

Mississippi Wing Leadership Academy (MSLA) Packing List- Cadet Kitchen staff

ITEM	QUANTITY	ADDITIONAL INFO
CAP ID	1	Should be in cadets pocket when they arrive for check in
Paper copies of Forms	1 set	Form CAPF 60-81,160,161,163
ABU Uniform		Cadets will be wearing ABUs most of the time.
ABU Cover	1	
Rank/Grade Insignia	1	
ABU Coat/ Blouse	2	With Civil Air Patrol and last name nametape firmly attached
T-shirt/ Desert Tan	2	crew neck, short sleeves, cotton
ABU Trousers	1-2	
Black boot socks	4 pair	Should be taller than boots. Better socks mean less blisters.
Desert Tan Rigger Belt	1	
Blousing bands	2 pair	
Black combat boots	1	should be broken in to prevent blisters
PT Gear		
Gray Athletic Shirt	3	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	2	Preferably Navy. Should be no shorter than mid-thigh and no longer than an inch below the knee.
White Athletic socks	4 pair	
Running Shoes	1	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.
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	For 3 Days	
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	