

## Virginia Commonwealth Youth Challenge Academy Packing List

On class start date, you must report wearing the following attire: **a gray sweat shirt, gray sweat pants, white calf length socks and black running shoes.**

**Remove** all body piercing, earrings, and jewelry prior to arriving at the Challenge Academy. Only an inexpensive watch is authorized to be worn.

**Do not** bring any money or any type of electronics. Bring only the items on this list in a large plastic garbage bag, luggage is NOT authorized.

**Medications:** If you are taking any medications, **do not stop** taking them. **Bring ALL of your medications** with you in the original prescription bottle with your name on it. All medications will be turned over to our medical personnel during in-processing.

### REQUIRED ITEMS FOR ALL CANDIDATES

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|--|---|
| — 1 Hygiene or shaving bag   | — 2 Sets of button up flannel or cotton pajamas           |
| — 2 Toothbrushes w/ 1 plastic holder                               | — 2 Pair of solid black running shoes                     |
| — 2 Tubes of tooth paste / Dental floss..... <b>NO PICKS</b>       | — 1 Pair of rubber shower shoes ( <b>NO FOAM straps</b> ) |
| — 2 Bars of soap w/ plastic soap dish container w/cover            | — 12 Pairs of plain calf length white crew socks          |
| — 2 Sticks of deodorant / 1 bottle of body lotion unscented        | — 6 pairs of plain calf length black crew socks           |
| — 1 Can of shaving gel (Males) / Pack of 4 disposable razors       | — 12 Pairs white cotton boxer briefs                      |
| — 1 Nail Clipper ( <b>No nail file</b> )/1 Can Black Kiwi shoe wax | — 1 Pack black pens / book of stamps                      |
| — 1 Bottle of unscented sunscreen / Bug repellent non-aerosol      | — 1 Pack of writing paper /1 box of envelopes             |
| — 1 large box of powdered laundry detergent (Gain) no bleach       | — 2 Pairs Long Johns ( <b>October class only</b> )        |
| — 1 Bottle of Gold Bond foot powder                                | _____ Spray or liquid starch                              |

### \*\*\*\*\*REQUIRED ITEMS FOR FEMALE CANDIDATES\*\*\*\*\*

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|---|---|
| — 2 Boxes of sanitary napkins and/or tampons. 2 Boxes of panty liners | — 4 bras <b>and</b> 4 Sports bras pink, gray, white or black                                    |
| — 1 Pk of hair ties or bobbie pins <b>same color as your hair</b>     | — 1 Hairbrush and comb w/hair grease or gel<br><b>No Black gel</b> , small shampoo, conditioner |
| — 10 Pairs of solid white cotton panties or bloomers                  | — Pack of 4 disposable razors females   |
|   | 1 Bottle Feminine Body Wash   |

### OPTIONAL ITEMS FOR ALL

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|-------------------------------------|--|
| — Prescription eye glasses W/ strap | — Maximum of 5 personal pictures<br>(No visible tobacco, alcohol, nudity, or gang signs) |
| — Gel insoles for your shoes        | — 1 Stick of non-flavored Chap Stick SPF 30  |

**Notes: Females:** No thongs, boxers or lingerie type underwear - solid white only

**Directions:** Take 264 East toward Virginia Beach. Take Exit 22 S. Birdneck Rd. Turn Right on S. Birdneck and follow it approximately 4 miles. When you cross over General Booth Blvd, Camp Pendleton will be to your left. The entrance to Challenge is the 3<sup>rd</sup> gate on the left. **For GPS purposes, enter 1125 S. Birdneck Rd, which will get you “close” to the entrance.**

updated 4/2015