

Australian Defence Force Preparation Checklist

A preparation checklist for ADF applicants comparing Army roles, testing, documents, fitness and official sources.

Independent preparation only. Not affiliated with any army, armed force, government, ministry of defence or official recruitment service.

How to use this document

Use this guide as a working preparation document. Read it before contacting official recruitment services, add your own notes, and verify every requirement through official sources for the country and service you are considering.

Core checklist

1	Verify ADF eligibility and role requirements officially.	■
2	Prepare aptitude/assessment and fitness questions.	■
3	Clarify citizenship, education, medical and security checks.	■
4	Ask about training route and service obligations.	■
5	Keep written notes from official conversations.	■

Official-source reminder

This document does not decide eligibility, acceptance, medical clearance, role assignment, pay, benefits, immigration status or security clearance. Use it to prepare better questions. Final answers must come from official recruitment sources.

Questions to bring forward

- Which current official page confirms this requirement?

- Which documents should I prepare before the next step?
- Which tests, medical checks, interviews or fitness standards apply to my route?
- What should I verify in writing before signing or committing?
- What changes if my role, route, family situation or timeline changes?

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