

## FST 7 GEAR LIST

REQUIRED	
3 SETS	NWU UTILITIES
	Navy regulation with name tapes and US Navy service tapes.
2	NWU Covers
1 Pair	NWU Boots
10	NWU T- Shirts
10	Black Socks
10	Undergarmets
1 Set	Boot Laces
1 Set	Boot Bands
1	NWU Black Belt
2 Sets	Navy Regulation PT Gear
8 Pairs	White Athletic Socks
1 Pair	Running Shoes
1 Set	Navy Regulation Dress Blue Uniform
1 Set	Navy Regulation Dress White Uniform
1 Set	Navy Regulation Working Uniform (Peanut Butters)
1 Set	Navy Regulation Coveralls (Optional)
1 Pair	Navy Regulation Dress Shoes
6 Pairs	Navy Regulation Dress Black Socks
1	Garrison Cover
1	Dress Uniform cover
1	Navy regulation Belt
4	Appropriate Civilian PT Gear
3 Sets	Appropriate Civilian Attire
1 Pair	Shower Shoes
1	Toiletry Kit
3	Bath Towels
2	Gym Towels
1	Flashlight
2	Combination Locks
1	Laundry Bag
1	Laundry Soap
1 Pack	Black Ink Pens
1	Alarm Clock
1	Wrist Watch
1	Prescription Glasses ( If Required)
1	Sleeping Bag
1	Pillow (Optional)
1	Shoe Shine Kit