



**DEPARTMENT OF THE ARMY**

Alpha Company, 4th Battalion, 1st Special Warfare Training Group (Airborne)  
U.S. Army John F. Kennedy Special Warfare Center and School  
Fort Bragg, North Carolina 28310

AOJK-GPD-SA-SFPC

7 February 2020

MEMORANDUM FOR RECORD

SUBJECT: Special Forces Preparation and Conditioning (SFPC) Course Packing List

1. This memorandum lists the required uniforms and equipment for all Soldiers attending the SFPC Phase. This packing list supersedes all previous packing lists. Only the equipment and uniforms authorized by Army Regulations and/or issued by Fort Bragg CIF will be utilized during SFPC training. Substitute or civilian items of equipment to include items issued by previous commands are not authorized unless specified by this memorandum.
2. Students must ensure that all of their equipment is serviceable prior to arrival for training. SFPC does NOT provide supplies for students' personal use; to include batteries, tape, pens, paper, etc.
3. THE MANDATORY ITEMS LISTED BELOW MUST ALL BE CIF ISSUE.
  - 1x FIGHTING LOAD CARRIER (FLC)
  - 2x CANTEEN, 1QT, WITH COVER
  - 2x COMPASS, MAGNETIC WITH CASE
  - 1x MOLLE RUCKSACK SYSTEM
  - 2x CANTEEN, 2QT, WITH COVER
  - 1x ENTRENCHING TOOL, WITH CARRIER
  - 2x BAG, WATERPROOF
  - 1x STUFF SACK
  - 1x SLEEP SET (INNER BAG)
  - 1x SLEEP SET (OUTER BAG) (See Note 7)
  - 1x GORTEX BIVY COVER
  - 1x GORTEX JACKET, LIGHTWEIGHT, or Army Issue Wet Weather Top
  - 1x GORTEX BOTTOMS, LIGHTWEIGHT, or Army Issue Wet Weather Bottom
  - 1x MAT SLEEPING
  - 1x PONCHO LINER
  - 2x PONCHO (Camouflage/ACU/OCP)
4. THE MANDATORY ITEMS LISTED BELOW MUST BE MILITARY ISSUE -NO CIVILIAN COLORED ITEMS. All uniforms will be worn IAW AR 670-1. Uniform quantities DO include what is worn, i.e., 1 uniform worn plus 1 additional uniforms packed. At a minimum, each uniform will have rank, name tag, and US Army. Additional skill badges that are sewn on to the uniform may be worn at the individual Soldier's discretion. Patches may be removed during Land Navigation exercise.

1x ACU/OCP CAP  
2x ACU/OCP TOP  
2x ACU/OCP TROUSER  
2X BOOTS (See Note 1)  
1X COLD WEATHER UNDERWEAR (ARMY ISSUE) (See Note 7)  
2X EYE PROTECTION, (Army Authorized Protective Eyewear), Clear Lens.  
1X EYE GLASSES, PRESCRIPTION, Military w/ Elastic Retainer (See Note 2)  
ID CARD (carried)  
ID TAGS WITH BREAK AWAY CHAIN (1 worn while in ACU/OCPs)  
MEDICAL ALERT TAGS OR BRACELET  
6X BOOT SOCKS  
4X T-SHIRT, (See Note 10)  
1X WATCH CAP (See Note 7)

5. THE ADDITIONAL MANDATORY ITEMS LISTED BELOW ARE AUTHORIZED AS MILITARY AND/OR CIVILIAN ITEMS.

NOTE BOOK WITH PEN AND PENCIL  
PROTRACTOR  
HEADLAMP, WHITE LENS AND RED LENS (BLUE LENS NOT AUTHORIZED)  
BATTERIES (SFPC does not issue batteries for personal equipment such as lights, etc.)  
GLOVES, COLD WEATER (See Note 7, subdued colors)  
INSECT REPELLENT/CHIGG-AWAY (military or civilian)  
PERSONAL HYGIENE KIT, 5 DAY SUPPLY (See Note 4)  
TOOTHBRUSH WITH PASTE  
PRESCRIPTION MEDICATION (NOTIFY CADRE DURING LAYOUT)  
SUNSCREEN (cream or lotion/ no sprays)  
**WHISTLE**  
**STROBE (SFPC ISSUE)**  
**NON-GPS WATCH**

6. OPTIONAL AUTHORIZED ITEMS.

CASH (See Note 4)  
550 CORD (Subdued colors)  
ALCOHOL PENS AND ERASERS  
FOOT POWDER, ANTI-FUNGAL  
BABY WIPES  
BLISTER KIT  
BIBLE OR RELIGIOUS WRITINGS  
BOOKS, Professional military handbooks (SUT Handbook/RANGER Handbook)  
BUNGEE CORDS

CAMELBACK, (Black/Green/ACU/OCP)  
CHEWING GUM  
COAT, LINER, FIELD JACKET, "Smoking Jacket"  
DUMP POUCH (Drop pouch for magazines)  
FLASHLIGHT, with Spare Batteries  
KNIFE (Max Blade Length 7") (Folding/Pocket Preferred)  
LIGHTER OR FIRE STARTING DEVICE  
LACES, COMBAT BOOT  
LEATHERMAN TYPE TOOL (Highly Recommended)  
MAP CASE (SUBDUED)  
PACE COUNT CORD  
"CROCS" OR FLIP FLOPS

7. FEMALE Students. The following Items are required for FEMALE Students only.

MANDATORY ITEMS \*QTY AS NEEDED

FEMALE URINARY DIVERSION DEVICE  
FEMININE HYGIENE PRODUCTS,  
FEMININE WIPES  
SPORTS BRA (No wires/hook clasps) (See Note 13)

FEMALE OPTIONAL AUTHORIZED ITEMS \*QTY AS NEEDED

BIRTH CONTROL (Approved Birth Control with current prescription; Notify Cadre during layout)  
HAIR BANDS

8. Additional numbers of items on the mandatory and recommended packing list i.e. 3 ACU pants instead of 2 can be brought. All items must fit into or be attached to the outside of the Rucksack and Assault Pack on the packing list (i.e. sleeping bag attached to bottom of rucksack frame, 2 quarts attached to the rucksack). The FLC will be worn.
9. PROHIBITED ITEMS. Prohibited items are any and all items not listed on the Mandatory, Recommended, or Optional list. Students will be checked and equipment inventoried for packing list compliance. Failure to comply with the packing list will result in the student being administratively dropped from SFPC. CELL PHONES AND GPS DEVICES ARE STRICTLY PROHIBITED DURING SFPC EVENTS.

10. NOTES

NOTE 1) 2 pairs of AR 670-1 compliant boots will be brought to SFPC. Only AR 670-1 compliant boots are authorized to be worn during training; Hot Weather and/or Intermediate

Cold Boots, insulated 200 grams. Boots may not be altered in anyway, except for sole replacement (waffle soles, etc.). One set of AR 670-1 approved Cold weather boots will be required 1 OCT to 1 APR. (Winter classes)

NOTE 2) Eye glasses are required for those personnel with a military prescription. Contact lenses will not be worn.

NOTE 3) CIF issued ECWS parka and trousers are MANDATORY during WINTER classes. Army PCU level 5/6 may substitute during summer classes.

NOTE 4) Cash will not exceed \$50. No commercial establishments are available to students during the SFPC Land Navigation Exercise, however there may be an opportunity to purchase food. (Students will be issued 3 MRE's per day while in the field.) Students are encouraged to bring all required toiletries, etc.

NOTE 6) Wristwatch should be durable and dependable. No GPS or wireless data transfer capable wristwatches.

NOTE 7) Cold weather gear is required during October 1 through April 1. (Subdued color)

NOTE 10) Prohibited items include Cellular Phones, Under Armor, compression type T-shirts, MP-3 players, IPODs, cameras, voice recorders, any media storage devices, or any other electronic devices not listed above.

NOTE 12) ACU/Multi-Cam/OCP: Standard issue only. NO Patagonia/CRYE uniforms, nor "Combat Shirts" authorized.

NOTE 13) FEMALE Students are authorized sports bra/cotton underwear in subdued or natural color, i.e., white, black, tan, brown, etc.

11. Possession of any unauthorized item is a Violation of the Student Honor Code and will result in immediate RELIEF from SFPC.

12. POC for this information is the undersigned at (910) 643-7301.

DANIEL BOWMAN  
MSG, USA  
SFPC NCOIC