

### **H2F-I course Prerequisites**

1. H2F Integrator Phase 1 (Distributed Learning). Required to register on ATRRS through your Schools NCO.
2. ACFT within 90 days w/minimum score of 360 (minimum 60 in each event).
3. Meet Height and Weight standards IAW AR 600-9.
4. No temporary profiles. Permanent profiles may request waiver through Course Manager. Waiver will be denied if permanent profile has not been reviewed within 1 year of course start date and/or prevents Soldier from executing exercises in FM 7-22.
5. Rank of E5-E7 given priority. All ranks E5 and above may register. E4 will be considered with first O-5 Commander endorsement.

### **Packing List**

#### Required:

- ACUs w/boots, belt, PC x1 each
- Running shoes x1 pair
- APFU x3 sets plus gloves, hat, etc. as needed depending on season (will spend most of course in APFUs so recommended to bring multiple sets)
- Computer (government or personnel) with CAC reader and WIFI capability
- Water source

#### Optional:

- Vest (any weighted)
- Additional athletic shoes to include weightlifting shoes (do not recommend high lift shoes due to increased risk of injury during agility training)