

Checklist for Recruit Camp – 1 Week
Duration

This list is only intended as a *guide*. Always check with your NCO's about what to bring.

Clothing (Issued)

Trousers, DPM x 2
T Shirt, Green x 3
Shirt, DPM x2
Socks, Green x 2
Smock with field dressing in pocket.
Norwegian
Jumper
Boots
Beret
Gloves

Bring *everything* that was issued to you.

I suggest you buy two extra pairs of boot socks such as Commando socks, available in outdoor shops.

Civillian Clothing

Underwear x 4
T-Shirts x 4
Trousers x 2
Jumper x 2
Socks, Civilian x 4
Shoes x 1

Leisure Clothing (Required)

Swimwear
Filp flops (a must have!)
Tracksuit
Runners

Miscellaneous

Ear defenders (inner)
Small lock for locker/bag
Boot polish x 2 tins, lots of Rags, soft polishing
brush, nylon tights for shining.

Finance

Bank card, keep cash to minimum

Communication

Mobile /charger

Contact No for Barracks at home

Let family know where you are going

Watch for timekeeping

Know time for Pick Up

Toiletries

Shaver

Soap

Shampoo

Shower gel

De-odorant

Toothbrush/Toothpaste

Medication

Towels x2 or 3

Vaseline (for lips etc..)

Footpowder (essential)

Tissues (as required for nose etc..)

Stationary

Pens

Compass for map reading

Notebook (large)

Useful

Torch

Sewing gear/iron

Scissors

Knife /fork/spoon/ cup/ waterbottle (required)

Travelwash (for washing your underwear,
available in most supermarkets)

Ziplock Glad bags

Water Purification Tablets (available in chemist)

Food

You will be fed properly but I would recommend
bringing comfort items such as chocolate, nuts,
sweets etc..

Alcohol is forbidden!