

POLA 2009 Staff Seabag List

Summer White Uniform with Ribbons and white belt with silver tip and silver belt buckle
Black dress shoes
White hat (males)
Combination cover white top (females)
Black open faced buckle
3 Brown crew neck t-shirts
8 point cover with NSCC flash
2 BDUs
2 inch three ring binder
3 Pens (blue or black only)
Seabag
Alarm clock
Small flashlight
High top combat boots black
Sunscreen (spf 30 minimum)
2 combination locks
Sewing kit
Athletic running shoes
Athletic supporter (males)
Sports bras/regular bras (females)
Black socks
Shoe shine kit (no liquid polish)
White socks (athletic)
Chap stick
3 White crew neck t-shirts
3 pair briefs (no thongs)
Religious material (optional)
1 Swim suit (females one piece males no Speedo)
1 pair shorts (black or blue for pt)
1 Mesh laundry bag
1 pair sweats (black or blue)
Shower shoes
2 Towels
2 Washcloths
Bathrobe/shower wrap (optional)
Wrist watch
Canteen with belt military issue
Cloths iron
Hygiene kit: soap, deodorant, shampoo, conditioner, foot powder, toothbrush, toothpaste,
female hygiene products as necessary, hair pins and rubber bands
Civilian cloths
Portable music device (Optional)
Laundry soap

Contraband:

Cosmetics

Matches and lighters

Electrical appliances

Perfumes

Medications shelf items or prescribed

Energy drinks or boosters of any kind

Weapons including leatherman type tools

Pornographic materials

Liquid shoe polish

Glass containers

Jewelry (except one optional religious medallion)

Controlled substance (alcohol or tobacco or drugs)

Money paper or coin over \$50 no personal checks

Note: seabag inspection will be performed upon arrival at Pola Ft Lewis WA

All personal belongings must be stenciled with cadets first initial and last name