



WHAT TO BRING TO BASIC TRAINING: WOMEN ONLY

ADDITIONAL ITEMS WOMEN MIGHT NEED OR DESIRE TO BRING TO BCT

- › Undergarments: Panties (cotton recommended), bras, and one full slip (all neutral shade), flesh-tone nylons or pantyhose

APPROPRIATE HAIRSTYLES

- › Hairstyles not considered appropriate when in uniform: ponytail, extreme bouffant styles, exotic upsweeps and the corkscrew or "corn row" styles

CLOTHING AND JEWELRY

- › Do not mix items of civilian clothing with your uniform and vice versa
- › You may wear quarter-inch or less pearl, gold, silver or diamond spherical earrings with Army uniforms, except for the Army Combat Uniform (ACU) and Physical Fitness Uniform