

UNITED STATES NAVAL SEA CADET CORPS
Spokane Boot Camp - Adult/CPO Staff Sea Bag List
1-14 August 2010

Sleeping BAG

Summer Whites /with ribbons, belt & belt buckle
Khaki /with ribbons, belt & belt buckle
Khaki Garrison cap (optional)
Pair black dress shoes
Pair white dress shoes
Combo, white cover, khaki cover optional
Sea Bag
Alarm clock
Small flashlight (mini maglite)
buckle
Sunscreen SPF 30 (minimum)
2 Padlocks
Sewing Kit
Pair of athletic running shoes
Sports Bra - Regular Bra
6 Pair black socks
Shoe shine kit - NO liquid polish
6 Pair white socks/Athletic
Lip Balm or chap stick
6 White crew neck T-shirts
6 Plain white cotton briefs
Religious material (optional)
1 Swim suit (females - one piece / Males-no Speedos)
1 Pair of shorts - black or blue (for PT)
Mesh laundry bag
1 Pair of sweats - black or blue
BDU jacket (Field)
Pair of shower shoes
Towels
Washcloths
Bathrobe or shower wrap (optional)
Wrist watch
Canteen with belt (military issue)
Clothes Iron

1 Hygiene kit: Soap in plastic holder with lid, deodorant, shampoo, conditioner, foot powder, toothbrush, toothpaste and feminine hygiene products as necessary.

Females: pins, rubber bands to secure long hair, in accordance with uniform regulations.

Civilian clothing - Not to be worn in presence of recruits or during duty hours

Portable Cd players / Walkman's / MP3 players – **not to be used in presence of recruits or during duty hours**

* Cell phones are authorized to bring to training however, they will be confiscated upon arrival after notifying parents of safe arrival. **This is for CPO's**

CONTRABAND

The following items are EXPRESSLY PROHIBITED (Do Not Bring)!!!

Cosmetics (CPO's)	Weapons	Controlled Substances
Pornographic materials	Electrical appliances	Liquid Shoe Polish
Alcoholic beverages	Perfumes	Glass containers
Matches/lighters (CPO's)	Tobacco products (CPO's)	
Medications (shelf items or prescribed)	Jewelry (except 1 optional religious medallion)	

NO ENERGY DRINKS OF ANY KIND.

MONEY (paper or coin) (no more than \$50.00) (no Personal checks) CPO's ONLY

NOTE: A Sea Bag inspection will be performed upon arriving at RTC Spokane CPO's ONLY

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

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