

THE CITADEL

The Military College of South Carolina

SUCCESS PACKET

Class of 2030



As The Military College of South Carolina, The Citadel's mission is to educate and develop principled leaders and citizen-soldiers, prepared to serve their state and nation, and to lead with integrity by instilling the core values of Honor, Duty, and Respect in a disciplined and intellectually challenging environment.

WELCOME

Congratulations! Reviewing this Success Packet means you have made your decision to attend The Citadel. Reading it thoroughly will help you prepare for Matriculation Day — the day you report — and will set you up for success throughout your freshman, or “Knob,” year.

Equipping yourself for a successful freshman year starts today. Being a Knob is demanding, but manageable. Preparing physically and mentally now will pay dividends later. The challenges that The Citadel offers are well worth the effort. The relationships you cultivate, the personal growth you undergo, and the followership and leadership opportunities you experience are unique to our campus. Congratulations on your decision to choose the road less traveled.

THE FOUR-YEAR LEADER DEVELOPMENT PROGRAM

The Citadel recognizes that developing into a Principled Leader is a lifelong process of education and experience that begins before matriculation and continues long after graduation. Recognizing that The Citadel’s mission calls for preparing principled leaders in all walks of life, you will learn a wide range of leadership approaches and techniques that enable you to develop within proven and diverse organizational settings.

CORE VALUES

The Citadel’s Core Values of Honor, Duty, and Respect serve as the foundation of the Leader Development Program.

Honor

Honor preserves the moral authority and trustworthiness leaders must earn to influence others effectively. People of honor lead with integrity and conduct themselves with the acceptance of being part of something bigger than themselves. A person of honor does the right thing the right way, even when no one is watching or at risk of personal cost. This value begins with personal adherence to the letter and the spirit of the Honor Code:

“A cadet does not lie, cheat, or steal, nor tolerate those who do.”

Duty

Duty instills a personal sense of accountability and eagerness to lead others to mission accomplishment. It means doing what needs to be done without being asked or ordered. At The Citadel, this begins with adherence to the Cadet Regulations: the [White Book](#) and the [Blue Book](#).

Respect

Respect encompasses self-respect and respect for others. Leaders earn respect by developing the technical, interpersonal, and conceptual skills necessary for building teams and leading others.

The Four Pillars of The Citadel Experience

The Core Values are integrated across four functional areas, known as the CAMF pillars:

Character	Academics	Military	Fitness
Represents a consistent thread through all aspects of The Citadel Experience. Core values instill and demand high moral and ethical standards as a way of life.	Represents a commitment to lifelong learning and a direct pathway to a professional field or career. Students build their knowledge base while learning to think critically, strategically, and analytically.	Represents a regimented environment to develop and exercise the capacity for discipline, service, teamwork, and accountability.	Represents the development of physical, mental, and emotional health routines and habits that benefit graduates for a lifetime.

THE FOURTH-CLASS SYSTEM

The Fourth-Class System is a key component of the “Prepare” stage in The Citadel’s four-year leadership development model. It is a purposeful program designed to teach followership, instill discipline, transition cadet recruits into the Corps, and build self-confidence and competence.

Objectives of the Fourth-Class System

- Provide an understanding of The Citadel’s Core Values of Honor, Duty, and Respect.
- Teach the regulations, customs, and traditions of The Citadel.
- Remove wealth and former station as factors in the development of new cadets.
- Instill humility, commitment, and selflessness.
- Develop character and create a foundation for honorable and ethical decision-making.
- Instill self-discipline and resilience.
- Physically challenge cadets and establish a foundation for lifelong holistic fitness.
- Strengthen time management skills.
- Prepare new cadets for academic achievement.
- Foster class cohesion to support The Citadel’s mission to develop Principled Leaders.

How to Prepare

Knob year is challenging, but you have an entire staff, faculty, and Cadet chain of command dedicated — individually and collectively — to the success of every Cadet in the Class of 2030. They are here for you. Here are a few key ways to prepare:

Develop Your “Why”

Ask yourself meaningful questions now and write the answers in a journal. Revisit them as you evolve. Some questions to consider:

- Why do I want to attend The Citadel?
- What are my desired outcomes and my strategies to be successful?
- Who do I want to be?

Your “Why” — and your “Who” — will help you recenter, regain perspective, and guide you through challenges.

Mental Preparation

Mental preparation begins with the understanding that attending The Citadel is a personal choice. Start by studying The Guidon, a freshman guidebook. You will not receive a hard copy until you arrive, but you can study the [2025–26 Guidon online](#) now. Focus on Chapter 2 (pages 22–38) and Chapter 3 (pages 39–72). The information in these chapters will carry over to your 2026–27 edition, so do not wait. A working knowledge of this material will save you significant time and effort during Challenge Week.

Physical Preparation

Arrive in your best physical condition, with the appropriate gear as listed in the Packing List, and with leather shoes that are comfortably broken in.

Although the system is demanding, the rewards more than justify the effort. By Recognition Day — the ceremonial end of Knob year — you will have undergone the intellectual, mental, physical, professional, and moral transformation that prepares our graduates to accept the responsibilities of leadership within the Corps and well beyond.

STUDENT SUPPORT CENTERS

Campus Advocacy, Response, and Education (C.A.R.E.)

The Citadel provides victim support and response services to all students, including Cadets, faculty, and staff, allowing individuals to report an incident while maintaining institutional confidentiality. C.A.R.E. empowers, builds, and supports a healthy and safe campus environment. The Director is an advisor to the Human Affairs Teams, a select group of Cadet leaders who serve as resource managers assisting Cadets with accessing academic support, mental health resources, and day-to-day coping mechanisms.

For more information, visit the [C.A.R.E. webpage](#).

Director	Ms. Eileen Quinn
Email	eguerra@citadel.edu
Office Phone	843-953-7277
24/7 Call or Text	843-732-6770

Title IX

The Citadel is committed to building a community free from discrimination, including sexual harassment and other forms of sexual misconduct, so that each student, employee, and visitor can work, learn, and succeed in a safe and supportive environment. The Title IX Office oversees College compliance and provides fair, compassionate, and timely processes to resolve complaints.

Students and employees are not required to provide additional information about an incident or participate in a College investigation to receive services and support. Our goal is to ensure everyone can make informed decisions about reporting.

If you experience sexual harassment, sexual misconduct, or discrimination, the decision of what, when, and to whom to report is always up to you. Review the [Title IX webpage](#) for information on reporting options, resources, and support paths.

Anti-Discrimination

The Citadel strives to provide an environment where all are welcome regardless of their background. Federal law prevents discrimination based on race, color, national origin, gender, gender identity, sexual orientation, disability, religion, age, genetic information, or veteran status in its programs and activities. As leaders, we understand the value a diverse workforce brings to an organization and strive to enhance team performance by selecting individuals based on their talents and experiences, regardless of background.

If you experience or witness discrimination, you have a duty to report it. Please read The Citadel's [Discrimination Policy](#).

RESERVES AND NATIONAL GUARD DUTY

You are authorized to drill with Reserve or National Guard units. You must, however, arrange to drill in the local area to meet your service obligations.

LEAVE POLICY

Leave (time away from campus) is a privilege extended to members of the Corps of Cadets who meet the standards of proficiency in academics, conduct, and physical conditioning. When not otherwise obligated to be on campus for specific duties, the Corps is granted "General Leave" on most weekends. Should an emergency or an unexpected obligation arise that cannot be rescheduled, you may request special leave. Furloughs (fall, winter, spring, and summer breaks) are scheduled via the yearly [Academic Calendar](#), and the barracks are closed to Cadets during those periods.

HEALTH SERVICES

Prior to matriculation, all freshmen must be medically cleared by MUSC Health at The Citadel. MUSC also provides 24/7 on-campus health services for the Corps of Cadets, including provider visits Monday through Friday, an after-hours walk-in nurse clinic, and round-the-clock inpatient care (16 beds) during the academic year. When the medical team determines a Cadet needs a higher level of care, they are referred to MUSC University Hospital, located at 96 Jonathan Lucas Street, Charleston, SC (1.1 miles from campus).

Pharmacy and Prescriptions

Medications prescribed by MUSC Health at The Citadel will be filled and couriered to the on-campus Clinic from MUSC Ashley River Tower Pharmacy Monday through Friday by 5:00 p.m. It is recommended that ALL prescriptions be refilled as close to Matriculation Day as possible. If you would prefer recurring medications to be filled and couriered to the on-campus Clinic, the prescribing physician must send the prescription to MUSC Ashley River Tower Pharmacy and indicate in the prescriber's comments that the medication is for a "Citadel Cadet."

Pharmacy	MUSC Ashley River Tower
Address	25 Courtenay Drive, Charleston, SC 29425
Phone	(843) 876-0199

MyChart and Insurance

Use your MUSC MyChart to view appointments, medications, allergies, and provider notes from clinic visits. Contact the MUSC Health at The Citadel team at (843) 985-1980 or citadel@musc.edu if you have difficulty accessing MyChart.

You are required to maintain active medical insurance during your entire enrollment at The Citadel, including summer programs like The Citadel Success Institute (CSI). Report any changes to your insurance plan or coverage immediately to MUSC Health at The Citadel. If you have a lapse or potential loss of coverage, contact the MUSC Clinic for guidance. Any student using Medicaid outside of South Carolina is asked to transfer the policy to South Carolina to have in-state medical coverage.

The Citadel is a member of the S.C. Consortium of Colleges for Student Health Insurance. The plan is administered by Academic Health Plans (AHP) through Blue Cross/Blue Shield and covers Citadel Cadets for all activities while enrolled. [Enroll in student health insurance here](#). The enrollment period for the 2026–27 academic year will open in early July.

Recommended Over-the-Counter Medications for Matriculation

We strongly recommend arriving with several over-the-counter medications and supplies to treat common ailments:

Cough / Congestion / Runny Nose / Seasonal Allergies

- Delsym (Dextromethorphan) 12 Hour Adult Cough Suppressant
- Mucinex (Guaifenesin) 12 Hour Extended-Release Tablets
- Sudafed (Pseudoephedrine) 12 Hour Sinus Pressure Relief
- Zyrtec (Cetirizine) or Allegra (Fexofenadine)

Pain / Fever Management

- Aleve (Naproxen)
- Tylenol (Acetaminophen)
- Reusable oral thermometer

Constipation / Diarrhea / Nausea

- Miralax (Polyethylene Glycol) Laxative Powder
- Imodium (Loperamide)
- Pepto-Bismol (Bismuth Subsalicylate)

Athlete's Foot / Ringworm / Jock Itch / Poison Ivy

- Gold Bond Powder (non-medicated)
- Lotrimin (Clotrimazole) Lotion or Lamisil (Terbinafine) Lotion
- Calamine Lotion
- Cortizone 10 (Hydrocortisone 1%) Cream

Sunburn

- Sunscreen 30 SPF or higher
- Aloe Vera Gel

Skin Scrapes, Cuts, and Blisters

- Various sizes of Band-Aids, blister pads, and moleskin
- Triple Antibiotic Ointment

LEGACY AND CADET COMPANY CONNECTION PROGRAMS

Legacy Assignment

You are considered a “Legacy Cadet” if you have a grandparent, parent, or sibling who graduated from or currently attends The Citadel.

- If your sibling is a current member of the Corps, you can be assigned to the same Battalion, but not the same Company.
- [Submit your Legacy Request](#) as early as possible. Late requests may not be accepted.

Cadet Company Connection Request

This program allows you to request that you and another freshman be assigned to the same Company.

- The request must be reciprocal. Each of you must submit a form with the other’s name and CWID. Multiple requests are not accepted.
- You can be assigned to the same Company, but NOT as roommates.
- An assignment to the same Company is not guaranteed if either Cadet has requested a legacy assignment or assignment to Palmetto Battery or Regimental Band.
- Siblings will not be placed in the same Company, but may be assigned to the same Battalion upon request.

[Submit a Cadet Company Connection Request](#) using the same email and password as your admissions portal. Requests must be submitted by midnight (EST) on July 17th.

CONFIDENTIALITY OF STUDENT RECORDS

The Citadel complies with the Family Educational Rights and Privacy Act (FERPA), which affords both current and former students certain rights with respect to their educational records. Details on [FERPA](#) and The Citadel’s compliance policy are posted on the [General Counsel’s website](#). We strongly encourage you to read and discuss this with your parents or guardian.

Each incoming Cadet should complete the [Release Authorization for Education Records and Information \(FERPA\)](#), which will be done electronically prior to arrival. Instructions will be provided closer to Matriculation. This form authorizes The Citadel to share information (finances, grades, etc.) with parents or guardians.

MAIL

Expect a post office box assignment about 10 days prior to matriculation. Challenge Week will not offer time for routine mail pickup, so your mail will be held until you have the opportunity to retrieve it.

Shipping Gear in Advance

If you intend to ship your gear early, the warehouse will accept shipments after June 15th. Label your shipment with the following information:

Incoming Freshman Cadet

*Your Full Name and CWID (Cadet ID Number)
The Citadel Warehouse
171 Moultrie Street
Charleston, SC 29409*

Plan to pick up your shipment from the warehouse before you check in on Matriculation Day. Contact the warehouse supervisor at (843) 953-6865 to verify operating hours on the day you plan to pick up.

PHYSICAL FITNESS

Physical fitness is a core pillar at The Citadel. Due to the demands of Knob Year, you should ensure you are well-conditioned prior to arrival. The first weeks of training are physically challenging, and only those who have properly prepared over the summer will be able to meet the requirements. The Citadel has body composition and physical fitness standards that Cadets are expected to meet all four years.

Consult your physician regarding your personal fitness routine and any plan to improve your cardiovascular fitness prior to matriculation. More information on the Physical Readiness Program is available on the [Corps Physical Fitness webpage](#).

Run Requirements and Training Goals

The run requirement is 1.5 miles (timed). To prepare for success, train to run 2 miles at the following paces:

Males	8:30 minutes per mile
Females	10:00 minutes per mile

If you can hit these paces, you are well prepared for the run. Make sure you also practice push-ups and planks. A more detailed training program will be sent approximately one month before Matriculation Day.

The hot, humid conditions of August and September can be challenging. If you are from an area without the significant heat and humidity of the Lowcountry, we recommend running during the heat of the day before you arrive to best reflect South Carolina's summer conditions. Even partial acclimation will be beneficial. Hydrate properly during every workout.

The Corps Physical Fitness Test (CPFT)

The Corps Physical Readiness Program is designed to challenge all Cadets to take responsibility for their own health and fitness. Weekly physical training sessions occur on Monday and Thursday mornings before breakfast. Your first CPFT occurs in the first few weeks of classes.

Although minimum standards are listed on the webpage, Cadets are encouraged to set their goals aligned with the maximum scores, which opens up opportunities to compete for rank as an upperclassman, along with other leadership opportunities and incentives. If you fail any CPFT event or exceed the maximum allowed body fat percentage for your age, you will enter the Commandant's Physical Remediation Training Program and continue to train under the supervision of Cadet leadership and the Director of Physical Readiness.

Physical fitness is an individual responsibility and starts with you. If you are not prepared when you arrive in August, you will be behind most of your classmates.

SUCCESS TIPS FROM FORMER KNOBS

The following advice comes directly from Cadets who have been where you are. Take it seriously.

Academics

- Practice time management. Plan your week on Sunday night. Five minutes of planning saves hours of chaos.
- Use an agenda, calendar, or planner to track important dates and assignments.
- Use Evening Study Period (ESP) for studying and homework. Do not be tempted by distractions like social media, gaming, or shining shoes during this time.
- Study and complete homework during the day. Do not wait until ESP.
- Go to class. On time. Every time.
- Limit social media use to 30 minutes per day.
- Get to know your professors, both in class and during office hours.
- Do not be shy. Get comfortable asking others for help.
- Do not rely solely on Canvas to-do lists. Consult the syllabus.
- Sleep is a strategic asset, not a luxury.
- Find or organize a strong study group.
- Check your Citadel email at least twice a day.

Cadet Life

- Keep your sense of humor. Do not take criticism personally.
- Take it one hour at a time, until you can take it one day at a time. Time will soon fly by.
- Stay in shape. PT on your own.
- Participate in intramurals, clubs, club sports, and other Cadet activities.
- Be satisfied with your best. If it did not go your way, you did your best and you move on. If you did not do your best, then do better.
- Prepare for room inspections by keeping your room clean at all times. Prep for a Saturday Morning Inspection (SMI) a week early, so you have little to do the night before.
- Community service will help you engage with our neighbors off campus, build confidence and self-pride, and set a strong precedent for future service.
- Be a good teammate. Be someone others can trust and depend on.

- Bet on yourself. All your friends and family are betting on you, so buy in.
- Never forget your “Why.”
- You got this!

Military

- Attention to detail will make your life easier. Learn the standards early, ask questions when you are unsure, and take pride in doing the small things right. Knob year is not about perfection. It is about effort, humility, commitment, and the willingness to improve every day.
- Leadership is not a rank. It starts when you decide to be accountable and set the example.

Character

- Your reputation starts forming the minute you arrive. Be someone your classmates rely on. Character is not always revealed in dramatic moments. It is found in the small, quiet decisions you make every day, most of which others will never see.
- Be the friend and support you needed when you were struggling most.
- Lead with empathy. You have no idea what your classmates are going through.
- Your classmates will forget how much Knob knowledge you knew, your PT score, or whether you were a good Knob, but they will never forget how you made them feel.
- Do not let the difficulty of Knob year make you cynical. Stay kind, stay open, stay human.
- Own your mistakes before someone has to point them out for you.
- Always be willing to help your classmates if they are struggling. This will help you in more ways than you realize in the long run.
- Comparison is a thief of joy. Run your own race and run it with everything you have.
- Being kind costs nothing and is remembered longer than anything else you can give.
- Lean on and support your classmates. You are all in this together.

Welcome to the Corps of Cadets, Class of 2030

