



FORCE FITNESS INSTRUCTOR COURSE GEAR LIST



- (2) Woodland MARPAT uniform (For daily wear/O Course and E Course)
- Extra pair of boots (E Course water)
- Service “C” Uniform or Service “B” Uniform (Seasonal dependent)
- IIF issued Camelbak, coyote color
- IIF issued Canteen
- IIF issued plate carrier
- IIF issued assault pack
- Minimum 5 sets of PT gear (PLAIN green shirt, green trunks) Green on Green/Sweats will be worn during PT, Running suit will be worn after PT. **RUNNING SUIT REQUIRED!!!!**
- Required to have both the Marine Corps Running suit and sweat top and sweat bottom
- WHITE Socks only for physical training (no logos)
- Digital watch with stop watch feature or stopwatch (optional)
- Whistle (optional)
- Note taking gear
- Laptop/tablet with Microsoft Office capabilities (CD drive preferred)
- Yellow glow belt
- Foam roller/lacrosse ball/peanut (not required, but HIGHLY encouraged)
- Marine Corps issued beanie/gloves (coyote colored, Cold SOP only)
- Sunscreen, you will be outdoors for a majority of the course
- Unit’s Mission Statement/Commanders Intent, and/or units current Physical Fitness Policy (if your unit has one, you can usually obtain this from your units S-3)