



UNITED STATES NAVAL SEA CADET CORPS

FIELD MEDICAL TRAINING NORTHWEST
2009

SEA BAG LIST

<u>QTY</u>	<u>M/F</u>	<u>Item</u>
1		Sea bag (lockable)
2		Blue Utility Shirts w/ NSCC Flashes and Insignia
2		Blue Utility Pants
3		Battle Dress Uniform Blouse w/ NSCC Flashes and Insignia
3		Battle Dress Uniform Trousers
1		Battle Dress Uniform 8 Point Cover with NSCC Flash
1		Black web Belt with Black Tip and Black Buckle (BDU)
1		Black Web Belt with Silver Tip(Utility)
2		Silver Belt Buckle
1		NSCC Ball Cap (Unit Ball Cap Acceptable if has NSCC Logo)
1		Utility Jacket with NSCC Flashes
1		Dress White Jumper w/NSCC Flashes and Insignia
1		Dress White Pants
1		White Belt with Silver Tip
1	M	White "Dixie Cup" Dress Cover
1	F	White Combination Cover w/ NSCC Insignia
1		Neckerchief
1 pair		Black, Low Cut Leather Dress Shoes (no corframs)
1 or 2 pair		Black, High Top Work Shoes/Boots (combat)
1 pair		Athletic Shoes/sneakers (good for Running)
1 pair		Shower shoes/flip flops
1		Woodland Camouflage Poncho
1		Navy Blue Gym shorts
1		Navy Blue Sweat Pants
1		Navy Blue Sweat Shirt
1	M	Navy Blue Swim Trunks
1	F	Navy Blue One-Piece Bathing Suit
3		Plain White Crew-Neck Undershirts
3		Brown Crew-Neck Undershirts
6		Underwear
1	F	Bras
2	F	Sports Bras
6 pair		Black Socks
6 pair		White Socks
2		Black Ball Point Pens
		Small Maglite (flashlight)
1		Battery operated travel alarm clock w/ extra battery
1		Watch
1		3-inch black, 3-ring binder with 50 sheets of lined paper
Optional		Stationary, envelopes, stamps
1		Shoe-Shine Kit
1		Sewing Kit
1		Sunscreen (Protection Factor 30 plus)
1		Laundry Bag & Detergent
6		Hangers (White)
2		Towels (white)
1		Sleeping Bag

QTY	M/F	Item
2		Canteens, Canteen Holders, and OD Green Web Belt
1		Stethoscope
2		Wash Cloths (White)
2		Combination Locks
1	M	Hygiene Kit (Male) - Razor, Shaving Cream, Hand soap, toothpaste, toothbrush, shampoo, deodorant, foot powder comb, brush
1	F	Hygiene Kit (Female) - Razor, Hand soap, toothpaste, toothbrush, shampoo deodorant, sanitary products as necessary, comb brush, foot powder

CADETS MAY BRING THE FOLLOWING ITEMS

- * Up to 2 pleasure reading or school books
- * One deck of playing Cards (gambling will not be tolerated however)
- * \$50 spending money
- * Up to 2 sets of civilian clothes, fad/inappropriate clothes will not be allowed
- * Cadets may bring a cell phone for use with travel, however that cell phone will be collected at the beginning of the training by training staff and not returned until completion of the training.

CADETS **MAY NOT** BRING ANY OF THE FOLLOWING ITEMS

- * **ENERGY DRINKS** of any kind, Energy Bars, etc.
- * Perfumes or colognes
- * Knives or blades or any kind (including Swiss army/leatherman tools)
- * Weapons (guns, grenade launchers, etc)
- * Tobacco products or related paraphernalia (cigarettes, pipes, matches, etc)
- * Drugs, controlled substances or related paraphernalia
- * Medications (prescription or over the counter, including inhalers)Unless cleared by COTC
- * ANYTHING NOT ON THIS LIST!!

Cadets must conform to the requirements of this sea bag list. If a cadet is in possession of a prohibited item, it will be confiscated and returned at the Commanding Officer's discretion.

ADDENDUM FOR STAFF CADETS:

1 set of tropical summer whites with appropriate flashes and ratings for graduation required!!