

Basic Military Training Guide

Contents:

- ***Mission***
- ***Are You Ready***
- ***Get in Shape***
- ***What to Bring***
- ***Processing and Benefits***
- ***What to Expect***
- ***Contacting Your Trainee***
- ***Graduation Events***
- ***Visitor Guide***
- ***Q & A***
- ***Things to Do***

Information Obtained From 737th Training Group
<http://www.lackland.af.mil/>

Lackland Air Force Base

Basic Military Training

The Mission of BMT

Mission

Our mission focuses on training you to become a highly respected Airman in the world's greatest Air Force. The mission of Basic Military Training is to transform civilian recruits into disciplined, dedicated, physically fit warriors ready to serve in the United States Air Force.

Leaders

737 TRG Commander

The group commander commands the United States Air Forces' only basic military training group and is responsible for the health, welfare, professional development, performance, and leadership of all military training instructors and basic trainees. The commander oversees the programs and processes that are critical to your transition into military life and ensures you have the best instruction, resources and supervision available.

737 TRG Deputy Commander

The deputy commander is second in command and assists the group commander to ensure no detail of your training process is missed.

737 TRG Superintendent

The superintendent is responsible for managing and directing the training of all recruits. The superintendent advises the group commander on all enlisted and training issues and serves as the vital link between senior leadership and enlisted ranks.

BMT Squadrons

Training 39,000 new recruits each year is an enormous task. Nine squadrons accomplish this mission. Seven of these are training squadrons train Regular, Air National Guard and Air Force Reserve recruits in the fundamentals of being an Airman. This includes military discipline, drill and ceremonies, Air Force core values, physical fitness and a comprehensive range of subjects relating to Air Force life. Two squadrons support the basic training mission by providing personnel records management, job classification and discharge actions, resource management support, and war skills and military studies training in the classroom and in the field.

320 TRS-'A Cut Above'

321 TRS-'Lead, Follow, or Get Out of the Way'

322 TRS-'Second to None'

323 TRS-'Strike First, Strike Fast, Strike Hard'
324 TRS-'Accept the Challenge'
326 TRS-'Accuro Futurus' (To Prepare the Future)
331 TRS-'Wolf Pack'
319 TRS-'One of a Kind'
737 TRSS-'One Team, One Mission'

Lackland Air Force Base

Basic Military Training

Are You Ready for Basic Training?

Basic Military Training is an exciting, demanding, yet most rewarding experience. The best thing you can do to be ready is to prepare yourself in advance. Getting an early start on physical conditioning is among the most important steps you can take to be successful.

Physical Preparation

You will perform physical conditioning six days a week with alternating days of muscular endurance exercises and aerobic running.

The program will be much easier for you if you *prepare in advance* and are able to meet the suggested fitness level below upon arrival at BMT.

Suggested fitness level upon arrival at Basic Training

	Run (1.5 mile)	Push-ups	Sit-ups
Males	13:45 min.	34	38
Females	16:01 min.	21	38

Meeting these suggested fitness levels upon arrival increases the likelihood that you'll meet graduation standards on-time.

Recruits who prepare in advance often exceed minimal standards and receive special awards and recognition.

Below are the standards you must meet to graduate BMT, as well as higher performance levels to win recognition.

Men: Physical Training Standards

	Run (1.5 mile)	Push-ups	Sit-ups	Pull-ups
Liberator (minimum standard)	11:57 min.	45	50	0
Thunderbolt (honor graduate)	9:30 min.	55	60	5
Warhawk (highest standard)	8:55 min.	65	70	10

Women: Physical Training Standards

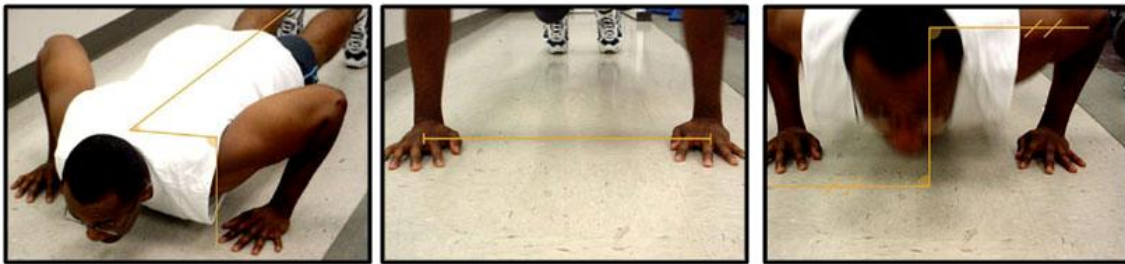
	Run (1.5 mile)	Push-ups	Sit-ups	Pull-ups
Liberator (minimum standard)	14:21 min.	27	46	0
Thunderbolt (honor graduate)	12:00 min.	32	55	2
Warhawk (highest standard)	10:55 min.	40	60	5

You'll be required to:

- ☞ Take an *initial evaluation* the first weekend you arrive.
- ☞ Pass an *evaluation test* to progress.
- ☞ Complete the *Airman's Run* in the 8th week of training where you'll run in formation, singing jodies with visitors cheering you on.

Push-ups and sit-ups must be performed with proper form. Those performed improperly will not count.

Push-ups: To complete a push-up, assume the front leaning rest position with your arms shoulder width apart, feet together or up to 12 inches apart and body forming a generally straight line from your shoulders to your ankles. Keeping your head up, lower your body.



Sit-ups: When practicing sit-ups, lay on your back with your feet together or up to 12 inches apart, knees bent at 90-degree angle with a spotter holding your feet at the ankles. Place your arms crossed over the chest with your hands at the shoulders or resting at the upper chest. Bring your upper body forward until your elbows touch your knees or upper thigh. Lower your back until your shoulder blades touch the ground.



Running: You can build up your running ability by starting out at a slow pace for 15 to 20 minutes. To ensure a smooth transition into the BMT fitness program, your goal should be a continuous 30 to 40 minute run 3-5 times a week. Consistency is the key. Make a schedule and stick to it.

Following a recommended workout schedule, 3-5 times per week for fourteen weeks prior to attending BMT will help you prepare for the physical challenges you'll face in basic training.

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Basic Military Training

Get in Shape for Basic Training

Ready to get started? Here is a workout schedule that will prepare you for the rigors of basic training and help you to get the most out of it.

We recommend that you work out at least 3-5 times per week, and at least six weeks prior to Basic Military Training.

(Note: For your health and safety, you should consult a doctor prior to beginning this or any physical fitness regimen.)

14 week program

Week 1

Complete the following in one session 3-5 times a week:

- ⌚ 5 minute stretch/warm-up
- ⌚ 2 minute sit-up/push-up intervals
- ⌚ 5 minute walk
- ⌚ 1 minute jog
- ⌚ 5 minute walk
- ⌚ 1 minute jog
- ⌚ 3-5 minute walk
- ⌚ 2 minute stretch

Week 2

Complete the following in one session 3-5 times a week:

- ⌚ 5 minute stretch/warm-up
- ⌚ 2 minute sit-up/push-up intervals
- ⌚ 5 minute walk
- ⌚ 3 minute jog
- ⌚ 5 minute walk
- ⌚ 3 minute jog
- ⌚ 3-5 minute walk
- ⌚ 2 minute stretch

Week 3

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 2 minute sit-up/push-up intervals
- 4 minute walk
- 5 minute jog
- 4 minute walk
- 5 minute jog
- 3-5 minute walk
- 2 minute stretch

Week 4

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 4 minute sit-up/push-up intervals
- 4 minute walk
- 5 minute jog
- 4 minute walk
- 5 minute jog
- 3-5 minute walk
- 2 minute stretch

Week 5

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 4 minute sit-up/push-up intervals
- 4 minute walk
- 6 minute jog
- 4 minute walk
- 6 minute jog
- 3-5 minute walk
- 2 minute stretch

Week 6

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 4 minute sit-up/push-up intervals
- 4 minute walk
- 7 minute jog
- 4 minute walk
- 7 minute jog
- 3-5 minute walk
- 2 minute stretch

Week 7

Complete the following in one session 3-5 times a week:

- ⌚ 5 minute stretch/warm-up
- ⌚ 6 minute sit-up/push-up intervals
- ⌚ 4 minute walk
- ⌚ 8 minute jog
- ⌚ 4 minute walk
- ⌚ 8 minute jog
- ⌚ 3-5 minute walk
- ⌚ 2 minute stretch

Week 8

Complete the following in one session 3-5 times a week:

- ⌚ 5 minute stretch/warm-up
- ⌚ 6 minute sit-up/push-up intervals
- ⌚ 4 minute walk
- ⌚ 9 minute jog
- ⌚ 4 minute walk
- ⌚ 9 minute jog
- ⌚ 3-5 minute walk
- ⌚ 2 minute stretch

Week 9

Complete the following in one session 3-5 times a week:

- ⌚ 5 minute stretch/warm-up
- ⌚ 4 minute sit-up/push-up intervals
- ⌚ 4 minute walk
- ⌚ 13 minute run
- ⌚ 3-5 minute walk
- ⌚ 2 minute stretch

Week 10

Complete the following in one session 3-5 times a week:

- ⌚ 5 minute stretch/warm-up
- ⌚ 4 minute sit-up/push-up intervals
- ⌚ 4 minute walk
- ⌚ 15 minute run
- ⌚ 3-5 minute walk
- ⌚ 2 minute stretch

Week 11

Complete the following in one session 3-5 times a week:

- ⌚ 5 minute stretch/warm-up
- ⌚ 2 minute sit-up/push-up intervals
- ⌚ 4 minute walk
- ⌚ 17 minute run
- ⌚ 3-5 minute walk
- ⌚ 2 minute stretch

Week 12

Complete the following in one session 3-5 times a week:

- ⌚ 5 minute stretch/warm-up
- ⌚ 2 minute sit-up/push-up intervals
- ⌚ 1 minute walk
- ⌚ 17 minute run
- ⌚ 3-5 minute walk
- ⌚ 2 minute stretch

Week 13

Complete the following in one session 3-5 times a week:

- ⌚ 5 minute stretch/warm-up
- ⌚ 2 minute sit-up/push-up intervals
- ⌚ 2 minute walk
- ⌚ 2 minute jog
- ⌚ 17 minute run
- ⌚ 3-5 minute walk
- ⌚ 2 minute stretch

Week 14

Complete the following in one session 3-5 times a week:

- ⌚ 5 minute stretch/warm-up
- ⌚ 2 minute sit-up/push-up intervals
- ⌚ 3 minute jog
- ⌚ 17 minute run
- ⌚ 3-5 minute walk
- ⌚ 2 minute stretch

Lackland Air Force Base

Basic Military Training

What to Bring to Basic Training

You're expected to have certain mandatory items and paperwork upon arrival. Most of what you need can fit into a gym bag or small suitcase. Use the checklists provided and good judgment. If in doubt, ask your recruiter.

Check the most current Transportation Security Administration policy for what you can place in your carry-on luggage (gels, liquids, etc...). (The Transportation Security Administration web site is at <http://www.tsa.gov/>)

Do Bring

- Only the necessities in your personal luggage.
- Any important paperwork you may need -- check with your recruiter.
- A toothbrush, toothpaste, floss, soap, deodorant, shampoo and shaving equipment (males) to last for about a week.
- Glasses as opposed to contact lenses. The training environment is not conducive to contact wear.
- Shower shoes are mandatory and must be the slip on type with a rubber bottom. No sandals or beach shoes are allowed.

Don't Bring

- Knives, guns, brass knuckles or anything that may be used as a weapon.
- Dice, playing cards or anything that may be used to gamble.
- Magazines, books, crossword puzzles or any other media that is not of a religious nature.
- Cigarettes, dip, lighters or any other tobacco products.
- Large photo albums. A few photos are permitted but space is limited.
- Material that is pornographic or can be considered questionable.
- Any over-the-counter medications to include vitamins and supplements.
- Aerosol sprays of any kind (i.e. hairspray, deodorant, starch)

Checklists of Items

Mandatory Items for all Trainees

- Laundry soap (See Note 2) (1)
- Ball-point pen (blue or black) (1)
- Shampoo (1)
- Deodorant (See Note 4) (1)
- Toothbrush (1)
- Toothbrush tray (1)
- Toothpaste or powder (1)
- Notebook and paper (1)

- Black shoe polish (1)
- Shine brush/cloth (1)
- Shower shoes (1 pair)
- Soap (1)
- Soap tray (if bar soap is used) (1)
- Civilian eyeglasses (if applicable)
- Contact lenses/case (if applicable)

Male Specific Items

- Shaving Equipment (1)
 - Shaving cream or Electric pre-shave lotion (1)
- (The USAF will provide underwear for male trainees)

Female Specific Items

- Sanitary napkins/tampons (1 pkg.)
- Bras/sport bras (6)
- Hair bands, bobby pins, etc.
- Underwear (6)
- Brushes or combs (1 each)
- Nylons/panty hose (6 WOT)

Optional Items (Females and Males)

- Envelopes (1 box)
- Iron (1)
- Towels (2)
- Stamps (1 book)
- Cotton balls (1 box)
- Spandex Shorts (females) (3 pair)
- Spray starch/fabric finish (see Note 4) (1)
- Batteries (D size) (2)
- Nail trimming equipment (1)
- Watch (1)
- Sewing kit (1)
- Calling card
- Foot powder (1)
- White socks (3)
- Shaving items (Females)
- Stationary supplies (1)
- Running shoes (1 pair)

You should also bring enough civilian clothes to last about 3 days. If you wear contacts, bring your glasses. The training environment is not conducive to contact lens wear.

NOTE

1. Trainees who wear glasses or contacts are required to buy eyeglass straps.
2. If you are allergic to a certain kind of detergent, you may purchase another brand at your own expense.
3. Do not buy or bring over-the-counter medication.
4. Do not bring aerosol sprays of any kind.

Paperwork: To complete all of your military records, you will need to bring some items with you to basic training. Better to be safe than sorry, so bring any paperwork you think may be useful during your processing. Below is a list of the minimum documents you should bring if you have them:

- Civilian eyeglass prescription
- Contact lenses prescription
- Any important paperwork relating to a medical prescription
- Driver's license
- Social Security Card
- Marriage license
- Dependents' birth records
- JROTC/ROTC certificates
- Civil Air Patrol certificates
- Naturalization papers
- Alien Card
- Enlistment contract
- College transcripts

Financial Preparation

It's important to take care of personal matters before you leave. Basic Training is designed to be stressful and you will need to focus all your attention on training.

Check with your recruiter if you have questions or are unsure about how to handle any of the following matters:

- Who will receive your mail?
- Does your family have access to your finances? Bank accounts, etc.
- How will your bills be paid while you are gone?
- Does someone know what bills are due and when?
- What other things could pop up in the time you are away?
- Does your family know whom to contact in the event of an emergency?
- Have you set up a bank account prior to your arrival?

Lackland Air Force Base

Basic Military Training

BMT Processing and Benefits

Processing

During in-processing, you can expect the following:

- **Drug Testing (Urinalysis):** *Within 72 hours of your arrival* you will provide a urine sample to ensure you have not used any illegal substances. Even the smallest amounts of marijuana will be detected. If illegal drugs are detected, you will be discharged from the Air Force and given no chance to return.
- **Military Records Processing:** You'll receive a military ID card and paperwork required to enlist into the AF.
- **Immunizations:** You'll receive a few basic shots to ensure your health and well being while serving in the Armed Forces.
- **Pay:** You'll complete paperwork to receive pay directly to your designated account.
- **Haircuts (males only):** Your hair will be cut very short to ensure uniformity and sanitation, but will grow out as you progress in training.
- **Clothing issue:** You'll receive the basic issue of military clothing.

Benefits

You will be given the following benefits

- **Health Care:** TRICARE is a regionally managed health care program for active duty and retired members of the uniformed services, their families, and survivors. (The URL for TRICARE is <http://www.tricare.mil/mhshome.aspx>.)
- **Education:** The Montgomery GI Bill is an educational assistance program enacted by Congress to attract high quality men and women into the Armed Forces.
- **Life Insurance:** The Servicemembers' Group Life Insurance is a program of low cost group life insurance for service members.

Lackland Air Force Base

Basic Military Training

What to Expect

From the moment you arrive, you will begin the process of becoming an Airman in the world's greatest Air Force. The training will be intense and you may find it the most demanding 8 1/2 weeks of your life, as well as the most rewarding. Preparing physically in advance and coming with an open mind will play a big part in your success.

As far as climate goes, Lackland Air Force Base is located in San Antonio, Texas, which may be a drastic change for those not familiar with heat and humidity. However, basic training is designed to help you acclimate.

During the last week of training, graduation week, you and your family will have an opportunity to experience the exciting attractions San Antonio has to offer.

Introduction to BMT

Welcome to Basic Military Training located in Lackland AFB, TX. Below are highlights of training activities which occur each week.

Processing Week

- ☞ Initial Physical Fitness Evaluation
- ☞ Immunizations
- ☞ Drug Testing
- ☞ Uniform Issue
- ☞ Haircuts
- ☞ Uniform Code of Military Justice

First Week of Training

- ☞ Weapons Issue
- ☞ M-16 Breakdown & Reassembly
- ☞ First Week Briefing
- ☞ Records/ID Processing
- ☞ Medical & Dental Processing
- ☞ Dress & Appearance I
- ☞ Rank Recognition
- ☞ Law of Armed Conflict
- ☞ Human Relations
- ☞ Nutrition and Fitness
- ☞ Rendering Courtesies

Second Week of Training

- ☞ Integrated Defense



- ☞ Weapons Cleaning
- ☞ Career Guidance
- ☞ Recruit Living Area Progress Check

Third Week of Training

- ☞ Job Classification Interviews
- ☞ Self Aid and Buddy Care
- ☞ Drill Precision

Fourth Week of Training

- ☞ Haircuts
- ☞ 2nd Uniform Issue
- ☞ BMT Obstacle Course
- ☞ Chemical, Biological, Nuclear Defense Training
- ☞ Improvised Explosive Device Familiarization
- ☞ Anti-Terrorism Training
- ☞ Dress and Appearance II
- ☞ Weapons Evaluation

Fifth Week of Training

- ☞ CPR Familiarization
- ☞ Build TEMPER Tents
- ☞ M16 Weapon Live Fire
- ☞ Warrior Role
- ☞ Joint Warfare
- ☞ Public Relations and Media
- ☞ Basic Leadership
- ☞ Security Programs
- ☞ Mental Preparation for Combat
- ☞ Basic Situational Awareness
- ☞ Pugil Stick Fighting
- ☞ Introduction to the Code of Conduct
- ☞ AEF Predeployment Preparation
- ☞ AEF Assignment Notification

Sixth Week of Training

- ☞ Basic Expeditionary Airmen Skills Training (BEAST) Exercise
- ☞ Deployment Briefing
- ☞ Equipment Issue
- ☞ Camp Set/Up
- ☞ Field Training Exercises

Seventh Week of Training

- ☞ Final Physical Fitness Evaluation
- ☞ Combat Stress Recovery
- ☞ Financial Management
- ☞ Sexual Assault Prevention and Response
- ☞ Career Progression & Quality Force
- ☞ Joint Ethics

- ⇒ Military Citizenship
- ⇒ Air Force History
- ⇒ Air Force Organization
- ⇒ Healthy Lifestyles & Alcohol Drug Awareness Prev. & Treatment Training
- ⇒ Environmental Awareness
- ⇒ M9 Weapon Live Fire

Eighth Week of Training

- ⇒ Written Test
- ⇒ Airmanship and Core Values Briefing
- ⇒ Technical School Briefing
- ⇒ Haircuts
- ⇒ Airman's Run
- ⇒ Airman's Coin Ceremony
- ⇒ Retreat
- ⇒ Honor Graduate Ceremony
- ⇒ Parade/Graduation
- ⇒ Open House
- ⇒ Town Pass

Military Training Goals: Basic Military Training is designed to teach you the critical importance of discipline, teamwork and foundational knowledge you'll need to succeed as an Airman. It will prepare you physically as a warrior in the profession of arms. Successful completion earns you the privilege of proudly wearing the blue uniform of the most powerful Air Force in the world and the honor of protecting our Nation's freedoms.

Fitness Incentives: Those who excel in physical training can earn awards:

- ⇒ Warhawk Certificate for Extraordinary Fitness/Warhawk t-shirt
- ⇒ Thunderbolt Certificate for Fitness Excellence
- ⇒ An extra town pass during graduation weekend
- ⇒ Recognition as most physically fit Airman
- ⇒ Opportunity to earn flight streamers for fitness
- ⇒ Recognition as the top class graduate

Exercise Information

How hard is the fitness program? It's rigorous and challenging. The program includes 1-one-hour daily fitness workouts, 6 days a week. Three days are dedicated to a strength building regimen (pushups, crunches, leg lifts, etc.) and three days reserved for aerobic training (running and sprinting). You need to prepare before you arrive.

How will you be evaluated? The first weekend you arrive, you'll have an initial physical fitness evaluation--on pushups, sit-ups, and a timed 1.5-mile run. Your weekly progress will be monitored and you'll need to pass your final evaluation in order to progress.

Fitness training will not end with your final evaluation. You'll need to run a 2 1/2-mile motivational "Airman's Run" in the final week of training. (See the [Get in Shape for Basic Training](#) document for specific guidance on standards and how to prepare.)

Military Instruction

You'll be taught foundational Air Force information such as core values, customs and courtesies, and basic policies and procedures.

- **AF Core Values** - Integrity first, service before self, and excellence in all we do--the values that guide the conduct of Airmen, both on and off duty. (See the USAF's ["Little Blue Book"](#) on Core Values.)
- **Flight and Individual Drill (Marching)** - Drill instills discipline and reinforces the importance of responding to orders without hesitation. You will be evaluated individually and as a group.
- **Recruit Living Area Evaluations (Inspections)** - After being taught the expected standards, your instructor will evaluate your living area to ensure you work as a team and follow instructions.

Warskills and Military Studies Classes: Part of your training will include classroom instruction with some application. You'll learn a variety of subjects and will need to complete a written exam in order to progress in training. A portion of these lessons follows:

- Dress & Appearance I
- Rank Recognition
- Law of Armed Conflict
- Human Relations
- Nutrition and Fitness
- Rendering Courtesies
- Human Relations
- Air Force History
- Self Aid and Buddy Care
- Anti-Terrorism Training
- Dress and Appearance II
- CPR Familiarization
- Warrior Role
- Joint Warfare
- Public Relations and Media
- Basic Leadership
- Security Programs
- Mental Preparation for Combat
- Basic Situational Awareness
- Introduction to the Code of Conduct
- Combat Stress Recovery
- Financial Management
- Sexual Assault Prevention and Response
- Career Progression & Quality Force
- Joint Ethics
- Military Citizenship
- Air Force Organization
- Healthy Lifestyles & Alcohol Drug Awareness Prev. & Treatment Training

☞ Environmental Awareness

Basic Expeditionary Airman Skills Training (BEAST) Deployment

You'll spend an entire week in a field environment where you'll learn how to survive and thrive as a warrior Airman. Some of the things you'll do are:

- ☞ Deploy to the BEAST Encampment and live in the field environment for five days
- ☞ Perform refresher training on all warskills
- ☞ Set up command and control and medical casualty collection tents
- ☞ Build defensive fighting (DFP) positions and entry control point (ECP)
- ☞ Assigned to security teams to the DFPs and ECP to prevent unauthorized entry
- ☞ Successfully maneuver through an IED trail and accomplish the Tactical Drill Mission
- ☞ Build a Bare Base with TEMPER Tents and DFPs
- ☞ React to a series of escalating exercises over a three day period
 - Perform Post Attack Reconnaissance (PAR) Sweeps
 - Perform Self Aid Buddy Care
 - Report damage, casualty, unexploded ordinance and chemical presence to the Unit Control Center
 - React to Oppositional Force Scenarios
- ☞ Tear down the Bare Base and BEAST Encampment
- ☞ Depart for Recruit Housing and Training Areas at conclusion of exercise

Chapel

In addition to your physical and mental training, you will have opportunities for spiritual development. Air Force leaders recognize the necessity of developing spiritually fit warriors. This is evident by the dynamic and diverse chapel program. The BMT Chapel mission is singular: "Promote the Free Exercise of Religion for all Basic Military Training Personnel" and our vision is clear: "Faithfully creating a Dynamic Atmosphere for Worship, Spiritual Growth and Pastoral Care."

We will offer a host of worship, religious education and counseling opportunities; which presently include, but are not limited to, the following faith traditions:

- ☞ Protestant (e.g. Baptist, Methodist, Presbyterian, etc.)
- ☞ Liturgical Protestant (e.g. Episcopal, Lutheran, Congregational, etc.)
- ☞ Catholic
- ☞ Jewish
- ☞ Eastern Orthodox
- ☞ Muslim
- ☞ Pentecostal
- ☞ Seventh-Day Adventist
- ☞ Church of Christ
- ☞ Christian Science
- ☞ Latter-day Saints
- ☞ Eckankar
- ☞ Wicca
- ☞ Baha'i
- ☞ Buddhist
- ☞ Hindu



Although BMT worship experiences are designed specifically for trainees, on your last BMT weekend your family and friends are welcome to attend with you.

The members of the Air Force Chaplain Service stand ready to assist you in any way we can. If you have any questions, please call the BMT Chapel Staff at 210-671-2911.

Graduation

By the eighth and final week of training, you will have earned the privilege of wearing your blue uniform and will stand out as a proud member of the United States Air Force. Graduation week includes receiving your Airman's Coins, practicing for retreat and parade, attending briefings to prepare you for technical training, participating in the Airman's Run, and enjoying base liberty and town pass with your friends and family.

Airman's Coin Ceremony: After completing field training, you'll earn the right to be called "Airman" and will receive your "Airman's Coin" at the Airman's Coin Ceremony--one of the most significant events in the life of any Airman.



Retreat Ceremony: On Thursday of graduation week, you'll perform Retreat--a time-honored tradition that signifies the end of the duty day and allows us to pay respect to the US Flag. The flag will be lowered, ceremoniously folded and honored by the week's graduating Airmen. Family and friends are welcome to attend!

Parade Ceremony: This is by far the most memorable and emotional moment in basic training. Graduating Airmen march in parade viewed by family, friends and distinguished visitors. The ceremony ends with Airmen reciting the oath of enlistment. Immediately following graduation, Airmen are released for base liberty to take their visitors on an open house visit to their dormitories and to spend the rest of the day with them.



Liberty

- ☞ **Religious Services:** On Sunday following graduation, you may attend religious services with family and friends, followed by more base liberty.
- ☞ **Base Liberty:** As you get closer to graduating, you'll be afforded some well-deserved time to relax with friends and family visiting the unique attractions on Lackland AFB.

🌀 **Town Pass:** On Friday afternoon and all day Saturday following graduation, you'll be able to visit the local San Antonio area.

Awards: Your flight will be evaluated on almost everything you learn from dormitory inspections to fitness results. The very best flights will be awarded the title of "honor flight." It takes teamwork, dedication and a lot of hard work to get this award!

Individuals are also recognized for their excellence as an "Honor Graduate"--a privilege reserved only for the top 10% of all trainees. The Commander of Basic Military Training will congratulate you in a special ceremony attended by families and friends. You can also earn an additional town pass for being the most physically fit Airman.



In addition to the Honor Graduate Ribbon, Airmen can earn other ribbons such as the Small Arms Marksmanship Ribbon for superior performance on the rifle range. All graduates are awarded the Air Force Training Ribbon upon completion of Basic Military Training. The National Defense Service Medal is awarded for honorable active military service as a member of the Armed Forces of the United States.



Lackland Air Force Base

Basic Military Training

Contact Your Trainee

You may not contact trainees during training. Their program is an intense, eight week long training experience. You may write letters or ask for his/her address when they call during their few breaks. Trainees do not have access to the Internet, e-mail, cell phones or incoming phone calls.

An Airman is required by regulation to get one initial phone call to give you his/her address and to let you know that they are fine. Other phone calls during training are strictly up to the individual training instructor. If you have not received a call within 2 weeks, you can call (210) 671-3024. Keep in mind that your Airman may have opted to call a friend or spouse.

To get your Airman's mailing address call (210) 671-3024.

In case of family emergencies contact your local Red Cross to make contact.

Emergencies include:

- ☞ Death in the immediate family.
- ☞ Serious illness in the immediate family.
- ☞ Birth announcement (wife of trainee)

(The American Red Cross web site is located at <http://www.redcross.org/>)

(Please note: The appearance of hyperlinks does not constitute endorsement by the U.S. Air Force of this web site or the information, products, or services contained therein. For other than authorized activities such as military exchanges and morale, welfare and recreation sites, the U.S. Air Force does not exercise any editorial control over the information you may find at these locations. Such links are provided consistent with the stated purpose of this DoD web site.)

Lackland Air Force Base

Basic Military Training

Graduation Events

Visitors are only permitted during the last week of training on Thursday, Friday, Saturday and Sunday ONLY. There's no limit on the number of guests. The following schedule is subject to change during holiday weeks. Contact the BMT Reception Center at (210) 671-3024.

***NOTE:** Your Airman may experience delays in training due to unforeseen circumstances. When making travel arrangements, suggest you purchase refundable/transferable tickets.*



Thursday

- ☛ **Orientation Briefings (7:30am, 11:00am):** Attend either of the briefings at the Reception Center.
**PLEASE DO NOT SURPRISE YOUR AIRMAN--parents have missed their Airman an entire day because their Airman departed on pass not knowing they had visitors*
- ☛ **Airman's Run (8:00am):** Cheer the Airmen as they run by singing 'jodies' in flight formation
- ☛ **Honor Graduate Reception (10:45pm):**
The Commander of Basic Military Training invites honor graduates, most physically fit Airmen and their families to a special ceremony in their honor at the Reception Center
Airman's Coin Ceremony (11:00pm) followed immediately by Retreat – in which we pay tribute to the flag – then Honor Graduate and Top
- ☛ **PT ceremony conducted in the BMT Reception Center auditorium. Meet with your Airman immediately afterwards. Most Airmen are released for Base Liberty immediately following the ceremonies. (Some Airmen may have limited**
- ☛ **visitation due to training requirements.)**
Buffet Dinner Opportunity (12:00pm-7:30pm): at Gateway Club. Airmen pay discounted price. Visitors pay full price.

- **End of Liberty (8:00pm):** Airmen due back in their dormitory. Your Airman's commander or military training instructor may impose an earlier return time.



Friday

- **Orientation Briefing (7:15am):** Reception Center. You do not have to attend Friday's Orientation Briefing if you have already attended an Orientation Briefing on Thursday. The same topics are discussed during Thursday's and Friday's Orientation Briefings.
- **Transportation to Parade Ground (7:30am-8:45am):** Buses depart Reception Center for easy access to the parade grounds. Parking is unavailable to visitors at the parade grounds.
- **Graduation Parade (9:00am):** Watch Airmen "Pass In Review" and reaffirm their "Oath of Enlistment" at graduation parade; Airmen are released for base liberty and may take photographs by historical aircraft positioned around the parade field
- **Return Bus (9:45am):** Buses depart the parade ground for the Reception Center; Airmen may ride back with you
- **Squadron Open House (10:15-11:15am):** Visit your Airman's dormitory; parking in squadrons is prohibited
- **Lunch Opportunity (11:30-1:30pm):** Visit Mitchell Hall for lunch buffet. Airmen pay discounted price while their visitors pay full price.
- **Town Pass (Airman are released following conclusion of open house)**
Note: Airmen must remain in the San Antonio metropolitan area, but may visit Sea World, Fiesta Texas and family/friends near local military installations to include Randolph AFB. Airmen must coordinate exceptions to this limitation through their Training Squadron Leadership. Airmen are also prohibited from visiting the 'off-limits' establishments discussed during their Town Pass briefing. A listing of these establishments is also displayed on their dormitory bulletin board.
- **End of Liberty (8:00pm):** Airmen are due back in their dormitory.



Saturday

- **Town Pass (9:00am):** Airmen begin arriving at the Reception Center to start Town Pass.

Note: Airmen must remain in the San Antonio metropolitan area, but may visit Sea World, Fiesta Texas and family/friends near local military installations to include Randolph AFB. Airmen must coordinate exceptions to this limitation through their Training Squadron Leadership. Airmen are also prohibited from visiting the 'off-limits' establishments discussed during their Town Pass briefing. A listing of these establishments is also displayed on their dormitory bulletin board.

- **End of Town Pass (8:00pm):** Airmen are due back in their dormitory

Sunday

- **Religious Services (6:30am-4:00pm):** If you and your Airman plan to attend religious services, you must attend your Airman's designated service for their denomination. You must meet your Airman at the Chapel at the designated time (schedule with them). You cannot meet them at the squadrons.

- **Special Town Pass (9:00am-6:00pm)**

Note: Awarded to Top Physically Fit Airmen, members of Honor Flights, and Honor Graduates ONLY.

- **Base Liberty (9:00am):** Airmen are released from their squadrons for base liberty

- **Sunday brunch (9:30am-1:30pm):** The Gateway Club is open to all visitors—no discounted prices.

- **End of Liberty (6:00pm):** Airmen are due back in their dorms. Your Airman's commander or military training instructor may impose an earlier return time.

Parade Video

Air Force basic training graduation parade and retreat are professionally video graphed and available on video. If you are unable to attend and would like more information on these videos, please call (210) 695-4979.

(Non-endorsement: Reference herein to any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise, does not necessarily constitute or imply its endorsement, recommendation, or favoring by the United States Government. The views and opinions of authors expressed herein do not necessarily state or reflect those of the United States Government, and shall not be used for advertising or product endorsement purposes.)

Lackland Air Force Base

Basic Military Training

Visitor Guide

Here are some tips for your visit to Lackland.

- ☞ Please make hotel and transportation arrangements before you arrive.
- ☞ Dress casually and comfortably for ceremonies held at [Lackland Air Force Base](#).
- ☞ Visitation is limited to the Thursday, Friday, Saturday and Sunday of graduation week.
- ☞ While off base, trainees are not allowed in off-limits areas. (See the "Off Limits" list below.)
- ☞ You are required to sign-in upon arrival at the BMT Reception Center.
- ☞ You are not permitted to park or drop off Airmen in training squadron parking lots.
- ☞ The speed limit while passing Airmen marching along the street is 10 miles per hour.
- ☞ It is illegal to talk on a cell phone while driving a car on base.
- ☞ All traffic must stop at 5 PM when the retreat is played over the loud speakers and must remain stopped while it plays.

Hearing Impaired: If hearing impaired, you may want to contact interpreter agencies in the San Antonio area for assistance (48 hours in advance) as such services are not provided by the base.

Training Weapons: When you come to Lackland AFB, you will notice trainees carrying trainer weapons. They have a blue stock and hand guard denoting training weapon. These training weapons are NOT capable of firing but are treated like real weapons for learning purposes.

Base Liberty

Base liberty is an earned privilege. It allows Airmen to visit most places on Lackland Air Force Base with their visitors during the graduation week.

IMPORTANT: Airmen may be restricted from visitors due to training requirements or disciplinary reasons. We strongly recommend you talk with your Airman about their schedule and see if they were granted base liberty. If they were not, they will be required to remain at the Reception Center for a limited time.

Town Pass: Town Pass is an earned privilege. It allows Airmen to visit the San Antonio area. Airmen normally receive town pass on Friday afternoon and on Saturday; however honor graduates and Airmen who achieve fitness excellence are granted an extra town pass on Sunday as well. Town pass, however, may be denied or shortened for disciplinary or administrative reasons. If your Airman has mandatory appointments on Saturday morning, they will need to fulfill these military responsibilities first.

Airmen Guidelines: All graduating Airmen have rules they must follow. For example, they must:

- Remain in uniform at all times
- Look sharp (impeccable military appearance)
- Be sharp (demonstrate military professionalism)
- Not use tobacco products
- Not drink alcohol
- Not drive a vehicle
- Wear seat belts --- as must ALL OCCUPANTS --- while in a moving vehicle
- Not carry cell phones on their person
- Not walk and talk into a cell phone at the same time
- Not display inappropriate public affection (i.e. handholding, long or lingering kisses, or compromising situations; they may hold young children's hand and appropriately embrace loved ones)

Lackland Air Force Base

Basic Military Training

Questions and Answers for Visitors

1. **When will my Airman graduate?** The Air Force basic military training program is eight weeks in duration. The first week that the trainee arrives in Basic Military Training does not count as part of their eight weeks of training. Graduation is the Friday of their last week of training. After graduation, the Airman will receive town pass on Saturday and base liberty on Sunday. And, finally, the Airman will be shipped out to a technical school on Monday. Please keep in mind that the graduation date of an Airman might change due to unforeseen circumstances such as medical condition or failure to meet certain training requirements.
2. **How do I get my Airman's mailing address?** You will receive a post card within the first week your Airman has arrived that has their mailing address on it.
3. **I haven't heard from my Airman, how do I contact him/her?** An Airman is required by regulation to get one initial phone call to give you his/her address and to let you know that they are fine. Other phone calls during training are strictly up to the individual training instructor. If you have not received a call within 2 weeks, you can call (210) 671-3024. Keep in mind that your Airman may have opted to call a friend or spouse.
4. **How do I get graduation pictures and/or videos?** To find out how to purchase graduation pictures and/or videos, please call (210) 695-4979. The reception center staff also has additional information.

Non-endorsement: Reference herein to any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise, does not necessarily constitute or imply its endorsement, recommendation, or favoring by the United States Government. The views and opinions of authors expressed herein do not necessarily state or reflect those of the United States Government, and shall not be used for advertising or product endorsement purposes.

5. **In case of an emergency, how can I contact my Airman?** Contact your local Red Cross office.
6. **We didn't receive a visitor's pass. How do we get on base?** To receive a base pass you will need to present your driver's license, proof of insurance and registration at the Visitor's Center once you arrive at the base. If you are driving a rental car, you will need the rental contract in place of the registration and insurance.

7. **Will the Air Force provide transportation from the airport to and from hotels?** No. You can use your own vehicle, taxis or rental cars. Some hotels provide shuttle services.
8. **What is open house?** This is an opportunity for visitors to view the graduating Airman's dormitory. It takes place after the parade and is for one hour. Sometimes this is extended to allow family members the opportunity to spend more time with their Airman.
9. **If I am a spouse or child of an Airman, how do I get a dependant ID card?** Dependents requiring an ID can have their Airman get the required form from the appropriate base agency, sign it and send it to the family member. Dependents can get the ID card at Lackland or any ID card processing center. If time permits with your Airman's schedule, you can have him/her go with you to get the ID when you arrive.
10. **What can I do while I'm on base until my Airman show's up?** You can shop in the General Store or snack bar located at the reception center. Civilians can enter the BX but cannot purchase without a military ID card. We have several museums on base as well, including one in the BMT Reception Center. The reception center staff will provide a map of the main attractions.
11. **Do I have to attend a visitor's briefing?** The briefings are optional but HIGHLY encouraged. These briefings are designed to give visitors an overview of the weekend events, explain what you should and should not do, what your Airman can and cannot do, etc.
12. **Can I get a room at an on-base hotel or other base housing?** We do have lodging facilities on base. In order to stay, you must call 24 hours in advance to request a room. These rooms are rented on a space available basis. However, active duty military members with specific business on Lackland take precedence. Unfortunately, most times the rooms are unavailable. The number for the Gateway Inn is: (210) 671-2556.
13. **Are there limits to how many friends/family can attend the graduation?** No, there is no limit placed on how many people can attend the weekend events.
14. **Can I take my Airman to his/her technical training school?** It is RARE that permission is granted for this. Only an Airman with very specific circumstances is allowed to go with his/her parents to tech training. This is an issue that needs to be discussed with your Airman's commander when you arrive. The commander will have the final say. An Airman not accompanying his/her family to technical school (99.9%) will travel via government provided transportation. Family members cannot travel with the Airman in this case.
15. **Where is the nearest bus stop to the reception center?** The stop is down the street from the reception center. It provides transportation around the base for free.

16. **Is there a phone I can use at the reception center?** We have several pay phones on the 2nd floor of our facility. We also have some located behind the building near the pavilions.
17. **Where can I park at the reception center?** We have designated parking adjacent to our building and across the street. Parking is also allowed at the buildings around the reception center. Please ensure you park only in designated areas and not in those reserved for others.
18. **Where can I smoke?** Smoking is not authorized near any entrance or exit of any building on base but a smoking area has been set up in the grassy area behind the reception center.

If, after thoroughly searching through this document and the rest of the web site, you did not find an answer to your question or you have any questions or comments concerning the web site and included documentation, please feel free to contact us by using the following email address: 737TRG.web@lackland.af.mil. After you contact us by email, we will do everything possible to respond in a reasonable amount of time.

Lackland Air Force Base

Basic Military Training

Things To Do and See After Graduation

Base Liberty: Base liberty is an earned privilege. It allows Airmen to visit most places on Lackland Air Force Base with their visitors during the graduation week.

IMPORTANT: Airmen may be restricted from visitors due to training requirements or disciplinary reasons. We strongly recommend you talk with your Airman about their schedule and see if they were granted base liberty. If they were not, they will be required to remain at the Reception Center for a limited time.

Dining On Base:

- Main Base Exchange Food Court
- Officer/Enlisted Club (Co-located)
- Mitchell Hall Buffet
- Godfather's Pizza
- Popeye's Chicken
- Subway
- Taco John's
- Starbucks
- Susie's Kitchen in the Skylark Bowling Alley
- Smokin' Joe's BBQ
- Burger King
- Gateway Club Sunday Brunch
- Reception Center Snack Shop

Shopping on Base

- Main Base Exchange
- Mini-malls

Museums and Airparks on Base

- Southeast Asia Airpark
- Global Airpark Museum
- Security Forces Museum
- History and Tradition Museum
- Air Force Enlisted Art Gallery in the Reception Center

Sports and Leisure on Base

- Arnold Hall Community Center
- Skylark Community Center
- Skylark Bowling Alley
- Gateway Theater
- Golf Course



- 📍 Family Camping
- 📍 Officer/Enlisted Club (co-located)

Transportation: You can take advantage of the base shuttle bus. A base map, available at the Reception Center identifies the specific pick-up and drop-off locations. This bus runs every 20-minutes and operates only on Lackland AFB.

Town Pass: Town Pass is an earned privilege. It allows Airmen to visit the San Antonio area. Airmen normally receive town pass on Friday afternoon and on Saturday; however Honor Graduates, members of Honor Flights, and Airmen who achieve fitness excellence are granted an extra town pass on Sunday as well. Town pass, however, may be denied or shortened for disciplinary or administrative reasons. If your Airman has mandatory appointments on Saturday morning, they will need to fulfill these military responsibilities first.

San Antonio

On Saturdays, city bus service is available from the Reception Center to the United Services Organization (USO), one block from the Riverwalk in downtown San Antonio. Round-trip service starts at 9:20 a.m. and runs in 20-minute intervals. The last bus leaves the USO at 6:40 pm. Fare is \$2.00 per person, each way, exact change only. Children ride at a reduced or free fare.

One resource for visitor to San Antonio is the “Visitor Information” section of the SA Chamber of Commerce website at <http://www.sachamber.org>