

FORCE FITNESS INSTRUCTOR COURSE

GEAR LIST

- (2) Woodland MARPAT uniform (For daily wear/O-Course & Pool PT)
- Service "C" Uniform
- CIF Issued Camelbak, coyote color or Canteen (only authorized water source)
- Minimum 5 sets of PT gear (**PLAIN** green shirt, green trunks)
- Marine Corps Running Suit
- Green Sweatshirt
- Digital watch with stopwatch feature or stopwatch
- Whistle
- Note taking gear
- Laptop/tablet (course material will be electronic, bring thumb drive if you do not have CD Drive)
- Yellow glow belt
- Foam Roller/Lacrosse Ball/Peanut (not required but **HIGHLY** encouraged)
- Marine Corps issued beanies/gloves (coyote colored, Cold SOP only)
- Sunscreen, you will be outdoors for a majority of the course.
- Commander's Mission Statement and Physical Fitness Policy