

Sumner County Young Marines

Recruit Reminder

Stage 1

I will eat breakfast and arrive on time (at least 15 minutes prior to scheduled arrival)

I will wear the following to every drill (unless otherwise noted):

- 1) Ball cap
 - a. Any appropriate hat will do
 - b. No language or alcohol advertisement
- 2) Blue Jeans
- 3) Black Belt
- 4) White T-shirt (if cold, please wear gray sweatshirt over t-shirt)
 - a. Females – required to wear 2 & wear a sports bra (if needed)
- 5) White socks
- 6) Tennis shoes – running type
- 7) No jewelry – Except the following
 - a. Medical alert devices
 - b. Religious medallions

I will bring the following to every drill (unless otherwise noted) in a backpack:

- 1) Guidebook (this will be issued around week 3)
- 2) PT Gear (can bring both to be safe):
 - Cold Weather: Gray sweatshirt w/ white T-shirt under
Gray sweatpants w/ black shorts under
Tennis shoes & white socks
Black Beanie
 - Warm Weather: Black shorts & White T-shirt
Females – required to wear 2 white T-shirts
Tennis shoes & socks
- 3) Food & Beverages
 - a. Healthy snack in a throw away bag—Only when specified
 - b. Always bring 2 bottles of water (16.9 oz or 20 oz.)
 - c. Snacks and water must always be marked with last name and first initial
 - d. No sodas, juices, Gatorade, PowerAde, flavored water, or POGGY BAIT
- 4) Items that need turned in
 - a. Money – if owed
 - b. Permission slips- if any
- 5) Towel or blanket to sit on in car (I may get dirty or muddy at PT)
---This item to be left in vehicle for after drill---

"I will use this list to ease the burden on my brain trying to remember all the gear I am required to bring, therefore easing the burden on my body by not having to do push-ups because I forgot to bring something to Drill."