

**UNIFORM ITEMS *\*\*NOT OPTIONAL\*\**:**

- 1-2 Sets (total) of NWUs and/or CUUs with nametapes (no cover needed, you will be issued a RECRUIT ball cap)
- 1 Black web belt w/silver buckle
- 1 pair blousing straps
- 1 pair black boots (steel-toes are not required) **MUST BE BROKEN IN TO AVOID BLISTERS/BRING INSERTS IF NEEDED- If you are prone to blisters-bring your own MOLESKIN**
- 7-8 t-shirts (total) blue for NWU, brown for CCU
- 8 pairs clean black socks (for boots) EXTRA THICK to avoid blisters
- 1 set CLEAN (inspection ready) DRESS BLUES w/sea cadet flashes on each sleeve and your current rank- should be wearing this at check-in
- 1 white, round neck t-shirt (for dress blues – should be wearing at check in
- 1 “Dixie” cup-should be wearing at check in
- 1 black neckerchief- should be wearing at check in
- 1 pair black dress shoes- should be wearing at check in
- ID card (current) Ribbons as earned, Name Tag
- 7-8 pairs of underwear
- CAMELBACK- does not have to match your working uniform, although black or navy blue is preferred-Make sure it is CLEAN!

**PERSONAL ITEMS**

- Sunscreen
- Personal toiletries (shampoo, soap, DEODORANT, shaving needs, toothbrush, toothpaste, etc) **NON-AEROSOL**, Insect Repellent (**non-aerosol**)
- Feminine hygiene products (females)
- 2 -3 towels
- 2 washcloths
- Twin bedding, 1 flat sheet, 1 fitted sheet, 1 blanket- DARK colors are preferred, however, BRING WHAT YOU HAVE- no need to purchase dark colors if you don’t already have them at home, pillow/pillow case

**Other *\*\*NOT OPTIONAL\*\****

- Swimsuit (dark, one-piece if you are female)
- 2 pairs of running shoes- DO NOT BRING EXPENSIVE NAME BRANDS
- 8 pairs of athletic socks- WHITE
- Flip-flops or shower shoes
- **PTU- This is the required 2 USNSCC gold t-shirts and the 1 pr USNSCC navy blue shorts**
- 3-4 pairs of PT shorts, **NO short-shorts, no cut-offs, no spandex**
- 3 PT type t-shirts (plain, USN, Sea Cadet or military theme)
- 1-2 sweatshirts (plain, USN, Sea Cadet, or military theme)
- 1-2 pair of sweatpants (dark color is preferred, black/navy blue)
- 1 laundry pod (to prevent breakage; place into a double sealed zip-lock bag)
- 1 set of thermal underwear in case of colder weather
- 1-CLEAR PLASTIC poncho

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- 1 digital watch –OPTIONAL
  - 1 Flashlight w/new batteries-OPTIONAL

**NOTES:**

1. Civilian clothing is NOT allowed during the training. You may bring civilian clothes to change into, off the grounds and after graduation ceremonies.
2. **Female PT shorts WILL** be of conservative length- think **LONG** and no spandex
3. You may bring a religious item (Bible, rosary, etc) because we will not be having Sunday services, as long as it does not interfere with your training
4. **If an item is NOT on this list, DON’T BRING IT!! Do not bring anything other than what is on this list!**