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-fighting 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.
To Do

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
☐ 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: __________________