

## HMRS 9-Day Course Packing List

Basic, Alpha, Cadet Ranger Staff Training (Romeo), Field Medic Course (Mike),  
Ranger Team Commanders Course (Tango), Field Communicators (Whiskey) & Independent Study Course

If you are attending an advanced course, pay close attention to the additional items you must bring below. If you are attending the basic course, do not bring those items. The blue hyperlinks below are suggestions and examples for items. You do not need to purchase the example as long as you bring something similar in type and functionality.

Consider a large backpack, waterproof duffel bag, a large heavy-duty plastic container, or a footlocker with a padlock.

**\*\*PUT YOUR LAST NAME & CAPID ON ALL ITEMS\*\***

### Administrative Tasks

- ☐ Your signed NCSA application must be emailed to [hawkmountain@cap.gov](mailto:hawkmountain@cap.gov).
- ☐ Make payment in eServices.
- ☐ Bring CAPFs 160, 161, and 163 to hand in at check-in.
- ☐ Carry copies of your First Aid certificate and 101 card with you.

### Uniforms - Folded and waterproof packed

- ☐ 3 pair (or more) ABU or BBDU(CFU) shirt and pants. Uniforms must meet CAPR 39-1 standards with correct grade insignia as well as Hawk Mountain Ranger School [Uniform policy](#).
- ☐ 1 pair uniform boots
- ☐ 1 pair hiking boots with good insoles and ankle support for the FTX. (Strongly suggested. These do not have to be military-type boots.)
- ☐ 1 PT Uniform – long pants, t-shirt, and an **additional pair of boots** that will get wet
- ☐ Wallet with VALID CAP MEMBERSHIP CARD, 101 card, & Photo I.D. card
- ☐ Money (You may have opportunities to buy food or souvenirs at the BX.)
- ☐ Watch (No step counting watches like Fitbit – you will not be able to charge it or keep it dry)
- ☐ Multitool, such as a Swiss Army knife or pocketknife
- ☐ Eating Utensils - Plastic works best - bring enough to last for the duration of the school. You may bring [metal](#) – bring something to clean it with. A [spork](#) also works well.
- ☐ Several [blousing bands](#) and extra black boot laces
- ☐ Glasses: Bring a [strap](#) for securing them. Do not bring contacts.
- ☐ Medications: Must be in pharmacy container with name, dosage and physician (inhalers, bee sting kits, etc.) Pain relievers and over the counter medications must be in their original containers.

### Other Clothing items - waterproof packed, in zip lock bags or similar, and with your name on *everything*

- ☐ 2-3 extra pairs BBDU or ABU trousers (for Physical Training sweatpants/jeans may be worn)
- ☐ 10 pair underwear (or more)
- ☐ 10 or more T-shirts. Desert Tan for ABU and BBDU(CFU) **Do Not** bring black or orange T-shirts!
- ☐ 2 Belts: Black or Dark Blue Belt for ABU and BBDU (CFU)
- ☐ 12 pairs of socks or more
- ☐ Wool, polypropylene or fleece sweater, sweatshirt, or jacket - Military preferable
- ☐ Small sewing kit and small shoeshine kit
- ☐ Gym/swimsuit shorts
- ☐ Climbing Helmet (Optional for advanced courses; bring if you have one)
- ☐ Leather [rope work gloves](#) (Optional for advanced courses; bring if you have them)

**Personal Hygiene items** - waterproof and packed in a shower bag. Last name on everything

- ☐ 1-2 bath towels and 2 wash cloths
- ☐ Toothbrush and toothpaste
- ☐ Shaving supplies or feminine hygiene items
- ☐ Personal hygiene supplies including shampoo, deodorant, brush, foot powder, etc.
- ☐ Soap and container
- ☐ Box of moist towelettes or baby wipes (biodegradable)
- ☐ Bag for dirty clothes

**Day Gear** - waterproof packed, in zip lock bags or similar, and with your last name on *everything*

- ☐ Rugged [day pack](#) or military web gear (Different from your field pack!) It needs to be able to fit binders/paper-sized objects. A durable bag similar to a backpack will work.
- ☐ 2 [canteens](#) (or 1 canteen or water bottle and 1 [hydration system](#))
- ☐ [Sierra](#) cup or [canteen cup](#)
- ☐ Rain suit or a [poncho](#) (You will want something fairly resistant to multiple uses. An emergency, one-time poncho will tear easily, so bring one that is more durable.)
- ☐ [All-leather](#) work gloves (not climbing gloves)
- ☐ 2 pr. Latex or nitrile examination [gloves](#)
- ☐ Personal 1st aid kit: (a small one, about 2" x 3") Band-Aids, gauze pads, tape, first aid cream, moleskin, cough drops, personal medication, alcohol preps, hand sanitizer.
- ☐ Flashlight and spare batteries & bulbs
- ☐ Insect repellent ([DEET](#) or [Picaridin](#) are equally effective. Another [Picaridin](#) option.)
- ☐ [Sunscreen](#) (Another [example](#).)
- ☐ Handkerchief
- ☐ Roll of white toilet paper in waterproof container (bring a couple ziplocks in case one fails)
- ☐ Pencils, pens, and a small notebook in zip lock bag
- ☐ Duct tape (10 yds. is plenty)

**Field Equipment** - waterproof packed, in zip lock bags or similar, and with your last name on *everything*

- ☐ [Field pack with an internal or external frame](#). - Adjusted for full load (Waiststraps are a must!)
- ☐ Sleeping bag - in waterproof, durable bag
- ☐ Tent with all poles, stakes, and lines (2-person capacity) *Due to safety and health considerations, cadet students must each have their own tent. Packing a tent is mandatory. Recommended size for tents is 2-person max, due to perimeter constraints. During the school, tents are used for sleeping only. All equipment is kept in a squadron equipment tent.*
- ☐ Ground cloth, military poncho, or large [tarp](#)
- ☐ Closed cell sleeping [pad](#)
- ☐ 50' Paracord (or heavy nylon cord)
- ☐ Optional extra field jacket with liner or other cold weather jacket
- ☐ Extra [flashlight](#) or [headlamp](#), 2 sets extra batteries, extra bulb
- ☐ 5 garbage bags
- ☐ [Can opener](#) – you may have one already on your utility knife.
- ☐ A few feet of [heavy-duty aluminum foil](#) (folded)

**Food** – Will be provided by the school; **however, you need to bring snacks for yourself.**

- ☐ 18 snacks (2 per day) Examples include: Granola bars, beef jerky, nuts, dried fruit, hard candies, trail mix, cereals, or crackers. Pack these in small waterproof containers. Juice or Gatorade mix/Water enhancers are also permitted. No glass containers.

Make sure you pick orange or bright colors for Search & Rescue equipment. Some items are available for purchase at the school. Check our BX page <http://capranger.org/hawkbx.html>.

A [disposable camera](#) is recommended, but not mandatory. This should also be packed in a waterproof container. Students are not permitted to have cell phones.

The following items will be supplied to basic course students as part of your school fee:

- Orange Safety Vest
- Eye Protection ([goggles](#) or [safety glasses](#))
- Orange Hard Hat
- Orange Hat
- Compass (Basic Course Students). Advanced courses students may bring their own [Orienteering](#) or [lensatic](#) type compass with lanyard.

