



The equipment list serves to provide our Tathletes with the required tools to improve your success for preparation for Special Operations selection courses. Most pieces on the list are very similar to what you will use in school and will assist you in your progressive training program.

- Black T-Shirt (SFTA Shirt Package* - \$35)
- Black Shorts
- Mask – high volume*
- Fins – Rocket or Jet*
- [Snorkel](#) – hard, basic no frills* (SFTA provides Mask, Fins & Snorkel with Booties for \$190)
Contact [Aquanauts](#)
- Running Shoes
- Heart Rate Monitor (waterproof) – ie: Polar, Garmin
- Rope 6 ft - *used for knot practice
- Water Bottle 1 Gallon with screw top
- Three Ring Training Binder with Page Protectors - to document all of your goals, progress, setbacks & training.
- Foam Roller / Bar Roller
- Medium size towel
- Yoga mat
- Ruck Sack / Back Pack with waist strap
- Three 10 lbs. & two 5 lbs. Sand Bags (you can make these w Freezers Bags, Sand & Duct Tape)
- Combat Boots
- Wool or Poly Blend Socks
- Smart Phone App Downloads:
 - MapMyRun
 - Tabata Timer
 - HITT
 - Army PRT
 - KnotGuide
 - USAF Delayed Entry Program

*****Come to initial session with the gear that you currently have*****