

## POLA 2009 Trainee 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)  
2 Chambray shirts with name tapes  
2 Utility pants with name tapes  
NSCC Regulation Ballcap  
Raincoat (black navy issue if available... it does get rainy at Fort Lewis so please be sure to pack some form of rain coat. A poncho is not considered a rain coat.)  
Black belt with silver tip and silver buckle  
Utility jacket with flashes  
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