



U.S. ARMY

# 15<sup>th</sup> Annual BSC



The following items are authorized during recovery periods of the 2022 Best Sapper Competition. They are only to be utilized while in the Sapper Leader Course barracks while not on the course.

- Foam Rollers
- Massage Balls
- Therapy Massage Guns
- Ice Packs
- Resistance Straps
- Compression Sleeves
- Recovery Creams
- Desitin
- Body Glide

- Non-Caffeinated Recovery Drinks
- Gatorade
- Pedialyte
- Liquid IV
- Coconut Water
- No Supplements Authorized

- Lara Bars
- Clif Bars
- Gummy Bears
- Gatorade Chews

Items that do not relate to the above mentioned items will not be authorized. No supplements or caffeinated products are authorized for use during the 2022 Best Sapper Competition.



LIEUTENANT GENERAL  
*Robert B. Flowers*  
**BEST SAPPER  
COMPETITION**