



2023 MNWG ATS Packing List



All items are **REQUIRED** unless specifically noted as optional or recommended.

Cadets are responsible for acquiring all items and ensuring that all uniforms and uniform accoutrements adhere to CAPR 39-1. You may exercise good judgment and bring other items not listed so long as they are not deemed contraband. Ensure items are appropriate for yourself and the activities you will be doing.

Some training will be conducted outdoors. Plan and pack accordingly for the forecasted weather.

Utility Uniform (ABUs)

- ABU Blouse - 1
- ABU Trousers - 1
- ABU Cover - 1
- ABU Belt - 1
- Desert Tan T-shirts - 3
- Black Boots - 1
- Boot Blousers - 2 pair
- Black Boot Socks - 3 pair
- ABU Outerwear Fleece/Jacket (Optional, bring if you have it)

Physical Training (PT) Uniform

- Black or Navy Athletic Shorts (Mid-thigh or longer) - 2 pair
- Black or Navy PT pants/sweatpants - 1 pair
- Black or tan T-shirts - 3
- Athletic Sweatshirt/Fleece - 1
- White Athletic Socks - 3 pair
- Running/Athletic Shoes - 1 pair
- Base/Warm Layers for under PT clothes
(Assume you will be doing PT outside in cold weather)

Outerwear

- Warm Jacket/Coat - 1
- Gloves - 1 pair
- Stocking Hat (Sage Green/Black preferred) - 1
- Scarf/neck warmer (optional) - 1
- Rain gear/poncho

Toiletries, Bedding, and Personal Items

- Pillow and Pillowcase - 1

- Sleeping Bag or Sheets (Linens will not be provided for you)
- Blanket - 1
- Toothbrush and Toothpaste - 1 each
- Towel - 1
- Wash Cloth/Loofa - 1
- Shampoo - 1
- Body Soap/Wash - 1
- Razor/Shaving Kit (if needed) - 1
- Comb/Brush - 1
- Deodorant - 1
- Shower Shoes/Flip Flops - 1
- Bathing Suit (Optional for modesty)
- Sleepwear - 4 nights
- Underwear/Undergarments - 5 pairs
- Female: Sports Bra - 3
- Female: Hair supplies/Hairspray/etc.
- Female: Sanitary Supplies
- Laundry Bag
- All Required and Needed Medications

Other Required Items

- CAP ID Card
- Water Bottle/Canteen/Camelbak - 1
- Clothes Hangars - 3
- Shoe Shine Kit - 1
- Safety Vest (ANSI 2) or reflective safety belt

Required School Supplies

- Note-Taking Material
- Backpack
- Watch
- Ruler 12-18 inches

(continued on the next page)

Optional Items

- Hair Dryer
- Nail Clippers
- Flashlight (Spare Batteries)
- First Aid Kit w/Band Aids and Moleskin
- Sunscreen
- Bug Repellant
- Religious Reading Material
- Female: Makeup

Uniform: ATS Cadets will only wear the ABU uniform at MLA. Blues uniform is NOT required.

You are responsible for ensuring your grooming meets all CAPR 39-1 standards prior to arrival. We will be on post with several Reserve and Army Guard units. We must all make special efforts to look and behave appropriately to best represent CAP.

Weather: You will be conducting part of your training outside so bring a jacket and outer gear that is appropriate for the weather. Typically, the temperatures reach down into the 30s and 40s with moderate to strong winds. It is your responsibility to dress accordingly.

Contraband items include but are not limited to: Alcohol, tobacco or nicotine products, firearms, knives (all lengths and styles, including "Leatherman" or multi-tool types), matches, lighters, illegal drugs, energy drinks, inappropriate reading material, and any electronic devices.

Your personal bags will be checked upon arrival.

Phones and other electronics will be confiscated upon arrival. Phones will be given back to cadets at the conclusion of the activity at out-processing. We recommend leaving all electronic devices, including phones, at home.