

US NAVAL SEA CADET CORPS-WINTER RECRUIT TRAINING POLA SEABAG LIST

UNIFORM ITEMS **NOT OPTIONAL******

1-2 Sets (total) of NWUs and/or CUUs with nametapes

1 Black web belt w/silver buckle

1 NWU cover-for NWU

1 CUU cover- for CUU

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- THIS GOES FOR BOTH MALE AND FEMALE** Jumper tops AND Dixie cups for both**

1 black neckerchief- **should be wearing at check in**

1 pair black dress shoes/socks- **should be wearing at check in**

ID card (current) Ribbons as earned

7-8 pairs of underwear

CAMELBACK- does not have to match your working uniform, although black or navy blue is preferred

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******

BRING A NOTEBOOK AND A PEN THAT WILL FIT IN YOUR UNIFORM PANTS POCKET

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 (as of 01 Sep 18) (2 gold t-shirts with USNSCC logo and 1 pair of navy blue shorts with USNSCC logo)

3-4 pairs of PT shorts, **NO short-shorts, no cut-offs, no spandex**

6 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

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!!**

YES- Dress Blues- NO, whites canNOT be substituted!

If your unit doesn't typically issue blues because you are below the "line" DO NOT WAIT until the last minute to see about getting a set. There are multiple ways to obtain a dress blue uniform. Contact your unit POC (admin, TO or Suppo).

NO CONTRABAND- it WILL be confiscated and may or may not be returned.

What is contraband? Anything that is NOT on this list!!