



Force Fitness Instructor Course Gear List and Check-In Items

- Woodland Marpat Utilities (2 Sets)
- Combat Boots (2 Sets)
- Physical training gear (5 Sets with no logos)
- Marine Corps Running Suit and sweat top/bottoms (1 Set of each)
- Running Shoes
- Flak and camelbak or Marine Corps issued water source (no sapis)
- Notetaking gear
- Laptop (HIGHLY recommended)
- Reflective belt
- Cold weather gear (coyote brown)
- **SERVICE UNIFORMS NOT REQUIRED**

Documents needed for check-in

- Orders (TAD/DTS)
- Completed Command Information Sheet
- Command Screening Checklist
- TD Fitrep (bring copy of MROW)
- MarineNet Certificates (PFT/CFT/BCP)
- Non-resident PME MarineNet certification
- Copy of Units Mission Statement/Commanders Intent, and/or unit's current Physical Fitness Policy

Recommended but not required:

- Cross-Training Shoes (METCON/NOBULL/REEBOK etc.)
- Cleats (speed/football/soccer)