

Air Force Basic Training Packing Checklist

As of 13 Apr 18

1. Please ensure all recruits entering Air Force Basic Military Training (BMT) have the required items listed below to minimize interruptions in processing/training.

A. Mandatory items for all BMT recruits:

- (1.) _____ List of all important contacts (i.e. mother, father, spouse, significant other) to include full LEGAL name, address and contact phone number (hand carry on route to BMT, identify as previously completed to Air Force personnel).
- (2.) _____ Completed Visitor Access Request Letter (VARL) signed by RECRUIT (*not recruiter) with all required information regarding any family member over the age of 18 who doesn't have a valid military (active, AFRC/ANG, or retired) ID to ensure ample time for background checks to be accomplished for graduation event attendees. Failure to complete fully and correctly WILL delay guests from gaining access to the base and/or attending graduation ceremonies
- (3.) _____ Some cash/debit card in case of travel delays or possible pay issues after arrival to BMT.
- (4.) _____ Copy of spouse's driver's license or state issued picture ID. This copy must be in color (picture visible) and does not expire within 30 days of recruit's graduation.
- (5.) _____ GUARD/RESERVE recruits only – 10 Copies of orders/Common Access Card (CAC).
- (6.) _____ Ensure clothing worn /taken to BMT is of good taste and relevant to temperatures current to the San Antonio/Lackland area (e.g. jacket/coat during winter months).
- (7.) _____ Spandex shorts – 3 pairs (Dark blue or black only with no visible ornamentation).
- (8.) _____ All doctor prescribed medications currently being taken in original bottle with label and original prescription documentation. FEMALE recruits – mandatory information for birth control medication.

A. Mandatory items for all female recruits:

- (1.) _____ Black/white undergarments - 6 pairs of each. Bras RECOMMEND athletic bras (*see Attachment 2; Sports Bra Information Sheet) and conservative underwear.
- (2.) _____ Recruiters must ensure hair style/color is NATURAL and in accordance with AFI 36-2903, Dress and Personal Appearance of AF Personnel. Female recruits arriving and not in compliance with the AFI will be required to correct their hair at their own expense.
- (3.) _____ Hair ties and hair pins/clips of same natural hair color.
- (4.) _____ At least a 2 week supply of feminine hygiene products.
- (5.) _____ Conservative make-up.
- (6.) _____ No acrylic or fake/false nails of any kind.

B. Mandatory items for all male recruits:

- (1.) _____ Shaving equipment (at least a 2 week supply; disposable razors are encouraged).

C. Additional notes:

- (1.) Travel size toiletries are authorized.
- (2.) NO aerosol products.
- (3.) NO items containing alcohol (to include face wash, mouth wash, shaving products, etc.).
- (4.) NO smart watches or electronic devices/high value items.



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- (5.) NO electronic face exfoliators.
 - (6.) NO over the counter medications, supplements, food or beverages.
 - (7.) While in basic training contact lenses are extremely hard to care for and will only be worn until military issued glasses are provided. It is preferred that recruits bring glasses with hard case and current prescription.
 - (8.) All recruiter are encouraged to bring a working charger for their cellular phone. Ensure the phone is activated for use through the entirety of BMT (i.e. bill paid, minutes purchased, auto payment set). If there will be a need to make international calls, ensure device is capable prior to departing for training.
 - (9.) **IMPORTANT:** All recruits are encouraged to begin preparing for BMT physical training, as early as possible, prior to arrival. The American College of Sports Medicine (ACSM) recommends at least 30 minutes of moderate-intensity physical activity five days per week, or 20 minutes of more vigorous activity three days per week; and consultation with their doctor before beginning any exercise program. Selecting a good, safe running shoe that fits your feet and needs will help you avoid injuries (*see **Attachment 1**; American College of Sports Medicine's Information of *Selecting Running Shoes*).
2. Members will be provided a backpack upon arrival as part of the Backpack Initiative which will have the below items provided. Member's pay for the backpacks from their \$400 EZ Pay Card. The backpacks are provided to make the process smoother. Members will be able to purchase any additional items needed during their flights initial shopping run at the Base Exchange (BX) upon arrival. If you have any further questions you may contact your local recruiters for further information and guidance.

Backpack Initiative –Issued Upon Arrival

1 Laundry bag -\$ 7.30	1 Toothpaste \$ 2.49	1 Backpack -\$ 44.85
4 Mesh Bags -\$ 15.96	1 Toothbrush Case -\$ 1.35	1 Reflective belt -\$ 5.95
1 Pad Lock -\$ 3.95	1 Dental Floss -\$ 0.99	2 Silver Sharpie -\$ 2.99
2 Writing Pens -\$1.30	1 Foot Powder -\$ 2.90	1 Ruler -\$ 0.29
2 Black Sharpies -\$ 1.89	1 Deodorant -\$ 2.89	1 Highlighters -\$ 1.99
4 Brown Towels -\$ 10.00	1 Laundry Detergent -\$ 4.45	1 Note Pad -\$ 0.99
4 Blousing straps -\$ 2.00	1 BX Trash Bags -\$ 1.79	1 BK Stamps -\$ 9.80
1 Flashlight -\$ 9.30	Nail Trimming Kit -\$ 3.99	1 BX Envelopes -\$ 1.29
ID card Holder -\$ 5.25	1 Canteen -\$ 3.40	1 "3 in 1" Soap -\$ 2.95
1 Toothbrush -\$ 0.79	1 Storage Container -\$ 5.99	Shower Shoes -\$ 1.10

Backpack initiative –w/ backpack: \$165 -\$177



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NOTE: This is due to availability of products listed above. If an item is unavailable, PRC staff will provide a list of those items that will be picked up at the flights Initial BX Run. The cost maybe higher/lower based on product name.

3. If you have any further questions you may contact your local recruiters for further information and guidance.



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Attachment 1



ACSM Information On...

SELECTING RUNNING SHOES

Running shoes should be selected after careful consideration. With so many brands and styles of shoes on the market today, it is important to find the best fit for your feet and your needs. There is no "right shoe" that fits all runners. However, research and injury patterns have shown that there are some general characteristics of a good, safe running shoe.

A Complete Physical Activity Program

A well-rounded physical activity program includes aerobic exercise and strength training exercises, but not necessarily in the same session. This blend helps maintain or improve cardiovascular and muscular fitness and overall health and function. Regular physical activity will provide more health benefits than sporadic, high intensity workouts, so choose activities you are likely to enjoy and that you can incorporate into your schedule.

ACSM's physical activity recommendations for healthy adults, updated in 2011, recommend at least 20 minutes of moderate-intensity physical activity (working hard enough to break a sweat, but still able to carry on a conversation) five days per week, or 20 minutes of more vigorous activity three days per week. Combinations of moderate- and vigorous-intensity activity can be performed to meet this recommendation.

Examples of typical aerobic exercises are:

- Walking
- Running
- Stair climbing
- Cycling
- Rowing
- Cross-country skiing
- Swimming

In addition, strength training should be performed a minimum of two days each week, with 8-12 repetitions of 8-10 different exercises that target all major muscle groups. This type of training can be accomplished using body weight, resistance bands, free weights, medicine balls or weight machines.

A running shoe should protect the feet against injury, but should not do the work of the foot by providing excessive cushioning and lots of extra support in the arch. A shoe should complement a strong foot. With new companies and shoe options on the market, you can do a bit of research online to find the types of shoes that may interest you. Review the specifications on shoe material, weight and heel to toe drop to find brands that follow the general guidelines below.

Characteristics of a good, safe running shoe include:

- Minimal heel-to-toe drop: This drop is the difference in the thickness of the heel cushion to the thickness in the forefoot cushion area. Shoes with no drop or a small drop (from or less) are the best choice for allowing the foot to normally support loading during each gait cycle.
- Neutral: This means the shoe does not contain motion control or stability components. These extra components interfere with normal foot motion during weight bearing.
- Light in weight: (10 ounces or less for a men's size 9, 8 ounces or less for women's size 8)

Where can you look for running shoes?

Check in with a local running club and ask the leadership where their members commonly purchase shoes, or which merchants have

knowledgeable staff who have expertise with running shoes.

How to buy a running shoe:

- Every time you shop for running shoes, have your feet sized in the store. Be aware that you may have different sized right and left feet. For some runners, buying shoes of slightly different sizes may be best. Forcing a shoe that is too tight on one foot will cause foot pain over time.
- Foot shape or arch height are not good indicators of what kind of running shoe to buy.
- Avoid buying shoes based on advice given after someone in a store has watched you walk. Your gait and foot motion are very different when you walk and run.
- Be aware that all runners pronate, or drop the foot inward. Pronation is a normal foot motion during walking and running. Pronation alone should not be a reason to select a running shoe. Runners may be told while shopping that because pronation is occurring, a shoe with arch support is best. In fact, the opposite may be true. Pronation should occur and is a natural shock absorber. Stopping pronation with materials in the shoes may actually cause foot or knee problems to develop. Excessive pronation can occur, but in most cases can be corrected with therapy and exercises to strengthen the foot, leg and hip rather than by a shoe.



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- Buy running shoes at the end of the day when your feet have "swollen" as much as they will and the shoes will not feel tight.
- Be sure the shoe has a wide toe box. The toe box is the area where your forefoot and toes are. You should be able to wiggle your toes easily. Narrow toe boxes do not permit the normal splay, or spread of the foot bones during running. This will prevent your feet from being able to safely distribute the forces during the loading phase of gait.
- There should be at least ½ inch of room between the toes and front of shoe, about enough space to place your thumb between your big toe and the front of the shoe.
- Test the shoe to determine if it is too narrow: take the insert out of the shoes and step on them on the ground. Does your foot hang over the sides of the insert? If so, your shoe is too narrow.
- When you test running in the shoe, be sure that the heel does not slip.

Shoe Qualities to Avoid:

- High, thick cushioning. Soft cushioning may actually encourage runners to adopt worse biomechanics and land with greater impact than shoes with less cushioning.
- Shoes that have a high heel cushion and low forefoot cushion (a "high profile shoe", or a high heel to toe drop).
- Extra arch support inserts or store based orthotics. These items are often not necessary. Orthotics should be considered temporary fixes (+6-8 weeks) until foot strength is increased. A therapist can help you with exercises that can strengthen the foot so that you do not need arch supports on a daily basis.



Transition from old to new shoe

Be aware that when you change from one shoe to another, there should be a transition period in which you may need to wear the new shoes for part of a run. Over a couple weeks, the time wearing the new shoe can increase until the entire run is performed with the new shoe.

Exercises to increase foot and hip strength should be done before and as you transition to the new shoe. When initially exercising in shoes with minimal drop, the lower extremities will need to adapt by activating muscles in the hip and gluteal (bustock) area. There may be some initial soreness in these muscle areas for the first couple of weeks.

If you are switching from a shoe with a high heel-to-toe drop to a shoe with a low or zero drop, consider using a transition shoe with a moderate heel-to-toe drop for a few months while you adapt; after this adaptation, then switch to the shoe with minimal or zero drop.

When should you buy new running shoes?

- A general rule of thumb is to purchase new shoes for every 350 miles, but limited science has not identified the ideal time frame for all running shoes. Different shoes will vary in wear based on what materials they are made from, and whether the shoes are used for more than running. Faster wear may occur if the shoes are used for other activities on a daily basis than if they were used for running alone.
- If there are wear patterns on the shoe that reveal the sole layers underneath, discard the shoes. Uneven wear on the shoe sole causes changes in running mechanics that lead to injury.

Brochure content provided by Heather K. Vincent, Ph.D. and Kevin R. Vincent, M.D., Ph.D.

Staying Active Pays Off!

Those who are physically active tend to live longer, healthier lives. Research shows that moderate physical activity – such as 30 minutes a day of brisk walking – significantly contributes to longevity. Even a person with risk factors like high blood pressure, diabetes, or even a smoking habit can gain real benefits from incorporating regular physical activity into their daily life.

As many dieters have found, exercise can help you stay on a diet and lose weight. What's more – regular exercise can help lower blood pressure, control blood sugar, improve cholesterol levels and build stronger, denser bones.

The First Step

Before you begin an exercise program, take a fitness test, or substantially increase your level of activity, make sure to answer the following questions. This physical activity readiness questionnaire (PAR-Q) will help determine if you're ready to begin an exercise routine or program.

- Has your doctor ever said that you have a heart condition or that you should participate in physical activity only as recommended by a doctor?
- Do you feel pain in your chest during physical activity?
- In the past month, have you had chest pain when you were not doing physical activity?
- Do you lose your balance from dizziness? Do you ever lose consciousness?
- Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- Is your doctor currently prescribing drugs for your blood pressure or a heart condition?
- Do you know of any reason you should not participate in physical activity?

If you answered yes to one or more questions, if you are over 40 years of age and have recently been inactive, or if you are concerned about your health, consult a physician before taking a fitness test or substantially increasing your physical activity. If you answered no to each question, then it's likely that you can safely begin exercising.

Prior to Exercise

Prior to beginning any exercise program, including the activities depicted in this brochure, individuals should seek medical evaluation and clearance to engage in activity. Not all exercise programs are suitable for everyone, and some programs may result in injury. Activities should be carried out at a pace that is comfortable for the user. Users should discontinue participation in any exercise activity that causes pain or discomfort. In such event, medical consultation should be immediately obtained.



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Attachment 2



Let's Talk About Sports Bras!

Why wear a supportive bra during physical activity?

- Improve posture and athletic performance
- Minimize breast movement and discomfort
- Improperly fitting bras can cause neck, back, and arm pain
- Improperly fitting bras can cause bruising, chafing, and irritation

How much breast support do I need?

The amount of support needed is dependent on age, bra size, and the type of exercise.

- **Age**-Elasticity of skin decreases with age which reduces the support it can provide. This means older women require greater support, especially after pregnancy.
- **Exercise**- Exercises with more up and down movement (like jumping) and rapid lower limb movement (like running) cause more breast movement and therefore require more support.
- **Bra Size**- Females with larger bra sizes have heavier breasts and require greater support from their sports bra.

Which bra should I wear?

There are three types of bras to choose from:

1. **Fashion Bras** (everyday bra)- breasts not completely covered, thin straps, non-supportive material
2. **Crop Tops** (compression bra for activity)- breasts covered, wide bands, strong elastic material

3. **Sports Bras** (combination of compression and underwire support)- breasts covered, wide padded straps, wide strong band, underwire and back clips for extra support

If only a low level of breast support is needed (for example, for small breasts or low impact activity like walking), a crop top might provide sufficient support. If a higher level is needed (older women, large breasts, or high movement activity like running) a highly supportive sports bra or simultaneous wear of sports bra and crop top may be necessary.

How do I choose the right bra?

- **Band**- Not too tight, no flesh bulging over the top of the band (too small), doesn't ride up when you raise your arms (too big)
- **Straps**- Comfortable, not digging in, not sliding off
- **Cup**- No breast bulge over the top of the cup (too small), no wrinkles or gaps in the cup (too big)
- **Underwire**- Sits on your ribs and not on your breast tissue or under the armpits (too small or design does not fit you)
- **Material**- should provide compression, should wick sweat away from your body to keep you cool but not irritate your skin



Fashion bra: breasts not completely covered, thin straps, non-supportive material

Crop top, round neck: breasts covered, wide band, strong elastic material

Sports bra: breasts covered, wide padded straps, wide strong band

Reference: Alleyne, J. (2013) Women and activity-related issues across the lifespan. In P. Brukner & K. Khan (Eds.) *Clinical Sports Medicine* (pp. 910-935). Sydney, Australia: Houghton Mifflin Education.

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