

WHAT IS MEPS?



MEPS (Military Entrance Processing Station) is part of the enlistment process where you will take your ASVAB (if you haven't already) and get your physical medical evaluation done. Once complete, you will then swear into the Delayed Entry Program (DEP).

You will be scheduled for MEPS by a recruiter once pre-qualified, have a qualifying ASVAB, APT, or PiCAT test, and committed to enlisting into the United States Air Force.

HOW DO I PREPARE?



When you go to MEPS, you will need an overnight bag and follow the dress code listed below. No weapons are allowed, including guns, ammo, knives, taser, or pepper spray.

You will also need to bring a few documents listed as follows and must be original:

- Government-issued ID (i.e., driver's license)
- Social security card
- Birth certificate
- Education document (high school diploma, GED, college transcripts) for high school graduates. Juniors and seniors do not need this if they haven't graduated yet.

This information may be different for each recruit; therefore, it is best to ask your recruiter what specific items are needed. Remember MEPS is looking for a reason to disqualify you, so follow your recruiter's guidance.

- Trust your recruiter! We are not doing all this work to get you here to set you up for failure. If you don't disclose something to them and then bring it up at MEPS, you will be disqualified and significantly delay your process. This briefing is the time to bring up anything you forgot, not at MEPS!
- Remember you represent yourself, your recruiter, and the Air Force down there. Make a good impression.
- The morning you process, you will wake up at the hotel very early. Go to bed early the night before. It would be best if you moved with a sense of purpose at MEPS and did not move sluggishly or fall asleep during your processing.
- When you wake up, you will shower and get dressed. Make sure you are cleaned up as dirty or stinky applicants may be turned away. While in the shower, let warm water run in each ear for a few moments to melt any ear wax down. Please don't use a cotton swab as it can push the wax deeper in your ear and prevent the staff from seeing your eardrum.
- Brush your teeth but DO NOT use mouthwash. If it has alcohol in it, you will fail the breathalyzer.
- For breakfast, no coffee, orange juice, or pork products (bacon, ham, sausage) as these can cause you to fail your blood test. Stick to water.
- Urinalysis. When you get to MEPS early in the process, they will ask who needs to go to the bathroom. Try not to go before arriving at MEPS so that you can do this first thing. You will be required to provide a urine sample in a cup while an observer watches you. If you don't complete it within a few hours of arriving, you will have to stay another night and do a second day at MEPS to try again. If a sample is not obtained within 72 hours of arriving, you are automatically disqualified for six months. Just pee in the cup! If you have used marijuana within 45 days of going to MEPS, let your recruiter know so they can reschedule you. A failed drug test is a permanent disqualification from the military.

- You will be doing the TAPAS personality test, which can qualify you for additional jobs.
- You will complete your Form 1408 to list any fears or phobias. It should be an actual phobia if you indicate things like a fear of spiders. If you see a spider, do you step on it or go into a panic? These answers will affect what jobs you qualify to do.
- You will have your blood drawn, don't pass out. Look away if you need to, but you will be disqualified if you can't handle a needle.
- Your vision will be checked, including your vision level (20/20, 20/40, etc.), color vision, and finally, depth perception. Depth perception has a high failure rate based on the equipment used. This test will have a series of circles (ex. OOOOO) in a row. There are five circles per row, and one is elevated closer to you. Your job is to identify which one. If you struggle on it, try crossing your eyes, blinking several times rapidly, looking around the edge (use peripheral vision), or imagine something in the background and focus on that.
- The hearing test will have you in a booth with headphones on. You will have a button in each hand. When you hear a beep in the left ear, press the left button; if there is a beep in the right ear, press the right button. Do **NOT** use headphones/earbuds 48 hours before arrival at MEPS. No loud music or swimming during that period either. Wearing headphones can cause you to do poorly or even fail this test. If you hear noises from outside your testing booth (like a printer or other people talking) and it's interfering with your ability to listen to the beeps, let the test administrator know! If they don't help you, let the Air Force liaisons know you had issues in the hearing test booth.
- Your medical exam will go over all your questions from your DD Form 2807-2 (the form you signed with your recruiter that has 164 medical questions) to ensure it is accurate and there is nothing more to add. You will be asked the same questions in different ways to see if you think up anything else. Any new medical information provided at MEPS will result in you being disqualified. You will need to provide medical records to your recruiter for submission to the doctors for review. This mishap can potentially add weeks or months to the process. Tell your recruiter before going to MEPS!
- The rest of the physical portion is similar to a sports physical. Everyone will get their genitals examined. Men, turn your head and cough. Women, you'll be on an exam table in stirrups. The doctor will also look at your sphincter for lesions and hemorrhoids. Women will also have a breast exam.
- You will meet with a security investigator to review your background information, which will be sent off for your security clearance investigation. They will also take your fingerprints.
- You will be listing your availability date when listing jobs. This date is the earliest date you are willing to ship out to basic training. This date should be no more than 60 days

after going to MEPS (it doesn't apply to high school students). Talk to your recruiter if you require a date farther out.

- The final step is to swear into the Delayed Entry Program! If you make it to this point, good job! You've completed the most challenging part!
- Once the swear-in is over, you will be getting on the shuttle back to the recruiting office once everyone is done.

DRESS CODE



The following items must be worn while at the MEPS:

****Business Casual Preferred****

- Closed toe shoes w/socks.
- Tops and bottoms.
- Underwear for males.
- Underwear and bras for females. Sports bras, thongs, or see-through underwear are not authorized.
- If you wear glasses or contacts, bring them with you. For those with contacts, bring a case and solution as well to store them.

UNAUTHORIZED CLOTHING:

- Flip-flops, sandals or open-toed shoes.
- Plain white T-shirts or sleeveless shirts.
- Tank tops, tube tops, halter tops, and excessively low cut blouses, and any clothing that exposes the midriff.
- Shorts/skirts that are more than 3 inches above the knee. If the applicant is unsure; they should wear pants or a long skirt instead.
- Cut-off shorts or rips/tears.
- Revealing or see-through clothing.
- Yoga Pants.
- Pants or shorts worn below the waist.
- Military uniforms, to include ROTC uniforms. (Active Duty and Reservists will be allowed to wear clean PT uniforms and Youth Challenge is allowed to wear their uniform of the day).
- Body piercing or earrings of any sort (males and females).
- Fingernail or toenail polish.