

STUDENT PACKING LIST
10TH ADVANCED LEADERSHIP COURSE
MINNESOTA WING ENCAMPMENT



INSTRUCTIONS

All listed items below are MANDATORY unless otherwise noted. There is a specific list of items on Page 2 titled "Range Pack" which refers to items that will be used in the field, and should be packed into a separate ruck/hiking bag.

If you need assistance or have any questions about this list, please contact mslimani@mncap.org.

ABU UNIFORM

- ABU Cover [x1]
 - Circular Cardboard [x1]*
- ABU Blouse [x1 required, x2 recommended]
 - Grade Insignia Pair [x1 required, x2 recommended]*
 - Civil Air Patrol Nametape [x1]*
 - Last Name Tape [x1]*
- ABU Pants [x1 required, x2 recommended]
- Tan Crew Neck T-Shirt [x10]
- Tan ABU Belt [x1]
- Black Boot Socks [x10]
- Black Combat Boots [x1]
 - Ensure well broken-in and comfortable to wear. ALC has significant volumes of marching programmed.*

BLUE SERVICE DRESS (CLASS B)

- Blues Flight Cap [x1]
 - Flight Cap Device or Full Size Cadet Officer Insignia [x1]*
- Blues Short Sleeve Blouse [x1]
 - Grade Insignia Pair [x1 required, x2 recommended]*
 - Cadet Officers Only: blue epaulets with miniature grade insignia [x1]*
 - Current Ribbon Rack [x1]*
 - Last Name Plate [x1]*
 - Badges [as needed]*
 - Cardboard should be cut to the shape of your ribbon rack, name plate, and badges, and secured to the inside of your blouse using the pins*
- Blues Belt [x1]
- Blues Pants [x1]
- White V-Neck T-Shirts [x5]
- Black Dress Socks [x5]
- Shirt Stays [recommended x1]
- Garment Bag [x1]

PHYSICAL TRAINING (PT) UNIFORM

- Encampment PT T-Shirt [x1]
 - Provided during ALC arrival.*
- Black Athletic Shorts [x4]
 - Must be approximately knee-length; use judgement.*
- White Athletic Socks [x10]
- Athletic (Running) Shoes [x1]
 - Must specifically be running or athletic shoes that you are comfortable running in.*
- Plain Black Sweatshirt [x1]
 - Minimal CAP-appropriate logos or markings are permitted.*
- Plain Black Athletic Pants or Sweatpants [x1]

UNIFORM ACCESSORIES

- Grade Insignia Pair [x1 required, x2 recommended]
 - One pair recommended for each uniform.*
- Reflective PT Belt or Vest [x1]
- Rain Jacket or Poncho [x1]
- Wristwatch [x1]
- CAPID [x1]
- Water Bottle [x1]
- CamelBak [optional x1]
- Shoe Shine Kit [x1]

ACADEMIC ACCESSORIES

- Backpack [x1]
 - Must be a separate bag from the Range Pack. Recommended to use laptop bag or similar.*
- Storage Clipboard [recommended x1]
- Full-Size Notebook (8.5x11" pages or similar) [x1]
- Pocket-Size Notebook [x1]
- Pens [x3]
- Pencils [x3]
- Laptop or Tablet [recommended x1]
- 12-18" Ruler [x1]

PERSONAL HYGIENE ITEMS

- Underwear [x10]
- Bras (female only) [x5]
- Shower Shoes [x1]
 - Slides or flip-flops acceptable.*
- Deodorant [x1]
- Toothbrush [x1]
- Toothpaste [x1]
- Dental Floss [x1]
- Comb/Brush [x1]
- Shower Towels [x2]
- Wash Cloth [x2]
- Shampoo [x1]
- Soap/Body Wash [x1]
- Razor and Shaving Cream [if needed x1]
- Hair Dryer/Care Products/Pins [optional, as needed]
- Appropriate Swimsuit [optional x1]
 - Permitted during showers for modesty.*
- Female Hygiene Products (females only) [as needed]
- Personal Medications and Prescriptions [as needed]
 - Students are responsible for self-administration of prescription medications.*

MISCELLANEOUS ITEMS

Laundry Bag [x1]
Civilian Clothes [x1]
 Optional for travel home.
White Plastic Clothes Hangers [x6]
Sunglasses [optional x1]
 Must adhere to CAPR 39-1 § 6.3.1.2.1.
 Black aviators recommended.
Moleskin Pack [x1]
Sunscreen [x1]
Bug Spray [x1]
Tick Remover [x1]
Iron [x1]

PERMITTED FOOD ITEMS

Granola or Protein Bars
Trail Mix
Dried Fruit
Beef Jerky
Electrolyte Powder

Any other food items that do not fit into these categories is considered contraband and will be confiscated.

CONTRABAND ITEMS

The following items are strictly prohibited from the Advanced Leadership Course. Do not bring them.

Video Game Consoles
 Only phones, tablets, laptops, and smartwatches are permitted.

Candy
Beverages (non-water)
Weapons (knives, multitools, firearms)
Explosives (ammunition, fireworks)
Alcohol
Tobacco (any form)
Controlled substances (except authorized by prescription) or THC/CBD Products.

RANGE PACK INSTRUCTIONS

The items below are specifically designated to be packed into a "Range Pack." It is important that these items are packed in an organized, logical, and accessible way. Please be mindful of the total weight of your Range Pack: you will be marching long distances with these packs. Arrive to ALC with your Range Pack fully assembled and ready to go for our field-based activities.

RANGE PACK ITEMS

Rucksack (Range Pack) [x1]
 This will be the bag you pack your range items into. This should be a backpack specifically designated for rucks/hiking. It should be comfortable on your shoulder when full.

Sleeping Bag [x1]
Pillow (for Camping) [x1]
Carabiner [optional x1]
Flashlight with Extra Batteries [x1]
Rain Jacket or Poncho [x1]
Compass [x1]
2-Person Tent [x1]
 2-3 person tents are the maximum size recommended. Anything larger will be too heavy to carry in the Range Pack.

Whistle [x1]
Green Chem Light [x5]
 Used for nighttime visibility. You will need designated "chem lights"; standard glow sticks will not work.
 Cyalume brand recommended. Available on Amazon in 10-pack.

Lip Balm (Chapstick) [recommended x1]
Waterproof Bags [x5]
 2-gallon Ziplock bags, trash bags, or other.

Water Shoes [optional x1]
CAP-Appropriate Swimsuit [optional x1]
 For use swimming in the field. Must be modest and appropriate for CAP.

Tactical Gloves Pair [x1]
 Will be used for navigating dense wooded areas. Any glove that will protect hands from environment are authorized.

Band-Aids and Moleskin Pack [recommended]

If you require an electronic device for medical reasons (i.e. insulin monitor/diabetes carb counting) please email encampment@mncap.org for an accommodation