



Force Fitness Instructor Course **Gear List and Check-In items**

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) – This will be the primary uniform worn during the course. Bring additional PT gear if needed as we will be training multiple times a day.
- Running shoes and cross training shoes.
- Camelbak or Marine Corps issued water source (Camelbaks will not be provided. Personal hydration carriers are allowed in brown or black).
- Notetaking gear
- Government Email Account (usmc.mil, army.mil, us.navy.mil, etc)
- Laptop – Personal or government asset is ok. Students will need access to word processing software, spreadsheet software, and presentation software.
- CAC Reader (Recommended)
- Reflective belt

Documents needed for check-in

- TAD Orders (DTS Authorization AND TAD Orders if traveling for TAD)
- Completed Command Information Sheet
- Command Screening Checklist
- TD FITREP (bring copy of MROW)
- MarineNet Certificates (PFT/CFT/BCP)
- CPTR Assignment letter
- Non-resident PME MarineNet certification
- Copy of your unit's Mission Statement, Commander's Intent, and current Physical Fitness Policy (if available)

Recommended but not required:

- Cleats (I.e football, soccer)
- Marine Corps Running Suit and sweat top/bottoms (1 set of each)
- Cold weather gear (coyote brown)