(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)