

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

Changes in red – As of 11 June 2023

**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, as they will be unnecessary equipment for you to contain.

**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.

****PUT YOUR LAST NAME ON ALL ITEMS** - Consider a large backpack, duffel bag, a large heavy-duty plastic container, or a footlocker with a padlock.

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.
https://media.wix.com/ugd/67cca1_fbc018cc84254f7ea71b09a154d15154.pdf
- ___ 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.)
- ___ 2 PT Uniform – long pants (**sweat or athletic recommended**), t-shirt, and **athletic shoes** 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)
- ___ Swiss-type army or pocket knife
- ___ 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** works well, also.
- ___ Several **blousing bands**.
- ___ Glasses? Have a **strap** for them, too. Don't bring contacts.
- ___ Medications? - 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*

- ___ ~~Extra pairs BBDU or ABU trousers (for Physical Training sweatpants/jeans will 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. Desert Tan for ABU and dark blue or black for BBDU (CFU)
- ___ 12 pairs of **boot** socks or more
- ___ Wool, polypropylene or fleece sweater, sweatshirt, or jacket - Military preferable
- ___ Small sewing kit
- ___ Small shoeshine kit
- ___ Gym/swimsuit shorts (**for shower**)

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

- ___ 1-2 bath towels
- ___ 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
- ___ 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](#). - thoroughly inspected; adjusted for full load (Waist straps 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 not mandatory. Recommended size for tents is 2-person max, due to perimeter constraints. Tents are used for sleeping only. All equipment is kept in a squadron equipment tent. Students without tents will double up with other students.~~
- ___ 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
- Orange Hard Hat
- Compass (Basic Course Students). Advanced courses students may bring their own [Orienteeing](#) or [lensatic](#) type compass with lanyard.
- Eye Protection ([goggles](#) or [safety glasses](#))
- Orange Hat



