



ARIZONA STATE UNIVERSITY

## Air Force ROTC Orientation Checklist



### Be Prepared

#### Physical Fitness Assessment

- Please submit AFROTC Form 28 (Sports Physical) at Orientation
- Baseline PFA consists of:
  - Abdominal Circumference (Waist) Measurement
  - 1 minute push-ups
  - 1 minute sit-ups
  - 1.5 mile run

#### Athletic Attire

- Will be worn to Physical Fitness Training until your Air Force uniform is issued
- White, plain crew neck shirt
  - No tank tops or sleeveless shirts
- Black, plain athletic shorts
  - No short-shorts or tight-fitting shorts (spandex/leggings) as the outer-most layer

#### Business Casual Attire

- Will be worn to Leadership Lab and ROTC class until your Air Force uniform is issued
- Khaki slacks, any brand, in a tan or light brown color
- Navy blue short-sleeve polo-style shirt, any brand, can have a conservative logo, i.e. Polo's "horse" or Izod's "alligator"; NO prints or business logos
- Black leather dress shoes; no canvas or sports shoes; no open-toe/heel shoes
- Black socks
- Black belt, with shirt tucked into trousers
- If you do not have the above, consult with cadre member

#### Military Grooming Standards

- Gentlemen:
  - Clean shaven every morning
  - Hair not touching ears, tapered not to exceed ¼ inch at start of taper
  - No visible piercings to include tongue
- Ladies
  - All hair pulled up, (pony-tail is acceptable in fitness attire only)
  - Conservative make-up and nail polish colors
  - Only one ear ring per ear: diamond; pearl; or gold/silver spherical shape studs
  - Hair color must compliment the member's complexion and skin tone. Examples of natural hair colors are brown, blonde, brunette, natural red, black or grey.



**Classes**

- Register for Air Force ROTC Classes (see website for which classes to register for)

**Sports Physical**

- AFROTC Form 28 (Sports Physical)

**Birth Certificate** or Naturalization Certificate (Bring **both** of the below, you keep the original)

- Original (if no original, a certified copy from the Clerk or Recorder of Birth State)
- Photocopy of Original

**Social Security Card**, signed by applicant (Bring **both** of the below, you keep the original)

- Original
- Photocopy of Original

**Selective Service Number** (Males only)

- Copy of Original or Print-out from "Check a Registration" at [www.SSS.gov](http://www.SSS.gov)
- Selective Service Number is: \_\_\_\_\_

**SAT/ACT Scores**

- All score sheets
- Unofficial copies from test website, high school transcript or college records acceptable

**College Transcripts**

- Unofficial copies of college transcripts at the institution you are currently attending and/or will graduate from with a bachelor's degree

**As Applicable: Civil Involvements** (information regarding any involvement with civil, school or military authorities since age 13; i.e., traffic citation; detention or suspension; Article 15)

- Event Details (example: speeding, 76 in 65; food fight; minor in possession)
- Date: Month and Year
- Institution issuing finding (city police vs. state police; name of the city, school, or base)
- Result/Outcome (paid fine and amount; in-school suspension)
- Copies of Tickets or Court Results are preferred

**As Applicable: Certificates or Documentation demonstrating:**

- Junior ROTC
- Civil Air Patrol
- Eagle Scout
- DD Form 214 (prior military enlistment)
- DD Form 785 (prior service academy or officer accession training program)

**ASU or Cross-town School Student ID number** is: \_\_\_\_\_

**Emergency Contact Information**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

**Permanent Address**

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

**College Address (where you physically live) if different than above**

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_