

Fire Academy Readiness System – Daily Setup

■ Classroom Bag

- 1 Laptop + charger
- 2 Notebook / paper
- 3 Pens + highlighters
- 4 Folder for handouts
- 5 Water bottle

■ PT Bag

- 1 PT clothes (shirt, shorts, socks)
- 2 Running shoes
- 3 Towel
- 4 Shower kit (soap, shampoo, flip flops)
- 5 Post-PT change of clothes
- 6 Deodorant

■ Backup Bin (Truck)

- 1 Extra uniforms (full set)
- 2 Extra shoes
- 3 Multiple socks
- 4 Snacks (protein bars, trail mix, etc.)
- 5 Electrolytes
- 6 Baby wipes / hygiene items
- 7 Basic first aid (band-aids, ibuprofen)

■ Cooler (Daily Fuel)

- 1 Post-PT protein shake or chocolate milk
- 2 Lunch (protein + carbs)
- 3 Fruit (banana, apple)
- 4 Afternoon snack
- 5 Electrolyte drinks

■ Daily System

- 1 Morning: Pack bags, fill water, load cooler
- 2 Post-PT: Refuel immediately
- 3 Afternoon: Stay fueled and hydrated
- 4 Night: Reset all gear for next day