

Mata Fuego Training makes zero money from these recommendations



Things to invest in:

- **Running Shoes**
 - Refer to “Running Shoes” article
- **40oz water bottle**
 - Refer to the “Hydration” article
- **Black on Black Duffle Bag.** (Available for purchase at the rock)
 - Our recommendation is the **5.11 Tactical Patrol Ready Bag**
- **Gray Duct Tape & King Size Black Marker** - To label Bunker Gear & Duffle Bag (Last Name & Squad)
- **Black Gorilla Tape** - To line the inside bottom of your duffle bag for added water resistance.
- A good pair of **Knee Pads**. Many of the evolutions performed at the rock, requires you to be on your hands and knees. You need to protect your knees from cuts and aberrations. The rock will provide you with a pair for free knee pads but they suck.
- **Knee High Socks**. The bunker gear given to you for training are used and not in the best conditions. You need to protect your chins, ankles and feet from rubbing aberrations created by the bunker boots. Purchase cheap **ALL BLACK** “knee high socks” in bulk.
- **New Skin** - Liquid Bandage. For any open skin (cuts, aberrations etc etc)
 - dries rapidly to form a tough protective cover that is antiseptic, flexible, waterproof and lets skin breathe.
- Extra Underwear & Under Shirt. Purchase Gallon size zip-lock bags and put extra underwear and socks in them and keep in your duffle bag.
- Tupperware for your meals
 - A. Refer to the “Basics on Nutrition” article
- **TheraZinc Oral Spray** for your immune system
 - THE PERFECT ALTERNATIVE TO ZINC LOZENGES - their spray gives you the most immediate dose of zinc gluconate for immune support, soothing your throat with natural oils and extracts.
 - EFFECTIVE IMMUNE SUPPORT WHEN YOUR BODY NEEDS IT MOST - TheraZinc releases zinc ions in your mouth and throat;
 - CAREFULLY FORMULATED - Provides a full dose of effective zinc in a targeted, bioavailable form that also includes menthol, clove bud and natural peppermint oil, along cherry bark and slippery elm extract.
- **Imodium A.D.**
 - For when you get the runs. It will happen!



Winter Class

- The winter class gets mega-cold, invest in good “Base layers” you can wear under your PT gear & Work Duties.
- Underarmour.com is optimal. Make sure to get the “crew-neck” option not turtle-neck. Mock Turtle neck is acceptable. Make sure to purchase neutral colors only. (Black, navy, white). **NO NEON COLORS**
- Regular thermals are great also.
- **All Black Winter Gloves** for your PT session. **FYI if one person forgets his or her gloves, no one wears gloves. Don't be that person.**

Summer Class

- Sun screen / Sun block

Visit www.matafuegotraining.com for any questions, programming help and/or future training advice.

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