

Mississippi Wing Leadership Academy (MSLA) Packing List- Senior Member

ITEM	QUANTITY	ADDITIONAL INFO
CAP ID	1	
Paper copies of Forms	1 set	Form CAPF 160 and 161
Corporate Working Uniform		
Polo		Quick dry material will be best.
Gray pants/skirt/slacks		
Black belt		
Black socks		
Black shoes		
PT Gear	If you are participating with the cadets for PT.	
Gray Athletic Shirt	as needed	Preferably short sleeve and light gray with no writing. May not be tank tops. May be long sleeve to meet religious standards.
Blue Athletic Shorts	as needed	Preferably Navy. Should be no shorter than mid-thigh and no longer than an inch below the knee.
White Athletic socks	as needed	
Running Shoes	as needed	should be broken in to prevent blisters
Underwear	4	should be suitable for all day active wear
Bras (Female)	2 min	Suggested minimum: 2 sport bras. Bring additional sports bras or regular based on personal preference
Laundry Bag	1	Mesh with draw string and labeled with cadets name
Rain Jacket/poncho	1	ABU pattern, Black, Dark blue, green, or clear. Should be able to fit over ABU uniform.
Hearing Protection	optional	
Personal medication		To include daily or occasional, prescription, OTC. All must be listed by name and with dosage on CAP Forms 160 or 163
Towel/ Shower	1	2 towels are encouraged
Washcloth	1	2 if desired
Shower Shoes	1	You will want these. will need to walk to the shower from Bunk building.
Personal Hygiene Kit	This is what the cadets are requested to bring. adapt as desired.	
Soap	1	Cleanliness is important.
Shampoo/Cond.	optional	
Comb/Brush	optional	
Toothbrush	1	
Toothpaste	1	

Foss	optional		
Deodorant	1	verify deodorant does not irritate skin	
Shaving Gear	as needed	as required to meet grooming standards	
Nail clippers/ file	1		
Sunscreen	1		
Chapstick	optional		
Foot Powder	1		
Hair products	as needed	as required to meet grooming standards	
Hair accessories (Female)	as needed	as required to meet grooming standards	
Blister Care	1	Moleskin, blister kit	
Flashlight	1	extra batteries	
Sewing Kit	1		
Shoe Polishing Kit	1	Black shoe polish with rag. brush	
Sunglasses	1		
Wrist Watch	1	encouraged	
Back pack	1	Must meet uniform standards	
water bottle, hydration pack, canteen	1	Hydration is very important	
Pocket size notebook	1		
Pens/pencil	2		
Bedding			
Twin blanket or sleeping bag	1	Should be about the same size as twin sheets. can be any material. less bulky is easier to manage.	
Twin Sheets	2	White, one sheet to cover the mattress at least.	
Pillowcase	1	white	
Civilian Outfit	1	You will likely want to change into civies before you head home	
Electronics	optional	Phone, camera, laptop, tablet	
Charging cables	optional	Outlets can be limited. you might want to bring a setup that allows you to charge all your devices at once from one outlet	
Materials	as needed	Will vary. basics like notebook, pens, etc.	