



COMMONWEALTH CHALLENGE YOUTH ACADEMY

FEMALE CANDIDATE PACKING LIST

- Candidates report on **Tuesday, January 14, 2025**, wearing a gray sweatshirt, gray sweatpants, a gray 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 before arrival. Only a black inexpensive watch is authorized for wear.
- Do NOT bring money or credit/debit cards, cell phone.
- Do not stop taking any prescribed medications. Bring ALL 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.

ONLY BRING THE ITEMS ON THE LIST BELOW IN A TRASH BAG – NO LUGGAGE ALLOWED

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| Prescription eyeglasses with strap (if you wear them) | 1 Pair of black rubber flip flops/ thongs for shower shoes (NO foam padding) |
| 2 Pairs of black running shoes (black sole) | 1 Nail Clipper (no nail file) |
| 10 Pairs of solid color briefs or female boy shorts | 1 Small bottle of unscented sunscreen (SPF 50 or higher) 1 small bottle of gold bond foot powder |
| 8 Sports bras(black/gray) | 1 large can of black kiwi shoe wax |
| 12 Pairs of calf-length solid WHITE crew socks | 1 Small bottle of bug repellent |
| 12 pair of ankle socks solid WHITE | 1 Can/bottle of starch (Clothing Starch) |
| 1 Hygiene or shaving bag | 1 Book of stamps |
| 1 Toothbrush with plastic toothbrush holder | 1 Box of envelopes (regular size) |
| 2 Tubes of toothpaste | 1 Pack of black pens |
| 2 Bars of soap with plastic soap dish with cover | 1 Pack of writing paper |
| 2 Boxes of sanitary napkins | 1 Pack of Gel insoles for boots |
| 1 Package of dental floss (no dental picks) | 1 Bottle of Lotion (unscented) |
| 2 Sticks of deodorant | 1 Bottle of shampoo/conditioner |
| | 1 Hairbrush/comb and hair grease/gel |
| | 1 pack hair pins/bobbies pin the same color as the hair |
| OPTIONAL ITEMS | |
| 1 MP3 Player with headphones | |
| 1 Stick of non-flavored lip balm with SPF | |
| Up to 5 personal pictures (no visible tattoos, alcohol, nudity, or gang signs) | |