

Kapooka Preparation Checklist

Use this checklist to prepare for Army recruit training at Kapooka. Verify current instructions and packing requirements through official ADF channels.

Physical Readiness

- Meet PFA requirements with a buffer
- Run consistently without flare-ups
- Build push-up and sit-up durability
- Start general strength and mobility work
- Avoid last-minute overtraining

Routine and Admin

- Wake up and train on a consistent schedule
- Prepare documents early
- Practise packing and organising gear
- Build basic laundry and room routine habits
- Confirm travel and joining instructions

Mindset

- Expect correction and feedback
- Practise following instructions exactly
- Build patience under fatigue
- Stay coachable and team-focused

Prepare with ArmyPath: <https://army.selectionready.com.au>

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