

CHECKLIST COUNTING DOWN TO THE SELECTION EVENT



3 WEEKS BEFORE



- Keep your fitness levels up by exercising regularly. Go to the gym or run regularly. Download and use the free **100% Army Fitness App** to keep in shape. Remember that in the 3 days before your Selection Event date you should avoid very energetic exercise.



- Read about the Assessment Tests you will undertake at the Assessment Centre:
 - <https://apply.army.mod.uk/how-to-join/preparing-for-assessment>



- Read up on your job preferences: <https://apply.army.mod.uk/roles>



1 WEEK BEFORE



- Avoid alcohol and eat healthy foods. Drink lots of water and eat food that's good for you like fruit and vegetables.



- Gather together your ID documents and exam certificates. Double check your IDs are valid and in date.



- Email your Candidate Support Manager with your DVLA Summary – the details will be emailed to you (Not applicable to candidates with a Northern Ireland driving licence or those from the Channel Islands or Isle of Man).
- You will have accepted the event through your candidate portal. Prior to arrival at AC, please ensure that your password and portal access is functioning.



1 DAY BEFORE



- Pack your bag for the selection event. Remember to leave your valuable items at home and it's really important not to forget your Identification Documents.



- Get a good night's sleep.