**Required Personal Equipment List**

All students shall bring the items contained within the following inventory list. The quantity of each item appears on the left, and the description of the item appears on the right of each quantity. Ensure you pack each item as directed. You have a choice whether or not to bring specific items with the text label “optional” appearing next to the described piece of personal equipment. Anything with a footnote symbol next to it, please read the footnote corresponding to the number prior to packing or buying this item. Example: (1)3 – Look at footnote 3.

Administrative processing will occur ***on Wednesday 21 August***. The required gear must be in your possession during check-in.

Clothing to Be Worn to Check-In:

(1) Pair of running shoes.[[1]](#endnote-1)

(1) Pair of low cut (ankle socks), white colored athletic socks (no knee-high, calf-high, or rainbow-colored socks).

(1) Athletic shorts (black in color)[[2]](#endnote-2).

(1) Underwear.

(1) Athletic t-shirt (gray in color)[[3]](#endnote-3).

(1) Sports bra (females only – white, gray, or black in color only).

(1) Sports-style wristwatch (optional)[[4]](#endnote-4).

(1) Prescription glasses (as required).

Bag (bring only 1 bag):

(1) Sea Bag, duffle bag, or backpack (size should be large enough to fit all the required items listed).

Items to be placed at the top of the bag:

(1) Gallon Zip lock Bag packed into bag

(1) NUID Card (only if you already have it; inside wallet).

(1) Driver’s License (inside wallet).

(1) Dependent military ID (as required – inside wallet)

(1) Social Security Card & Birth Certificate (Original document only, no photocopies)

(1) Bath Towel.

(1) Small to medium sized bottle of shampoo.

(1) Deodorant.

(1) Set of shower shoes (i.e. flip flops you wear in the shower).

(1) Underwear.

(1) Bra (females only).

(1) Glasses hard case (for prescription glasses only, as required).

(1) Cell phone turned off (optional)

(2) Black ink pens

(2) Mechanical pencils

(1) Pocket Size Notebook (i.e. “Rite in the rain” or similar style/size)

Items to be placed anywhere inside the Bag:

(1) Set of toiletries needed for the duration of NSO, to include soap, a toothbrush, toothpaste, dental floss, nail clippers, non-electric razor and shaving cream (males), feminine hygiene products (females), etc.  
(4) Underwear.

(2) Sets of low cut, white colored athletic socks (no knee-high, calf-high, or rainbow-colored socks).

(2) Sports bras (female only).

(2) Regular bras (female only).

(1) Sunscreen (Sweat-proof style, minimum SPF 30).

(1) 6-inch, small ruler.

(1) Pad-lock, combination only (recommend black/silver master locks – memorize the combination and write it on a small piece of white paper to be placed in your wallet).

(1) Black-colored shoeshine kit contained inside a sealable, gallon sized ziplock bag (including black shoe polish, applicators, and polishing rags).

Students who attended NSI:

**Any/all NSI-issued items need to be present at check-in. Items will be clean, folded, and stored in appropriate bag/s issued while attending NSI. An inventory of all issued items will be completed during New Student Orientation.**

Bag Marking Notes:

-Ensure you have a luggage/bag identification tag on one of the bag’s handles clearly stating your last name, first name, cell phone #, and email address (similar to those commonly used on airport luggage).

**Prohibited Personal Equipment list**

All students shall not bring the items contained within the following inventory list. New students bringing these items to NSO shall have them confiscated until training is complete; do not bring these items for any reason!

The following are NOT authorized for NSO:

-Personal weapons of any kind, including, but not limited to: knives (K-bar, butter, switch-blade, Swiss Army style, etc.), handguns, paintball guns, throwing stars, brass knuckles, pepper spray, tasers, stabbing weapons, etc.

-Alcoholic beverages (even if you are of age): bottles of liquor, cans of beer, etc.

-Personal food, such as: power bars, Gatorade drinks, chips, gum, candy, junk food, microwavable food, etc.

-Any illegal drugs.

-Any non-prescription medications.

-Any prescription medications without written doctor’s documentation stating the type of medication, doses, and reason for needing it.

-Jewelry of any kind: rings, earrings, bracelets, necklaces, etc.

-Body piercings of any kind: nipple, face, stomach, genital, etc.

-Greater than $150 cash.

-Lighters of any kind.

-Tobacco of any kind (smokeless, dip, chew, snuff, cigars, cigarettes, pipes, etc.).

-Workout Supplements, vitamins of any kind, and energy drinks.

-Music Devices (iPods, CD players, radios, etc.).

-Personal hand-held radios.

-Laptops, tablets, or any personal computing device.

-Electronic book devices (kindle, nook, etc.).

-Books/Magazines.

-Games/Game Devices (PSP, etc.).

-Contact lenses.

-GPS devices.

-Leatherman-like devices.

-Night vision goggles.

-Digital or film still cameras.

-Batteries of any kind.

-Electric razors of any kind.

-Make-up or cosmetics of any kind.

-Sunglasses of any kind.

-Baseball, stocking, or other style caps/hats of any kind.

-Duct tape, electrical tape, or scotch tape.

1. Basketball, wrestling, tennis, cross training, hiking, trail running, converse all-stars, minimalist, aqua-socks, flip flops, dress shoes are not authorized. Running shoes shall be broken in, but not broken down (example – all parts of the shoe shall function with no holes, rips, tears, missing soles, etc.); additionally, the running shoes shall be clean and free of dirt, mud, and other grime. Recommend you buy shoes from a specialty running store where an associate can help you find the best style, size, and comfort for your feet. [↑](#endnote-ref-1)
2. Recommend gym shorts, such as running shorts, soccer shorts, etc. Ensure no profane language, racist, or illegal drug like symbols appear on the shorts. Also, no overtly long shorts and no rips/tears/holes in the material. [↑](#endnote-ref-2)
3. Recommend a gym shirt. Ensure no profane language, racist, or illegal drug like symbols appear on the shorts. Also, no long sleeve shirts, cut off sleeve shirts, tank tops, and shirts with rips/tears/holes in the material. [↑](#endnote-ref-3)
4. No expensive watches. No GPS watches. This is a simple, digital watch, water resistant, athletic-style, inexpensive, solely used to tell time. [↑](#endnote-ref-4)