**MALE CANDIDATE PACKING LIST**

Report on October 5th wearing a gray sweatshirt, gray sweat pants, a gray or white t-shirt, white calf length socks and black running shoes.

Jewelry is not authorized for wear while at ChalleNGe. Remove ALL body piercings, earrings and jewelry prior to arrival. Only and inexpensive watch is authorized for wear.

Do NOT bring money, credit/debit cards or any type of electronics.

Do not stop taking any prescribed medications. Bring ALL of your medications with you in the original packaging with your prescription label attached. All medications will be turned in to the medical staff during in-processing.

**Bring ONLY the items on the below list**

1 Hygiene or shaving bag 2 Toothbrushes with plastic toothbrush holder

2 Tubes of toothpaste 1 Package of dental floss (no dental picks)

2 Bars of soap with a plastic soap dish with cover 2 Sticks of deodorant

1 Bottle of lotion (unscented) 1 Can of shaving cream/gel

4 Pack of disposable razors 1 Nail Clipper (no nail file)

1 Can of black kiwi shoe wax 1 Bottle unscented sunscreen

1 Bottle non-aerosol bug repellent 1 Bottle Gold Bond foot powder

2 Sets of button up flannel or cotton pajamas 2 Pair of black running shoes

1 Pair of rubber shower shoes (NO foam padding) 12 Pairs calf length solid white crew socks

6 Pairs calf length solid black crew socks 12 Pairs white cotton boxer briefs

1 Pack black pens 1 Book of stamps

1 Pack of writing paper 1 Box of envelopes

2 Pairs of thermal underwear 1 Can/bottle of starch

**Optional Items**

Prescription eye glasses with strap 1 Stick of non-flavored lip balm with SPF

Gel insoles for boots Up to 5 personal pictures (no visible tattoos,

alcohol, nudity or gang signs)

All items are to be brought to ChalleNGe in a **LARGE BLACK PLASTIC GARBAGE BAG**.

No luggage is authorized!

**FEMALE CANDIDATE PACKING LIST**

Report on October 5th wearing a gray sweatshirt, gray sweat pants, a gray or white t-shirt, white calf length socks and black running shoes.

Jewelry is not authorized for wear while at ChalleNGe. Remove ALL body piercings, earrings and jewelry prior to arrival. Only and inexpensive watch is authorized for wear.

Do NOT bring money, credit/debit cards or any type of electronics.

Do not stop taking any prescribed medications. Bring ALL of your medications with you in the original packaging with your prescription label attached. All medications will be turned in to the medical staff during in-processing.

**Bring ONLY the items on the below list**

1 Hygiene or shaving bag 2 Toothbrushes with plastic toothbrush holder

2 Tubes of toothpaste 1 Package of dental floss (no dental picks)

2 Bars of soap with a plastic soap dish with cover 2 Sticks of deodorant

1 Bottle of lotion (unscented) 1 Can of shaving cream/gel

4 Pack of disposable razors 1 Nail Clipper (no nail file)

1 Can of black kiwi shoe wax 1 Bottle unscented sunscreen

1 Bottle non-aerosol bug repellent 1 Bottle Gold Bond foot powder

2 Sets of button up flannel or cotton pajamas 2 Pair of black running shoes

1 Pair of rubber shower shoes (NO foam padding) 12 Pairs calf length solid white crew socks

6 Pairs calf length solid black crew socks 10 Pairs solid white cotton briefs/bloomers

4 Regular bras and 4 Sport bras 1 Hairbrush/comb with hair grease/gel

1 Bottle shampoo/conditioner 1 Bottle feminine body wash

1 Pack hair ties/bobbie pins same color as hair 1 Pack black pens

1 Book of stamps 1 Pack of writing paper

1 Box of envelopes 2 Pairs of thermal underwear

1 Can/bottle of starch 2 Boxes of sanitary items

**Optional Items**

Prescription eye glasses with strap 1 Stick of non-flavored lip balm with SPF

Gel insoles for boots Up to 5 personal pictures (no visible tattoos,

alcohol, nudity or gang signs)

All items are to be brought to ChalleNGe in a **LARGE BLACK PLASTIC GARBAGE BAG**.

No luggage is authorized!