

Male Civilian Gear

Two (2) button down, long sleeve, collard shirt (tucked in)
Khaki pants (Dockers type, not cargo)
Black or Brown, closed toe, shoes (not sneakers or athletic shoes)
Matching belt
Civilian undergarments (not visible)

Female Civilian Gear

Same outfit as male (khakis and a button-down) or
Appropriate length skirt (2 inches above knee minimum)
Conservative blouse (no midriff, cleavage exposed)
Solid color shoes with less then 1 inch heel

Males will bring

4 Pairs White Crew length socks
4x White boxers or white briefs
4x White crew neck Tee-Shirts
Broken in Running Shoes
Razor (non electric)
Shaving Cream

Females will bring

4x Appropriate bras and sports bras white
4x Appropriate underwear white
4 Pair White Crew length socks
4x White crew neck Tee-Shirts
Broken in Running Shoes
Conservative one-piece Navy Blue or Black swimsuit
Feminine Hygiene products & Hair gel or hairspray, color matching hair ties and
bobby pins
Conservative purse
Broken in Running shoes

Everybody will bring

2 Hangers
Black or Blue Hygiene Kit
Shower shoes
Liquid Soap
Loofa
Shampoo
(2) Towels
Toothpaste & Toothbrush (non electric)
Floss & mouthwash (optional)
(1) Standard size pillow