

PST/INTERVIEWS FOR ICELAND

The PST coordinator schedules all PST Times and Location. Visit: http://www.seal.navy.mil/seal/pst_request.asp to request a PST/interviews. All applicants request will be processed with other applicants in your geographic location. AGE/ASVAB wavier request are processed during the interview.

*Note: You will experience a delay in the processing of your PST request if you have not followed the Step-by-Step Guideline. Please read and follow the [PST Request-
http://www.seal.navy.mil/pdf/pstrequest.pdf](http://www.seal.navy.mil/pdf/pstrequest.pdf) PST's are scheduled NLT 72hours prior to test time and date.

Gear List

Candidates are required to arrive 15 minutes early with the items listed below:

A copy your PST Confirmation email

Military identification card

T-shirt, dungarees or cammies, and boots for **SEAL**

candidates

T-shirt, shorts, and running shoes for **SWCC candidates**

Swimsuit and towel

Drinking water

Upon Successful completion of the PST

Candidate will be interviewed, *IAW MILPERSMAN 1220-150.

Interview requirement items:

- (1) Completed NC worksheet
(<http://www.seal.navy.mil/seal/pdf/ncworksheet.pdf>)
- (2) Uniform of the day
- (3) Original special request chit
- (4) Military ID
- (5) Service record
- (6) Wavier(s) (See Waivers)

* No exceptions

NOTE:

Cancellations ASAP

<mailto:motivators@navsoc.navy.mil>