

**U.S. NAVAL SEA CADET CORPS**  
**SEABAG LIST - RTC 2010 - Recruit Sea Bag List**  
**Spokane, Washington**

- 2) 2 Combination locks
- 2) Seabag
- 3) White Covers (males 2 White Hats, females 1 combination cover with NSCC cap device)
- 4) Dress White Jumper with black neckerchief
- 5) Dress White Trouser (females – NO skirts)
- 6) White Web Belt with silver tip
- 7) Pair Black Dress Shoes
- 8) 3 Chambray Shirts with both “USNSCC” and “Last Name” nametapes sewn on
- 9) 3 Utility Pants with “Last Name” nametape sewn on
- 10) Rain coat (Black Navy issue if available)  
It does get wet in Spokane at time they need some type of rain coat
- 11) 6 Crew-neck White T-Shirts
- 12) 6 Pair White Underwear - Briefs only. (No boxers or thongs)
- 13) 6 Pair Black Socks
- 14) 6 Pair White Socks
- 15) Black Web Belt with silver tip
- 16) Silver Belt Buckle (ok to bring an extra buckle)
- 17) Pair Athletic Shorts for PT (Navy Blue or Black)
- 18) Utility Jacket (w/NSCC shoulder flashes) If available from your unit
- 19) Swim Suit (females one piece only, males no Speedo type trunks)
- 20) Pair Work Boots (Boondockers (low top) or combat (high top), well worn in by the cadet used boots from someone else is not recommended these need to be broken in by the cadet wearing them or they will have foot problems)
- 21) Pair Sneakers for PT
- 22) Pair Shower Shoes (thongs or flip flops)
- 23) 3 Bath Towels - White preferred
- 24) 2 Wash Cloths - White preferred
- 25) 1 Sweatshirt –OPTIONAL - NOT REQUIRED (Navy Blue, Marine Green or Gray)
- 26) 1 Canteen military issue
- 27) 1 Canteen Cover/Holder military issue
- 28) 1 Web Belt (to attach canteen to) military issue
- 29) Sunscreen (SPF 30 or higher)
- 30) Chap stick
- 31) Shoeshine Kit (black paste only, no liquid polish)
- 32) **1 Hygiene** kit to include **no less** than 3 disposable razors or razor heads, 1 bar soap in plastic holder with lid, deodorant, shampoo, foot powder, toothbrush, toothpaste and feminine hygiene products as
- 33) **Females: pins, rubber bands to secure long hair, in accordance with uniform regulations.**
- 34) Sleeping Bag

### **Males**

35) Shaving Gear ( no electric razors)

36) 1 Compression Short

### **Females**

37) Sports Bra (at least 3) Regular Bra (1 for Dress uniform)

38) Razors (shaving gel ok but be reminded your shower time may be limited to 3 minutes)

39) Sanitary supplies

### **Miscellaneous**

Cadets may have up to \$20.00 in cash for spending money. It is not necessary to bring any.

### **THE FOLLOWING ITEMS WILL BE CONFISCATED:**

Food (candy, gum, snacks, etc.)

Tobacco (including lighters and matches)

Glass Items (bottles, mirrors, etc.)

Weapons or Fireworks (including Leatherman type tools)

Jewelry (females only may wear regulation earrings). No piercings of any type other than ears, male or female. Leave your watches and rings at home. Cadets may wear a dog-tag style chain. This chain may contain a single “plain” religious medallion in addition to the dog-tag padlock keys.

Electronic Gear (radios, CD players, video games, cameras, cell phones, pagers, etc.)

Drugs and Drug Paraphernalia (legal or illegal, over-the-counter or prescription)

Alcohol (includes mouthwash)

Reading Material (except Navy Bluejacket Manual, BMR, small Bible or Prayer Book)

Beauty Products (Makeup, hairspray/gel/mousse, lipstick)

[HAVE YOUR NAMETAPES SEWN ON. If your unit does not supply nametapes they can be ordered from Spur Nametapes \(800\) 626-3827 and are very reasonably priced. You can also order online from http://www.1800nametape.com/](http://www.1800nametape.com/)

**Sea Cadet Shoulder Flashes are required on all shirts and jumpers, no exceptions**

**ALL SEA BAG ITEMS MUST BE STENCILED WITH CADET’S NAME.**