

SC Wing 2023 Staff Training Academy
Packing List



NOTE: All items on this packing list are required unless otherwise specified

THE FOLLOWING ITEMS ARE PROHIBITED FOR CADETS:

- Weapons of any type (including pocket and Swiss Army knives)
- Large amounts of money
- Drugs (unless prescribed)
- Tobacco of any type
- Snacks, soda, or gum
- iPods and video games
- Expensive jewelry
- Anything else that will distract from training and you know you should not bring

NOTE: Cadet staff will be allowed to keep their phones during STA but will not be allowed to keep their phones for CTW or encampment, even if on staff for those events

ALL UNIFORM ITEMS must adhere to CAPR 39-1 Personnel “CIVIL AIR PATROL UNIFORM REGULATION” dated 03 Mar 2020

Event staff assumes no responsibility for lost or misplaced items during the course of the event

Place a checkmark after each item is packed and labeled with member’s last name

Packed	Labeled	Qty	Linens
		2 ea	Twin flat sheets (1 fitted sheet okay, conservative color preferred)
		1 ea	Twin-Double sized blanket (conservative color preferred)
		1 ea	Pillow
		1 ea	Pillow case
NOTE: If unable to secure linens, 1x sleeping bag with pillow and case is minimum acceptable			

Packed	Labeled	Qty	Utility Uniform Items (ABUs, BDUs phased out 15 Jun 21)
		2 ea	Blouse w/proper patches & name/CAP tapes
		2 ea	Pants
		1 ea	Belt
		1 ea	Headgear (ABU cap, no baseball caps)
		1 ea	Uniform collar insignia
		1 pr	Black combat boots (broken in, polished)
		4 pr	Boot socks
		2 ea	T-shirts (standard desert tan, short or long-sleeved); No signed shirts
		1 ea	Cold weather gear (jacket, hat, & gloves)
		1 ea	Rain gear
NOTE: Uniform compliant gear preferred, but any cold weather & rain gear acceptable for safety			

Packed	Labeled	Qty	Physical Training Unit (PTU)
		2 ea	Desert Tan or similar color T-shirt (can be same as ABU T-shirts)
		2 ea	Athletic shorts (black or navy blue)
		2 pr	Athletic socks
		1 pr	Athletic shoes (broken in)

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Packed	Labeled	Qty	Misc Required Items
		1 ea	CAP ID card (current)
		A/R	Medications - must be in original containers, prescribed to cadet if applicable Request meds stored in 1-gallon Ziplock bag labeled with rank, name, unit #, & unit name e.g., "Lt Col George Stanley, SC-075, Sumter"
		1 ea	Shoe shine kit (NO LIQUID POLISH!)
		1 ea	12" to 18" ruler
		1 ea	Hydration gear (Camel-Bak, water bottle, or canteens on web belt, capable of 2 qts water)
		1 ea	Toiletries: shampoo/conditioner, soap, deodorant, comb/brush, toothbrush, toothpaste, foot powder, feminine hygiene products (if applicable), shaving gear (if applicable)
		1 ea	Towel & washcloth
		1 ea	Insect repellent
		1 ea	Small notebook
		2 ea	Black pens
		4 ea	Clothes hangars
		1 pr	Shower shoes (sandals or flip flops)
		1 ea	Flashlight w/batteries
		1 ea	Laundry bag
		4 ea	Undergarments (briefs, boxers, panties, bras)
		4 ea	Athletic supporter or compression shorts for PT (if desired)
		3 ea	Athletic sports bras (if applicable)
		1 ea	1-gallon Ziplock plastic bag for contraband labeled with rank, name, unit #, & unit name; e.g., "Lt Col George Stanley, SC-075, Sumter"
		1 ea	Paper/printed copy of CAPF 161 "EMERGENCY INFORMATION"

Packed	Labeled	Qty	Optional Items
		1 ea	Hair dryer, hair spray, gel
		1 ea	Religious text or book during personal time
		Opt	Shower cap
		Opt	Hairpins/hairbands/rubber bands
		Opt	Make-up – minimal (females)

Packed	Labeled	Qty	Required Items for Cadet Staff
		1 ea	Clipboard w/CAPR 39-1 (sections concerning ABUs, blues, personal grooming)
		1 ea	Watch (not cellphone), masking tape, Sharpie, & training schedule
		1 ea	USAF/CAP drill & ceremonies references, CAP drill tests (achievements 1-3)