

DR. DRILL INSTRUCTOR PROGRAM

GEAR LIST

- (1) Dr. Drill Instructor ammo can
- (1) Dr. Drill Instructor t-shirt
- (1) Full canteen
- (1) Exercise and healthy eating journal
- (1) Writing implement
- (1) pair of leather gloves (black & fingerless)
- (1) pair of sneakers with adequate support
- (1) pair white cotton socks
- (1) set of comfortable work-out clothing (black or green)

* Dr. Drill Instructor t-shirt will be worn every Monday morning.