

Firefighter Weekend Supply List

Everything listed is required, unless otherwise noted

Station Items:

Twin sheets, fitted and flat and blanket(s)
Pillow
Bedroll optional, but must be on top of a fitted sheet
Ear Plugs (**recommended**)

Bathroom Items:

1 or 2 bath towels
Bath/body soap
Shampoo/conditioner
Tooth Paste and toothbrush
Shower shoes/flip flops
Razor, shaving cream
Brush or comb
Personal medicines, pain reliever (ibuprofen or similar), etc.
Sunscreen, insect repellent (**recommended**)
Deodorant

Clothing:

2 navy 100% cotton pants
Black belt
Black boots - safety or steel toe
4 pairs of socks (extras if needed)
4 underwear
2-4 sportsbras (females)
Running shoes
Sweat towel (optional)
Work gloves (**recommended**)
Sleeping attire - (shorts and t-shirt at a minimum)
3 academy t-shirts (Provided)
2 PT shorts (provided)
Navy or Black Sweat pants (optional for cold PT training)
Navy or Black Long sleeve shirt to wear under uniform (optional for cold days)
Cap (provided)
Shoe/Boot shine kit (optional - may share with other cadets)

Class Items:

Note paper or spiral
Pens and pencils
3 ring binder (optional)
Highlighters
Text Book (provided)

Personal/First Aid: (all optional)

Knee pads
Mole skin
Coban elastic wrap

Turnout Gear: (provided)

Coat
Pants with suspenders
Hood
Helmet
Boots
Gloves
Webbing

Food:

You will have access to a refrigerator, stove and microwave, to share with other cadets.
Eat before you get to class on Fridays. Bring food or snacks for after class, if you choose.
Breakfast items for Saturday and Sunday (quick to eat/on the run items)
Lunch items for Saturday and Sunday (sandwiches or something quick or easy)
Snack and/or energy items for break times
Saturday dinner items
Note: Dinner Saturday can be coordinated with other cadets, cooked and eaten family style at your station
Sports drinks or bottled water is optional
Water Bottle (1 quart minimum)
Camel back (optional for team building day)