

Airman Leadership School Equipment List

Use this list to prepare and pack for ALS. Please do not attend ALS without the quantities listed below. **All of your items MUST be marked with your last name.** YOU WILL NOT HAVE AN OPPORTUNITY TO PURCHASE ITEMS AT ALS. Place a checkmark next to each item as you prepare for ALS.

1 Each ABU Blouse with Wing patch, Nametape, CAP tape affixed	Deodorant	
1 Each ABU Pants	Toothbrush, toothpaste/mouthwash	
2 Each Sand T-shirt, Crew neck	Bath soap in plastic container	
1 Each ABU Cover	Comb/brush	
1 Each belt – sand utility belt (ABU)	Shampoo & Conditioner	
4 Pair boot socks. Black	Razor and shaving cream or electric razor (if needed)	
1 Each Short Sleeve Blues Shirt	1 towel 1 face cloth	
1 pair USAF Blues Slacks or Skirts (female)	1 set of twin sheets (fitted and flat) OR sleeping bag, pillow	
1 t-shirt white V-neck	1 blanket	
1 Each Flight Cap with insignia	Feminine hygiene products	
1 Each belt, dark blue with silver tip & silver buckle	Sunscreen (must be used daily) – high SPF recommended	
1 Pair Dress Socks, Black	Insect repellent with Deet	
	Laundry bag	
Shoe shine kit (canned polish only, <i>NO EDGE DRESSING or liquid polish allowed</i>)	Reflective safety gear (vest or belt preferred)	
1 set CAP uniform insignia and backers for ABUs and blues	1 Spiral notebook and 5 pens/pencils	
1 set blue or black sweats for PT (shirts and pants) 3 sets black or dark blue t-shirt and shorts for PT/sleep	Learn to Lead book Volume 1	
1 pair gym, tennis or running shoes	Standard Operating Instructions (SOI) Issued when you arrive	
3 pair athletic socks for PT	Rain poncho	
Athletic supporter (male) or sports bra (female)	Blister kit (foot powder, band-aids, Neosporin, moleskin pads or roll, and hand sanitizer) in a zip bag	
1 web belt, green, with canteen holder, no suspenders, and one canteen (Camelbak® or hydration systems are accepted)		
3 pair underwear (and bras for females)	Ruler (12" Recommended) for insignia	
Shower shoes (mandatory) (sandals or flip-flops recommended)	Hair dryer and hair care products (if needed)	
Swimsuit for shower (optional)	CURRENT CAP ID CARD, CAPF 160, 161, 163, 60-81	
1 pair combat boots, black, plain toe THESE MUST BE WELL BROKEN IN	Regulation haircut (mandatory) Females should bring extra clips, hair bands, and hair spray	
1 Pair shoes, black, oxford smooth leather or patent leather, low quarter, plain toe (if possible)	1 Flashlight with extra batteries	
1 ABU or other warm jacket (mandatory for winter) 1 pair winter gloves (to keep you warm, optional) 1 winter hat (optional)	You may bring religious reading materials Prescription medication must be in original container and placed in plastic bag with name on it ***ONLY BRING SUPPLY FOR DURATION OF ALS***	

DO NOT BRING:

Knives/scissors, portable electronic devices, unauthorized medication, lighter/matches, explosives, tobacco, ammunition, tapes/CDs/DVDs, alcohol, flammables, cellular phones, food/drink (candy, soda, snacks, etc.), weapons of any kind, alarm clocks, magazines, video cameras, or video games. *****expensive watches, jewelry, cash, is highly discouraged*****

UNIFORM PROCUREMENT LOCATIONS

You can secure uniform/equipment from the following locations: 1. Your home squadron. 2. Commercial sources such as: Vanguard (www.vanguardmil.com) or Glendale (www.paradestore.com). 3. Army/Navy store. Many of the non-uniform items can be purchased at a Dollar Store.

DO NOT WAIT UNTIL THE WEEK BEFORE ALS TO ENSURE THAT YOU HAVE THE NECESSARY ITEMS. PLAN AND ORDER EARLY! YOU WILL NOT HAVE THE OPPORTUNITY TO PURCHASE UNIFORM ITEMS AT ALS.