



Athlete Packing List

2025 Marine Corps Trials

- ❖ Active duty require: orders, military ID
- ❖ Retirees, government employees: military ID, driver's license
- ❖ Bring all USMC apparel that you may have already to train in

1. Essentials & Accessories

- ☐ Cell Phone, Charger & Earbuds
- ☐ Hat & Sunglasses
- ☐ Medication (15-day supply, packed in your carry-on luggage)

2. Hygiene Items

- ☐ Toothpaste & Toothbrush
- ☐ Razors & Shaving Cream
- ☐ Soap
- ☐ Shampoo & Conditioner
- ☐ Deodorant
- ☐ Sunscreen & Lotion
- ☐ Chap Stick

3. Clothing

- ☐ Khaki Pants/Shorts/Skirt
- ☐ Dress shirt/Polo
- ☐ Belt
- ☐ Underwear
- ☐ Athletic Socks & Shoes
- ☐ Athletic attire (for all training sessions/practices)
- ☐ Jacket/Sweatshirt
- ☐ Red Track Suit if have one

4. Sport equipment & apparel you may want to bring:

Archery	Cycling	Swimming	T & F	Volleyball	Basketball	Rugby	Rowing	Powerlifting
Personal bow	Personal bicycle	Goggles	Running Shoes	Knee pads	Gloves	Gloves	Gloves	Wrist wraps
Arm guard	Helmet	Suit	Spikes	Elbow pads	Shorts	Shorts	Shorts	Belt
	Jersey/ Reflective	Sandals	Throwing Shoes	Pants/shorts				
	Shorts	Towel	Running Shorts					
	Shoes		Practice Tank					
	Gloves							
	Jacket							

5. Other

- ☐ Braces, tape, therapeutic bands or personal support items
- ☐ Laundry Detergent
- ☐ Water bottle
- ☐ Towel
- ☐ Additional bag