

MANDATORY LADIES PACK LIST ITEMS

The BSC course requires each recruit to bring the items listed.

***Please follow the guidelines below:**

- No visible company branding if possible.
- Preferably "QUICK DRY" but not necessary.
- We support whatever your standard for modesty is , however we do not allow denim skirts due to certain activities we do such as rappelling. If you wear a skirt it must be in the appropriate color(s) and not longer than just below the knee. We highly suggest skirts that are made out of a stretchy athletic material with leggings or hiking pants underneath.

• **All** clothing must be in muted colors:

Camouflage, Dark Gray, Green, Tan, Brown, Black, or Hunting camouflage

- 1 (red letter) Bible
- 1 Bible Highlighter
- 1 Pair of boots/hiking shoes (preferably waterproof)
- 1 Running / swimming short or skirt
- 1 Swim top (not bikini bra)
- 4 Pairs 'above the ankle' socks
- 1 Pair (extreme warmth, thick) socks
- 3 Pairs underwear
- 2 Sports bras (if applicable)
- 2 cargo/ hiking pants/ leggings/ skirt (pants and leggings need to be ankle length)
- 1-2 T-shirts
- 1 Long sleeved, durable, jacket
- 2 Rolls of toilet paper
- 1 Flashlight (preferably a headlamp with red LED)
- 1 Set of extra flashlight batteries
- 1 40° Sleeping bag or two very warm blankets
- 1 Foam Sleeping mat
- 1 Hydration bladder backpack or packable canteen (minimum 1-quart capacity)
- Pads/tampons/feminine hygiene products (if applicable)
- 1 warm fleece top or hoodie

SUGGESTED LADIES PACK LIST ITEMS

- 1 Beanie, hat or watch cap
- 1 Pair of work gloves (molted color)
- 1 Roll of duct tape (molted colors)
- 1 (extra warm) winter jacket (Preferably in molted colors)
- 1 Toothbrush
- 1 Backpack or green bag (molted color)
- 1 Quick-dry towel (\$5 from Walmart)
- 1 Wide-brim sun hat (camouflage, green or tan)
- 1 Pocket knife or belt mounted sheath knife
- 5 Granola or protein bars, (preferably healthy, protein-based)
- 1 Long sleeve shirt
- Paracord
- 1 Rain jacket

We highly suggest packing items in Ziplock bags.

For the unique training put forth in this course, the recruits may be asked to leave behind any personal items not listed.

Such as : cell phones, tablets, wrist watches, candy, etc.

WE CAN'T WAIT TO SEE YOU AT TRAINING!

