

U.S. NAVAL SEA CADET CORPS
SEABAG LIST – RTC 2009 – Staff Cadet Sea Bag List
FORT LEWIS, WASHINGTON

1. 02 Padlocks with *combination locks are preferred*. Must have 2 spare keys per lock if keyed locks are used.
2. 01 “Dog-tag chain” for keys
3. Seabag

Uniforms:

4. 01 Tropical White Uniform:
 - a. 01 Summer White Shirt
 - b. 01 Summer White Trousers (FEMALES: NO SKIRTS)
 - c. 01 pair Black Dress Shoes
 - d. Males: 01 White Hat (Dixie Cup)
 - e. Females: 01 Combination cover with NSCC cap device
 - f. 02 pair Black Dress Socks
 - g. 01 White Web Belt with Silver Tip

Note: Shirt and dress pants similar to Officer whites

5. 03 Work Uniforms:
 - a. 03 BDU Blouses with both “USNSCC” and “LAST NAME” nametapes sewn on
 - b. 03 BDU Trousers with “LAST NAME” nametapes sewn on
 - c. Pair Work Boots (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)
 - d. 01 8-Point Cover with NSCC Patch
 - e. 01 Black Web Belt with Black Tip
 - f. 01 Black Open Face BDU Belt
 - g. 01 Canteen (military issue)
 - h. 01 Canteen cover/holder (military issue)
 - i. 01 Web Belt (to attach canteen to) aka Duty Belt (military issue)
6. 01 Rain Coat (Black Navy Issue if available)

Note: It does get wet at Ft Lewis at this time cadet will need some type of rain coat.

7. 01 BDU Field Jacket (w/NSCC shoulder flashes) If available from your unit

PT Gear:

8. 01 Pair Athletic Shorts (Navy Blue or Black)
9. 06 Pair White Socks
10. 01 Swim Suit (females ONE PIECE ONLY, males NO speedo type trunks)
11. 01 Pair Sneakers
12. 01 Sweatshirt – OPTIONAL – NOT REQUIRED (Navy Blue, Marine Green or Gray)

Undergarments:

13. 06 Brown Crew-neck T-Shirts
14. 02 Crew-neck White T-Shirts
15. 06 Pair WHITE Underwear – Briefs only. (No boxers or thongs)
16. 06 Pair Black Socks

FEMALES ONLY:

17. 03 Sports bras
18. 01 Regular Bra (for dress uniform)

MALES ONLY:

19. 01 Athletic supporter

Shower Gear

20. 01 Pair Shower Shoes (aka thongs or flip flops)

21. 03 Bath Towels – White preferred

22. 02 Wash Cloths – White preferred

23. 01 Hygiene Kit to include:

- a. 03 disposable razors or razor heads w/ razor (ELECTRIC RAZORS PROHIBITED)
- b. 01 bar soap WITH plastic holder WITH lid
- c. 01 deodorant
- d. 01 bottle of shampoo
- e. 01 foot powder
- f. 01 tooth brush
- g. 01 tube of toothpaste
- h. 01 can of shaving cream

FEMALES ONLY:

- i. Sanitary supplies/feminine hygiene products as necessary
- j. **Pins and rubber bands to secure long hair, in accordance with uniform regulations**

Miscellaneous

24. Sunscreen (SPF 30 or higher)

25. Chap stick

26. Shoeshine Kit (black paste only, NO liquid polish)

27. Alarm Clock

28. Small Flashlight (mini maglight)

29. Sewing Kit

30. Mesh Laundry Bag

31. Bathrobe or Shower Wrap (Optional)

32. Wrist Watch

33. Clothes Iron (optional)

34. 01 Set of Appropriate Civilian Attire (not to be worn in front of Recruits)

35. Portable CD Player (not to be used in front of Recruits)

Note: Cell phones may be brought, but will be confiscated after notifying family of safe arrival.

Note: Cadets may have up to \$50.00 in cash for spending money. It is not necessary to bring any.

THE FOLLOWING ITEMS WILL BE CONFISCATED:

- Tobacco products
- 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 padlock keys.
- Electronic Gear (video games, cameras, cell phones, pagers, etc.)
- Drugs and Drug Paraphernalia (legal or illegal, over-the-counter or prescription)
- Alcohol (includes mouthwash)
- Matches/lighters
- Pornographic Material

- Liquid Shoe Polish
- Perfume
- All Energy Drinks are PROHIBITED.

Note: It is best to not bring the majority of the items listed here, as stated above cell phones are allowed but will be confiscated upon arrival

REMINDER: YOUR NAME MUST BE CLEARLY STENCILED ON EVERY ITEM WITH WATERPROOF INK. 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/>

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

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