

PREPARING FOR BCT SHIP DAY

2 weeks prior

- 1) Wean yourself off caffeine (do not wait until last day to do this)
- 2) Wean yourself off nicotine (do not wait until last day to do this)
- 3) Adjust your sleep schedule each day to get to the point you're waking up at 5am.
- 4) Make arrangements for any personal monthly bills to be paid by family or dropped/suspended until you return.
- 5) Do PT

1 week prior

- 1) Gather names and addresses of people you want to write letters to.
- 2) Buy items for carry-on bag (see packing list below).
- 3) Buy any specific personal hygiene items you require (see packing list below) that you may not find at the BCT store.
- 4) Do PT

Ship Day

If you are shipping from MEPS: you will need to be at the MEPS hotel the day prior to your actual ship day. Your recruiter will coordinate the time & transportation with you.

If you are shipping directly from the Airport: you will report NLT 2 hours prior to flight time. Family & friends can go through security to your gate. 16 year olds & older MUST have photo ID & no weapons to do so.

Clothing: Wear clothing that is comfortable for travel and to possibly do PT in if you had to.

>YES- Athletic pants, blue jeans, sleeved shirts, sweat shirts with or without hood, Gym shoes.

>NO- yoga pants, shorts, skinny jeans, dresses, skirts, any tight or form fitting clothing at all! No sleeveless shirts, no boots, no open toe shoes of any kind, No explicit or provocative attire or inappropriate slogans IE: Drugs, Alcohol, sexual, racial, etc. Do not wear any military issued clothing such as tan t-shirts, belts, boots to name a few. No steel toe boots. Do not wear jewelry other than a wedding band/wedding set and a durable conservative (black or non-shiny) watch if you want.

Packing List: In your small carry-on bag, have enough travel size personal hygiene items to last for 3-4 days. Shaving cream, under garments, towel, tooth brush & paste, socks, shampoo/body wash and deodorant. FAA guidelines only allow up to 3 ounces of liquids on a flight. You do not need to pack enough items to last a long time. When you get to the Reception Battalion they will go through all your gear and throw out anything they deem not necessary. You will get a money voucher and be allowed to go to the Base store to buy anything you will need based off of an approved list they will give you. You will also have opportunities to go back to the store as you need items, so again, no need to pack a lot of stuff to take with you. If you are a female and require specific hard to find hygiene items you may want to take extra of that.

Optional Items: Stationary, envelopes and stamps for writing letters, address' of family and friends you want to write, small personal pictures, your creditors/debtors account and phone numbers, cell phone and charger (they will be stored at BCT and allowed to use ONLY when privileges are allowed), up to \$40 cash (we pay for all meals, so this is really not needed) and a lock to secure a wall locker.

Do not bring: (You will be checked when you arrive for prohibited items)

Weapons of any kind, scissors, metal fingernail files, fingernail clippers, alcohol, any pornographic or questionable/offensive material of any kind, computers/laptops/electronic devices or games of any kind, prescription drugs (unless pre-approved by MEPS physician prior to ship day), OTC drugs (tylenol, Ibuprofen, allergy medicine, etc), food/drink/snacks.

You MUST bring the following: Your most recent (Drivers license, Intermediates or Permit), social security card, debit card and/or checkbook that is tied to the checking account your "military" pay goes into, your military ID (if issued to you).

!!! ENSURE WE HAVE YOUR RECENT BANK ACCOUNT INFO IF ANY CHANGES WERE MADE !!!

Green Phase (Split Options) ONLY:

Other than the above, bring: Military ID Card (CAC), ID Tags & all BCT issued clothing

If you run into trouble on ship day prior to getting to the airport, contact your recruiter. If you run into trouble once at the airport or during travel (flight delays/changes etc.) contact the help number on your travel documents.

Returning from training: You must contact the **RSP office** the next day you get back home. If it is a weekend, you can wait until the following Monday.

RSP Numbers: 502-607-3911; 502-607-3972; 502-607-3912 (call during business hours)