

# Participants Items to bring

## Hygiene:

- Toothbrush
- Toothpaste
- Hair comb and or brush
- Washcloth
- Shampoo and conditioner
- Soap
- Towel
- Suntan lotion or sun block

## Clothing and bedding Items:

- long pants (Blue Jeans)
- Workout shorts **black**
- Duty belt (for those who currently own one)
- light jacket or sweatshirt
- underwear
- socks
- sturdy shoes, **prefer boots**
- athletic gear (white or gray tee shirt, running/gym shorts, running shoes)
- shower shoes (flip flops)
- Hydration container (water bottle, camel pack, etc.)
- Sleeping bag or bedding and pillow

## Academy Materials:

- small notebook
- pen
- handcuffs, key, and belt case
- blue (red) gun and holster (optional)
- flashlight and belt holder (optional)

## Medical Items:

- Any medication should be approved through Advisors with prescription
- Over the counter meds need approval and will be administered by staff.

## Things not to bring:

- any weapons (knives, guns, batons)
- shirts with advertising or logos