

US NAVAL SEA CADET CORPS-WINTER RECRUIT TRAINING **RECRUIT** 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- **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

Any medications needed (in the bottle it came in, and ONLY the amount needed for the training)

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 (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!!