two silver Sharpies
- Four brown towels
- Four blousing straps
- Flashlight
- ID card holder
- Reflective belt
- Ruler
- Highlighter
- Notepad
- 2-in-1 shampoo & conditioner (female only)
- Body wash (female only)
- 3-in-1 soap (male only)
- Shower shoes
- Toothbrush
- Toothpaste
- Toothbrush case
- Dental Picks
- Foot powder
- Deodorant
- Scissors
- Bath Sponge
- Laundry pods
- Box of trash bags
- Nail Clippers
- Two shirt garters
- Storage container
- Financial management book

## PERSONAL HYGIENE PRODUCTS

Travel-sized toiletries are preferred. Be sure to keep your hygiene items tidy for inspection.

- Deodorant
- Shampoo (travel-sized)
- Conditioner (travel-sized)
- Body wash (travel-sized, three-day supply)
- Hair ties and bobby pins/clips of same natural hair color
- Shaving cream and disposable razors (two-week supply of preferred brand)
- Hair gel (for female Airmen to meet and maintain required hair standards)
- For female Airmen, a two-week supply of feminine hygiene products is mandatory.
- For female Airmen, conservative makeup may be worn.

## 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.

- Civilian eyeglasses (if needed; with hard case and current prescription)
- Three pairs of boxers or briefs (male)
- One belt
- Three pairs of spandex shorts (dark blue or black with no visible ornamentation)
- Six pairs of black or white non-thong-style, conservative underwear (female)
- Six black, white or blue [sports bras](#) without logos or branding (female)
- Hair bands and bobby pins that are the same color as hair (female)
- Nylons/pantyhose (not mandatory)
- Basic, conservative watch (not mandatory but highly encouraged)
- [Running shoes](#)



## 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

## MANDATORY 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 (CAP) certificates and any Junior Reserve Officer Training Corps (JROTC) certificates (if applicable)
- Driver's license or state ID (and color copy of spouse's driver's license or state-issued picture ID, if applicable). Color copy must include a visible picture, and ID must not expire within 30 days of recruit's graduation date.
- Alien card and/or naturalization certificates (if applicable)
- Marriage license and birth certificates for your dependent(s) (if applicable)
- Completed Visitor Access Request Letter (VARL) (given to applicant by recruiter to be filled out) signed by RECRUIT (not recruiter) 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. Failure to complete in full and correctly WILL delay guests from gaining access to the base and/or attending graduation ceremonies.
- List of all important contact information (e.g., mother, father, significant other, spouse, including full LEGAL name, address and contact phone number). Please hand-carry en route to BMT, and identify as previously completed to Air Force personnel.
- For Guard/Reserve recruits only: two copies of orders/Common Access Card (CAC)

## PREPARE FOR PHYSICAL TRAINING

All recruits are encouraged to begin preparing for BMT physical training as early as possible prior to arrival. The American College of Sports Medicine (ACSM) recommends at least 30 minutes of moderate-intensity physical activity five days per week or 20 minutes of more vigorous activity three days per week. Consult with your doctor before beginning any exercise program. Be sure to select good, safe [running shoes](#) that fit your feet and your needs to avoid injuries.



## MEDICAL MATERIALS

All doctor-prescribed medication currently being taken must be brought with you to BMT 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 BMT. Prescription information on birth control medicine is mandatory.

## RECOMMENDED ITEMS

In addition to memorizing your Social Security number, the following items are recommended:

- Debit card/some cash in case of travel delays or potential pay issues after arrival to BMT [mandatory item]
- Stationery
- 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.)
- A conservative watch

## 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 (Body jewelry should be removed before arriving at BMT.)
- 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
- Inappropriate pictures or viewing material