



Johnson
Cornell
SC Johnson College of Business



Departure Information

The bus will depart from Sage at 12 p.m. on Thursday, March 29th. You should eat lunch before we board the bus or you can bring your lunch onto the bus. Snacks and dinner, along with drinks, will be provided for the trip to Quantico, VA (about seven hours).

You will be required to sign two “Hold Harmless” waiver forms (one for the USMC and one for Cornell University) before you can participate in the program. Signing the forms acknowledges that you are participating in the program voluntarily and will not hold the USMC or Cornell responsible for any injuries that you sustain during the training.

All participants will be required to present identification to base security personnel.

This is VERY IMPORTANT. Do not forget your picture ID. Please make sure it is a passport or a driver’s license.

Physical Condition

This program accommodates people with different athletic abilities, although students should expect to run about one mile at a reasonable pace and climb up and jump off of waist-high obstacles.

Billeting Information

In order to provide you with an authentic military experience, we will be staying in the actual barracks that normally house officer candidates. These quarters are called “open squad bays” and consist of rows of bunk beds. Men will be housed in one bay, and women in another. Bed linens and pillows will be provided by the Marine Corps. There is no need to bring sleeping bags or any other bedding.

Emergency Contact Information

You will not have your cell phones available during the actual training. Urgent, time-sensitive messages can be relayed through Natoshia Spruill at 210.363.9335.

Packing List

Note: Pack gear for the trip in a DUFFLE/GYM BAG (preferably one with a shoulder strap) – DO NOT use a rolling suitcase. Leave valuables/breakable items at home.

- ☐ **Government issued identification card/passport with birth date and photo**
- ☐ Long-sleeve t-shirt or sweatshirt for the obstacle course
- ☐ Two khakis or cargo pants (with belt loops) for all Friday events, preferably made from loose fitting, durable cotton. Jeans are acceptable, but tend to get heavy when wet
- ☐ Sturdy shoes with ankle support and good tread (e.g. hiking boots). If you do not own boots then an old pair of cross trainers or running shoes is acceptable
- ☐ Three pairs of underwear and three pairs of socks
- ☐ Workout shorts
- ☐ Light rain jacket or fleece (depending on weather forecast)
- ☐ Sleepwear (workout shorts and t-shirts work best for moving around the barracks)
- ☐ **Business casual outfit for post-event reception at the Marine Corps Museum**
- ☐ Padlock to lock up your personal gear in the barracks
- ☐ Bath towel and washcloth
- ☐ Toiletries (travel kit with personal medications, shaving kit, dental hygiene, soap, etc.)
- ☐ Hair accessories (if necessary—if you have long hair you should tie it back during the Friday events)
- ☐ Shower shoes (open toed plastic shoes, i.e. “flip flops”)
- ☐ Medical insurance card
- ☐ Two plastic garbage bags for wet clothes
- ☐ **IMPORTANT:** Corrective eye glasses – Marines discourage participants from wearing contact lenses during certain events due to risk of getting mud/dirt in your eyes

Packing Suggestions

These clothes will get very wet and muddy. Do not wear white. You might want to bring two pairs of pants in case you need to change during the day. All participants are encouraged to wear a pair of workout shorts underneath their pants for all events. This will allow us to leave muddy clothing outside of the barracks when we finish all Friday events—i.e., less clean-up work for everyone by not wearing muddy clothing into the barracks. There will not be time to wash clothes during the program.

- Be sure to bring all of the items on the packing list. It is O.K. to bring extra gear. The most important item is a sturdy pair of hiking boots or sneakers.
- Given that you will be wearing helmets, those with long hair will be more comfortable if they pull it back at the nape of the neck – bring hair accessories if necessary.
- It is recommended that all jewelry be left at home. You will not be permitted to wear jewelry on the obstacle course. Watches are fine, but they will be submerged in mud.
- You will be running obstacle courses that include water and mud. The clothes that you bring will get dirty.
- You can bring disposable cameras if you would like. However, remember that you will be getting wet and muddy. Waterproof cameras are recommended.