



Career Recruit Training Program PT Orientation – Required Items

This session will include both classroom and practical training. Students should arrive in clothing suitable for physical training.

1. Physical Training Clothing

- Sneakers or gym shoes
- Navy blue t-shirt or sweatshirt (100% cotton or 80/20 blend)
- Navy blue sweatpants or shorts (100% cotton or 80/20 blend)

All physical training clothing must be plain navy blue, free of any lettering or graphics, with the exception of department issued clothing with approved lettering and emblem. Small brand logos are permitted. All clothing is subject to approval by the MFA.

2. Bring extra clothing

- Change of PT clothes
- Bath towel
- Toiletries

3. Bring a pair of turnout gloves (ask your department for an old pair)

4. Bring a water bottle for hydration and light snacks for breaks

- ❖ Hydration should start the week before orientation

5. Bring the medical questionnaire form and liability waiver to the orientation. Please do not send these forms to the MFA

6. Showers will be available when the class is complete

Note: You must be clean shaven – you might be required to take a mask fit test.

The campuses do not have a cafeteria