PLEASE USE THE SEA BAG LIST APPROPRIATE FOR YOUR TRAINING AND STATUS

NOTE: Minimum undergarments, t-shirt, socks is 5 pair - WE HIGHLY RECOMMEND YOU BRING 9 PAIR OF EACH OF THESE!!

League Cadet Orientation & Advanced Trainings Sea Bag List - Male

CADETS WILL TRAVEL AND REPORT IN APPROPRIATE CIVILIAN ATTIRE

Males

1 Current ID Card
1 Service Jacket including up-to-date & valid Medical Forms & PRT Results
1 Sea Bag (if additional luggage needed, must be soft-sided and fully collapsible)
1 Lock (Key or Combination) w/Extra Key or Combination in Service Record
1 White Short-sleeve Dress Shirt (NLCC Shoulder Flashes)
1 Black dress pants (non-pleated is preferred)
1 Black Web Belt with Silver Tip and Silver Buckle
1 pair Leather Black Low Cut Regulation Dress Shoes (Good Fitting, NOT New, but Good Condition) IMPORTANT!!!
1 White Dress Cover (Dixie Cup)
2 NWU Type III Blouses (NLCC Flashes and Name Tags as required by regulations) – 1 Blouse is acceptable if 2 not available
2 NWU Type III Trousers (NLCC Name Tags as required by regulations) – 1 Trouser is acceptable if 2 not available
1 Set Blousing Straps
1 NWU Type III Cover
4 NWU Type III T-Shirts, Crew Neck
2 White T-Shirts, Crew Neck
4 pair Socks, Black, Cotton
4 pair Socks, White, Cotton
5 Underwear, Cotton
2 PT Shirts (Sea Cadet authorized ONLY…available only from Vanguard) – 1 is acceptable if 2 not available
2 PT Shorts (Sea Cadet authorized ONLY…available only from Vanguard) – 1 is acceptable if 2 not available
1 Sweats Set (Preferably Dark Blue – US Navy or Sea Cadet authorized)
2 Sleepwear Sets (shorts/pants and t-shirt or similar) – 1 is acceptable if 2 not available
1 pair Athletic Shoes (Good Fitting, NOT New, but Good Condition) IMPORTANT!!!
1 pair NWU appropriate Boots (Good Fitting, NOT New, but Good Condition)
1 pair Shower Shoes (Thongs or similar)
1 Toiletry Kit (Including Comb or hairbrush, Toothbrush, Shampoo, Hand Soap & Holder, Toothpaste, Non-Aerosol Deodorant)
2 Sunscreen (SPF #30 or Higher, Non-Aerosol)
2 Insect Repellent (Non-Aerosol)
1 Shoeshine Kit
1 Sewing Kit
1 Shorts-Type Swimsuit (Dark Solid Color, no Speedos or similar)
Optional: Stationery/Writing Pad, Pen & Postage
2 Bath Towels
2 Wash Cloths
1 Plastic/Vinyl Poncho
1 Canteen with Belt
1 Laundry Bag marked with cadet and unit name
Bedding: 1 Twin Blanket, 2 Flat White Twin-Size Sheets, 2 white pillowcases, 1 pillow
Reading or other glasses as required. (There is some classroom work and study required during the training session.)
No Contact Lenses!

Notes:

- **MARK ALL CLOTHING, Towels, etc**...with Last Name and last 4 digits of SSN or entire Sea Cadet ID Number
- Dress uniforms must be stenciled with permanent ink on the manufacturer's tags.
- We strongly advise that all undergarments be 100% cotton.
- Contraband items include wallets, money, flashlights, cameras, knives, mouthwash, food, candy, medication (except as presented to medical staff on arrival as per medical form and directions), or any items not listed above. Contraband will be held by training staff until end of training.

League Cadet Orientation & Advanced Trainings Sea Bag List - Female

CADETS WILL TRAVEL AND REPORT IN APPROPRIATE CIVILIAN ATTIRE

Females

1 Current ID Card
1 Service Jacket including up-to-date & valid Medical Forms & PRT Results
1 Sea Bag (if additional luggage needed, must be soft-sided and fully collapsible)
1 Lock (Key or Combination) w/Extra Key or Combination in Service Record
1 White Short-sleeve Dress Shirt (NLCC Shoulder Flashes)
1 Black dress pants (non-pleated is preferred)
1 Black Web Belt with Silver Tip and Silver Buckle
2 NWU Type III Blouses (NLCC Flashes and Name Tags as required by regulations) – 1 Blouse is acceptable if 2 not available
2 NWU Type III Trousers (NLCC Name Tags as required by regulations) – 1 Trouser is acceptable if 2 not available
1 Set Blousing Straps
1 NWU Type III Cover
1 pair Black Leather Low Cut Regulation Dress Shoes (Good Fitting, NOT New, but Good Condition) IMPORTANT!!!
1 White Dress Cover (Dixie Cup)
4 NWU Type III T-Shirts, Crew Neck
2 White T-Shirts, Crew Neck
4 pair Socks, Black, Cotton
4 pair Socks, White, Cotton
5 Underwear, Cotton
2 Athletic Bras, White (if necessary)
2 Bras, White (if necessary)
2 PT Shirts (Sea Cadet authorized ONLY…available only from Vanguard) – 1 is acceptable if 2 not available
2 PT Shorts (Sea Cadet authorized ONLY…available only from Vanguard) – 1 is acceptable if 2 not available
1 Sweats Set (Preferably Dark Blue – US Navy or Sea Cadet authorized)
2 Sleepwear Sets (shorts/pants and t-shirt or similar)
1 pair Athletic Shoes (Good Fitting, NOT New, but Good Condition) IMPORTANT!!!
1 pair NWU appropriate Boots (Good Fitting, NOT New, but Good Condition)
1 pair Shower Shoes (Thongs or similar)
1 Swimsuit (Dark Solid Color, One-Piece Only, No Midriffs)
1 Toiletries Kit (Including Comb or hairbrush, Toothbrush, Shampoo, Hand Soap & Holder, Toothpaste, Non-Aerosol Deodorant, Feminine Hygiene Items if needed)
2 Sunscreen (SPF #30 or Higher, Non-Aerosol)
2 Insect Repellent (Non-Aerosol)
1 Shoeshine Kit
1 Sewing Kit
Optional: Stationery/Writing Pad, Pen & Postage
2 Bath Towels
2 Wash Cloths
1 Plastic/Vinyl Poncho
1 Canteen with Belt
1 Laundry Bag marked with cadet and unit name
Bedding: 1 Twin Blanket, 2 Flat White Twin-Size Sheets, 2 white pillowcases, 1 pillow
Reading or other glasses as required. (There is a lot of classroom work and study required during the training session.)
No Make-Up or Contact Lenses!

Notes:

- **MARK ALL CLOTHING, Towels, etc**...with Last Name and last 4 digits of SSN or entire Sea Cadet ID Number
- Dress uniforms must be stenciled with permanent ink on the manufacturer's tags.
- We strongly advise that all undergarments be 100% cotton.
- Contraband items include cell phones or electronics, wallets, money, flashlights, cameras, knives, mouthwash, food, candy, medication (except as presented to medical staff on arrival as per medical form and directions), or any items not listed above. Contraband will be held by training staff until end of training.

Recruit Training Cadet Sea Bag List - Male

CADETS WILL TRAVEL AND REPORT IN APPROPRIATE CIVILIAN ATTIRE

Males
1 Current ID Card
1 Service Jacket including up-to-date & valid Medical Forms & PRT Results
1 Sea Bag (if additional luggage needed, must be soft-sided and fully collapsible)
1 Lock (Key or Combination) w/Extra Key or Combination in Service Record
1 Dress White Jumper (NSCC Shoulder Flashes, name plate)
1 Dress White Trousers
1 White Web Belt with Silver Tip and Silver Buckle
1 Black Web Belt with Silver Tip and Silver Buckle
1 Neckerchief
1 pair Leather Black Low Cut Regulation Dress Shoes (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 White Dress Cover (Dixie Cup)
2 NWU Type III Blouses (NSCC Flashes and Name Tags as required by regulations) – 1 is acceptable if 2 not available
2 NWU Type III Trousers (NSCC Name Tags as required by regulations) – 1 is acceptable if 2 not available
1 NWU Type III Cover (NSCC Flash as required by regulations)
1 Set Blousing Straps
4 NWU Type III T-Shirts, Crew Neck
2 White T-Shirts, Crew Neck
4 pair Socks, Black, Cotton
4 pair Socks, White, Cotton
5 Underwear, Cotton
2 PT Shirts (Sea Cadet authorized ONLY…available only from Vanguard) – 1 is acceptable if 2 not available
2 PT Shorts (Sea Cadet authorized ONLY…available only from Vanguard) – 1 is acceptable if 2 not available
1 Sweats Set (Preferably Dark Blue – US Navy or Sea Cadet authorized)
1 pair Athletic Shoes (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 pair NWU appropriate Boots (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 pair Shower Shoes (Flip Flops or similar)
1 Shaving Kit including Shaving Gear (no electric razors), Comb/or brush, Toothbrush, Shampoo, Hand Soap & Holder, Toothpaste, & Non-Aerosol Deodorant and Shave Cream)
2 Sunscreen (SPF #30 or Higher, Non-Aerosol)
2 Insect Repellent (Non-Aerosol)
1 Shoeshine Kit
1 Sewing Kit
1 Shorts-Type Swimsuit (Dark Solid Color, no Speedos or similar)
Optional: Stationery/Writing Pad, Pen, Envelopes & Postage
2 Bath Towels
2 Wash Cloths
1 Plastic/Vinyl Poncho
1 Canteen with Belt
1 Laundry Bag marked with cadet and unit name
Reading or other glasses as required. (There is a lot of classroom work and study required during the training session.)
NO Contact Lenses!
1 Personal Water Supply (Canteen+Belt)
Bedding: 1 Twin Blanket, 2 Flat White Twin-Size Sheets, 2 white pillowcases, 1 pillow
Notes:

- **MARK ALL CLOTHING, Towels, etc**...with Last Name and last 4 digits of SSN or entire Sea Cadet ID Number
- Dress uniforms must be stenciled with permanent ink on the manufacturer's tags.
- We strongly advise that all undergarments be 100% cotton.
- Contraband items include wallets, money, flashlights, cameras, knives, mouthwash, food, candy, medication (except as presented to medical staff on arrival as per medical form and directions), or any items not listed above. Contraband will be held by training staff until end of training.

Recruit Training Cadet Sea Bag List - Female

CADETS WILL TRAVEL AND REPORT IN APPROPRIATE CIVILIAN ATTIRE

Females

1 Current ID Card
1 Service Jacket including up-to-date & valid Medical Forms & PRT Results
1 Sea Bag (if additional luggage needed, must be soft-sided and fully collapsible)
1 Lock (Key or Combination) w/Extra Key or Combination in Service Record
1 Dress White Jumper (NSCC Shoulder Flashes, name plate)
1 Dress White Trousers
1 White Web Belt with Silver Tip and Silver Buckle
1 Black Web Belt with Silver Tip and Silver Buckle
1 Neckerchief
2 NWU Type III Blouses (NSCC Flashes and Name Tags as required by regulations) – 1 is acceptable if 2 not available
2 NWU Type III Trousers (NSCC Name Tags as required by regulations) – 1 is acceptable if 2 not available
1 NWU Type III Cover (NSCC Flash as required by regulations)
1 Set Blousing Straps
1 pair Black Leather Low Cut Regulation Dress Shoes (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 White Dress Cover (Dixie Cup)
4 NWU Type III T-Shirts, Crew Neck
2 White T-Shirts, Crew Neck
4 pair Socks, Black, Cotton
4 pair Socks, White, Cotton
5 Underwear, Cotton
2 PT Shirts (Sea Cadet authorized ONLY…available only from Vanguard) – 1 is acceptable if 2 not available
2 PT Shorts (Sea Cadet authorized ONLY…available only from Vanguard) – 1 is acceptable if 2 not available
1 Sweats Set (Preferably Dark Blue – US Navy or Sea Cadet authorized)
1 pair Athletic Shoes (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 pair NWU appropriate Boots (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 pair Shower Shoes (Flip Flops or similar)
2 Athletic Bras, White
2 Bras, White
1 Swimsuit (Dark Solid Color, One-Piece Only, No Midriffs)
1 Toiletries Kit (Including Comb or hairbrush, Toothbrush, Shampoo, Hand Soap & Holder, Toothpaste, Non-Aerosol Deodorant, Feminine Hygiene Items)
2 Sunscreen (SPF #30 or Higher, Non-Aerosol)
2 Insect Repellent (Non-Aerosol)
1 Shoeshine Kit and 1 Sewing Kit
Optional: Stationery/Writing Pad, Pen, Envelopes & Postage
2 Bath Towels
2 Wash Cloths
1 Plastic/Vinyl Poncho
1 Laundry Bag marked with cadet and unit name
Reading or other glasses as required. (There is a lot of classroom work and study required during the training session.)
NO Contact Lenses! No Make-Up!
1 Personal Water Supply (Canteen+Belt)
Bedding: 1 Twin Blanket, 2 Flat White Twin-Size Sheets, 2 white pillowcases, 1 pillow
Notes:

- **MARK ALL CLOTHING, Towels, etc**...with Last Name and last 4 digits of SSN or entire Sea Cadet ID Number
- Dress uniforms must be stenciled with permanent ink on the manufacturer's tags.
- We strongly advise that all undergarments be 100% cotton.
- Contraband items include wallets, money, flashlights, cameras, knives, mouthwash, food, candy, medication (except as presented to medical staff on arrival as per medical form and directions), or any items not listed above. Contraband will be held by training staff until end of training.

Advanced Sea Cadet Trainings Sea Bag List - Male

CADETS WILL TRAVEL AND REPORT IN APPROPRIATE CIVILIAN ATTIRE

Males
1 Current ID Card
1 Service Jacket including up-to-date & valid Medical Forms & PRT Results
1 Sea Bag (if additional luggage needed, must be soft-sided and fully collapsible)
1 Lock (Key or Combination) w/Extra Key or Combination in Service Record
1 Dress White Jumper (NSCC Shoulder Flashes, appropriate ribbons, rank, name plate)
1 Dress White Trousers
1 White Web Belt with Silver Tip and Silver Buckle
1 Black Web Belt with Silver Tip and Silver Buckle
1 Neckerchief
1 pair Leather Black Low Cut Regulation Dress Shoes (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 White Dress Cover (Dixie Cup)
2 NWU Type III Blouses (NSCC Flashes and Name Tags as required by regulations)
2 NWU Type III Trousers (NSCC Name Tags as required by regulations)
1 NWU Type III Cover (NSCC Flash as required by regulations)
1 Set Blousing Straps
4 NWU Type III T-Shirts, Crew Neck
2 White T-Shirts, Crew Neck
4 pair Socks, Black, Cotton
4 pair Socks, White, Cotton
5 Underwear, Cotton
2 PT Shirts (Sea Cadet authorized ONLY…available only from Vanguard)
2 PT Shorts (Sea Cadet authorized ONLY…available only from Vanguard)
1 Sweats Set (Preferably Dark Blue – US Navy or Sea Cadet authorized)
1 pair Athletic Shoes (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 pair NWU appropriate Boots (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 pair Shower Shoes (Flip Flops or similar)
1 Shaving Kit including Shaving Gear (no electric razors), Comb/or brush, Toothbrush, Shampoo, Hand Soap & Holder, Toothpaste, & Non-Aerosol Deodorant and Shave Cream)
2 Sunscreen (SPF #30 or Higher, Non-Aerosol)
2 Insect Repellent (Non-Aerosol)
1 Shoeshine Kit
1 Sewing Kit
1 Shorts-Type Swimsuit (Dark Solid Color, no Speedos or similar)
Optional: Stationery/Writing Pad, Pen, Envelopes & Postage
2 Bath Towels
2 Wash Cloths
1 Plastic/Vinyl Poncho
1 Laundry Bag marked with cadet and unit name
Reading or other glasses as required. (There is a lot of classroom work and study required during the training session.)
NO Contact Lenses!
1 Personal Water Supply (Camelback or Canteen+Belt)
Bedding: 1 Twin Blanket, 2 Flat White Twin-Size Sheets, 2 white pillowcases, 1 pillow
Notes:

- **MARK ALL CLOTHING, Towels, etc**...with Last Name and last 4 digits of SSN or entire Sea Cadet ID Number
- Dress uniforms must be stenciled with permanent ink on the manufacturer's tags.
- We strongly advise that all undergarments be 100% cotton.
- Contraband items include wallets, money, flashlights, cameras, knives, mouthwash, food, candy, medication (except as presented to medical staff on arrival as per medical form and directions), or any items not listed above. Contraband will be held by training staff until end of training.

Advanced Sea Cadet Trainings Sea Bag List - Female

CADETS WILL TRAVEL AND REPORT IN APPROPRIATE CIVILIAN ATTIRE

Females

1 Current ID Card
1 Service Jacket including up-to-date & valid Medical Forms & PRT Results
1 Sea Bag (if additional luggage needed, must be soft-sided and fully collapsible)
1 Lock (Key or Combination) w/Extra Key or Combination in Service Record
1 Dress White Jumper (NSCC Shoulder Flashes, appropriate ribbons, rank, name plate)
1 Dress White Trousers
1 White Web Belt with Silver Tip and Silver Buckle
1 Black Web Belt with Silver Tip and Silver Buckle
1 Neckerchief
2 NWU Type III Blouses (NSCC Flashes and Name Tags as required by regulations)
2 NWU Type III Trousers (NSCC Name Tags as required by regulations)
1 NWU Type III Cover (NSCC Flash as required by regulations)
1 pair Black Leather Low Cut Regulation Dress Shoes (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 White Dress Cover (Dixie Cup)
1 Set Blousing Straps
4 NWU Type III T-Shirts, Crew Neck
2 White T-Shirts, Crew Neck
4 pair Socks, Black, Cotton
4 pair Socks, White, Cotton
5 Underwear, Cotton
2 PT Shirts (Sea Cadet authorized ONLY…available only from Vanguard)
2 PT Shorts (Sea Cadet authorized ONLY…available only from Vanguard)
1 Sweats Set (Preferably Dark Blue – US Navy or Sea Cadet authorized)
1 pair Athletic Shoes (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 pair NWU appropriate Boots (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 pair Shower Shoes (Flip Flops or similar)
2 Athletic Bras, White
2 Bras, White
1 Swimsuit (Dark Solid Color, One-Piece Only, No Midriffs)
1 Toiletries Kit (Including Comb or hairbrush, Toothbrush, Shampoo, Hand Soap & Holder, Toothpaste, Non-Aerosol Deodorant, Feminine Hygiene Items)
2 Sunscreen (SPF #30 or Higher, Non-Aerosol)
2 Insect Repellent (Non-Aerosol)
1 Shoeshine Kit and 1 Sewing Kit
Optional: Stationery/Writing Pad, Pen, Envelopes & Postage
2 Bath Towels
2 Wash Cloths
1 Plastic/Vinyl Poncho
1 Laundry Bag marked with cadet and unit name
Reading or other glasses as required. (There is a lot of classroom work and study required during the training session.)
NO Contact Lenses! No Make-Up!
1 Personal Water Supply (Camelback or Canteen+Belt)
Bedding: 1 Twin Blanket, 2 Flat White Twin-Size Sheets, 2 white pillowcases, 1 pillow

Notes:

- **MARK ALL CLOTHING, Towels, etc**...with Last Name and last 4 digits of SSN or entire Sea Cadet ID Number
- Dress uniforms must be stenciled with permanent ink on the manufacturer's tags.
- We strongly advise that all undergarments be 100% cotton.
- Contraband items include wallets, money, flashlights, cameras, knives, mouthwash, food, candy, medication (except as presented to medical staff on arrival as per medical form and directions), or any items not listed above. Contraband will be held by training staff until end of training.

Staff Cadet Sea Bag List - Male

CADETS WILL TRAVEL AND REPORT IN APPROPRIATE CIVILIAN ATTIRE

Males
1 Current ID Card
1 Service Jacket including up-to-date & valid Medical Forms & PRT Results
1 Sea Bag (if additional luggage needed, must be soft-sided and fully collapsible)
1 Lock (Key or Combination) w/Extra Key or Combination in Service Record
1 Dress White Jumper (NSCC Shoulder Flashes, appropriate ribbons, rank, name plate)
1 Dress White Trousers
1 White Web Belt with Silver Tip and Silver Buckle
1 Black Web Belt with Silver Tip and Silver Buckle
1 Neckerchief
1 pair Leather Black Low Cut Regulation Dress Shoes (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 White Dress Cover (Dixie Cup)
2 NWU Type III Blouses (NSCC Flashes and Name Tags as required by regulations)
2 NWU Type III Trousers (NSCC Name Tags as required by regulations)
1 NWU Type III Cover (NSCC Flash as required by regulations)
1 Set Blousing Straps
4 NWU Type III T-Shirts, Crew Neck
2 White T-Shirts, Crew Neck
4 pair Socks, Black, Cotton
4 pair Socks, White, Cotton
5 Underwear, Cotton
2 PT Shirts (Sea Cadet authorized ONLY…available only from Vanguard)
2 PT Shorts (Sea Cadet authorized ONLY…available only from Vanguard)
1 Sweats Set (Preferably Dark Blue – US Navy or Sea Cadet authorized)
1 pair Athletic Shoes (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 pair NWU appropriate Boots (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 pair Shower Shoes (Flip Flops or similar)
1 Shaving Kit including Shaving Gear (no electric razors), Comb/or brush, Toothbrush, Shampoo, Hand Soap & Holder, Toothpaste, & Non-Aerosol Deodorant and Shave Cream)
2 Sunscreen (SPF #30 or Higher, Non-Aerosol)
2 Insect Repellent (Non-Aerosol)
3 White Handkerchiefs
1 Shoeshine Kit
1 Sewing Kit
1 Shorts-Type Swimsuit (Dark Solid Color, no Speedos or similar)
Optional: Stationery/Writing Pad, Pen, Envelopes & Postage
2 White Bath Towels
2 White Wash Cloths
1 Plastic/Vinyl Poncho
1 Laundry Bag marked with cadet and unit name
Reading or other glasses as required. (There is a lot of classroom work and study required during the training session.)
NO Contact Lenses!
1 Personal Water Supply (Camelback or Canteen+Belt)
Bedding: 1 Twin Blanket, 2 Flat White Twin-Size Sheets, 2 white pillowcases, 1 pillow
1 Wristwatch

Notes:

- **MARK ALL CLOTHING, Towels, etc**...with Last Name and last 4 digits of SSN or entire Sea Cadet ID Number
- Dress uniforms must be stenciled with permanent ink on the manufacturer's tags.
- We strongly advise that all undergarments be 100% cotton.
- Contraband items include wallets, money, flashlights, cameras, knives, mouthwash, food, candy, medication (except as presented to medical staff on arrival as per medical form and directions), or any items not listed above. Contraband will be held by training staff until end of training.

Staff Cadet Staff Sea Bag List - Female

CADETS WILL TRAVEL AND REPORT IN APPROPRIATE CIVILIAN ATTIRE

Females

1 Current ID Card
1 Service Jacket including up-to-date & valid Medical Forms & PRT Results
1 Sea Bag (if additional luggage needed, must be soft-sided and fully collapsible)
1 Lock (Key or Combination) w/Extra Key or Combination in Service Record
1 Dress White Jumper (NSCC Shoulder Flashes, appropriate ribbons, rank, name plate)
1 Dress White Trousers
1 White Web Belt with Silver Tip and Silver Buckle
1 Black Web Belt with Silver Tip and Silver Buckle
1 Neckerchief
2 NWU Type III Blouses (NSCC Flashes and Name Tags as required by regulations)
2 NWU Type III Trousers (NSCC Name Tags as required by regulations)
1 NWU Type III Cover (NSCC Flash as required by regulations)
5 NWU Type III T-Shirts, Crew Neck
1 Set Blousing Straps
1 pair Black Leather Low Cut Regulation Dress Shoes (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 White Dress Cover (Dixie Cup)
4 NWU Type III T-Shirts, Crew Neck
2 White T-Shirts, Crew Neck
4 pair Socks, Black, Cotton
4 pair Socks, White, Cotton
5 Underwear, Cotton
2 PT Shirts (Sea Cadet authorized ONLY…available only from Vanguard)
2 PT Shorts (Sea Cadet authorized ONLY…available only from Vanguard)
1 Sweats Set (Preferably Dark Blue – US Navy or Sea Cadet authorized)
1 pair Athletic Shoes (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 pair NWU appropriate Boots (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 pair Shower Shoes (Flip Flops or similar)
2 Athletic Bras, White
2 Bras, White
1 Swimsuit (Dark Solid Color, One-Piece Only, No Midriffs)
1 Toiletries Kit (Including Comb or hairbrush, Toothbrush, Shampoo, Hand Soap & Holder, Toothpaste, Non-Aerosol Deodorant, Feminine Hygiene Items)
2 Sunscreen (SPF #30 or Higher, Non-Aerosol)
2 Insect Repellent (Non-Aerosol)
1 Shoeshine Kit and 1 Sewing Kit
Optional: Stationery/Writing Pad, Pen, Envelopes & Postage
2 Bath Towels
2 Wash Cloths
1 Plastic/Vinyl Poncho
1 Laundry Bag marked with cadet and unit name
Reading or other glasses as required. (There is a lot of classroom work and study required during the training session.)
NO Contact Lenses! No Make-Up!
1 Personal Water Supply (Camelback or Canteen+Belt)
Bedding: 1 Twin Blanket, 2 Flat White Twin-Size Sheets, 2 white pillowcases, 1 pillow
1 Wristwatch

Notes:

- **MARK ALL CLOTHING, Towels, etc**...with Last Name and last 4 digits of SSN or entire Sea Cadet ID Number
- Dress uniforms must be stenciled with permanent ink on the manufacturer's tags.
- We strongly advise that all undergarments be 100% cotton.
- Contraband items include wallets, money, flashlights, cameras, knives, mouthwash, food, candy, medication (except as presented to medical staff on arrival as per medical form and directions), or any items not listed above. Contraband will be held by training staff until end of training.