Table 2-3 "What to Bring List"

Items Future Soldiers should wear or bring to the Military Entrance Processing Station (MEPS) on ship-day[1]

ITEM	MALE	FEMALE
CLOTHING [2]		
Wear casual, comfortable clothing:		
– Shirt or blouse (no obscene graphics)(no halter tops or cut-off T-shirts)	1	1
– Slacks or Jeans (no shorts or cut-offs)	1	1
– Complete underwear (You'll get a mini-physical on ship day, no thongs)	1	1
– Pair of comfortable, casual shoes suitable for walking and extended standing and socks (no high heels)	1	1
– Coat or Jacket (seasonal)	As needed	As needed
Bring change of underwear: (male- briefs) (female – briefs and bras-white, black or neutral), or sports bras, no thongs –(Preferably sports bras)	2	2 Underwear 3 Bras
Bring Feminine Sanitary Items		As needed
MINIMUM PERSONAL HYGIENE ARTICLES: (All Travel Sized items)		
Shampoo and conditioner (1 oz)	As needed	As needed
Soap (1 bar soap or 1oz liquid soap)	1	1
Anti-perspirant / deodorant (non-aerosol only)	1	1
Toothbrush and toothpaste	1	1
Disposable/safety shaving razor (non-electric)	1	1
Shaving cream (non-aerosol)	1	As needed
Comb, brush, hair accessories (black or matching hair color)	As needed	As needed
Combination Lock	1	1
EYEGLASSES (if prescribed, no faddish/stylish eyewear w/ prescription if available)		
ALL IMPORTANT PERSONAL DOCUMENTS (check with Recruiter) (IAW AFI 36-3026) Including:		
Childhood and adolescent immunization records, if available		
Government-issued photo ID card		
Marriage certificate, family birth certificates, and their SSN (if married or legally supporting)(original, court-certified copies)		
SSN Cards (or other Government ID with the SSN) (Copies are ok)		
Required prescription medications (in original pharmacy container) and/or with a doctor's prescription.		
FINANCE		
Not to exceed $50.00 in cash, Traveler's Checks, or Money Orders		
Checkbook or cancelled check reflecting the account number and ABA routing number to establish direct deposit bank account for military pay		
ATM card		

NOTES:

1. All items must fit into the Army Future Soldier Bag or small airline approved "carry on" suitcase or gym bag

oldiers traveling from overseas locations should add 1 change of clothing and underwear (same guidance as above; extra shoes and a coat not needed)