

NSCC SEABAG LIST
Field Medicine Training
Branford, FL

<u>Item</u>	<u>Quantity</u>	<u>Additional Information</u>
Current ID Card	1	Must be current. Cannot expire during training.
Seabag	1	
Dress White Jumper	1	
Dress White Trousers	1	
Dress White Web Belt w/ buckle	1	(Not applicable to females)
Suit bag	1	Crucial for keeping whites clean during training
Dress cover	1	Dixie cover for males; Combo cover for females.
Black neckerchief	1	
Black dress shoes	1	As issued by USNSCC Uniform Depot
Black dress socks	2 pairs	
Ribbons	1	
Name tag	1	
BDU Shirts	2-3	BDU's ONLY at this training
BDU Trousers	2-3	
Riggers Belt, black w/ buckle	1	Two recommended
Utility cover	1	BDU 8 point with NSCC flash
Boots	1	Black (well broken in)
Blousing garters	2	
Boot socks	6	
Athletic Shoes	1 pair	See notes
White socks	6 pairs	
PT shorts, Blue or black	2-5	
PT shirt	2-5	Gold or yellow
White T-shirts	2	White, Crew-neck. For dress uniform.
Brown t-shirts	6-9	For use with BDU's
Underwear	9 pairs	At least 2 pairs white.
Sunglasses: Black w/ black lens	1	Two recommended
Protective Gloves	1	See notes
Personal hygiene kit	1	Should contain items such as: shampoo, soap, shaving accessories, nail clippers, toothbrush, toothpaste, brush/comb, deodorant, sunscreen, talc./baby powder, extra shoelaces, bug spray repellent
Baby wipes	10 packs	Personal packs
Swimsuit, Dark, solid color	1	Males boxer-type.
Flip-flops/shower shoes	1	
Laundry bag	1	
Clothes hangers	2	For dress whites only (in suit bag)
Sleeping bag	1	
Towels	2	Brown or black recommended
Washcloths	2	
Sewing kit	1	
Digital wrist watch - black	1	
Shoe shine kit	1	
Padlock with combination code	1	
Notebook	1	Spiral bound, 8.5 x 11
Sharpie: black ink, large tip	2	
Earplugs	2	
Flashlight	1	Bring extra batteries
Money		\$6 in quarters (for laundry) \$10 dollars in spending money

Optional, But Recommended Items

"Rite in the Rain" Notebook	2 (small, tan, waterproof)
550 Paracord, tan, black or green	1 (100 feet)
Duct tape	1 roll, dark color
Baby powder	1 small bottle, Goldbond recommended
Compressible Pillow, small	1
Compression shorts/"bike shorts"	3-6 (for field or PT use)
Disposable camera	1
Ziplock bags, quart sized	1 box
Chapstick	1
Envelopes, paper, stamps	Optional

NOTES:

Running Shoes- These shoes are just that...made for running. Do not show up with Nike Air Jordan's, Van's skate shoes, cowboy boots, etc. These are not running shoes and are things I've seen in the past that have hurt cadets. Bring a broken in pair of cross trainers or other type of running shoe that will protect your ankles and feet. They must have laces as well.

Protective Gloves- Again, I use a great pair of tactical gloves from Voodoo tactical which cost me about \$20 online. They made a world of difference when it came to moving objects, patients, stretchers. They should be rugged. easy to slip on and off, and not bulky as to where you have limited or no dexterity (i.e.- leather working gloves, gardening gloves, etc).

Digital Watch- A simple digital watch is needed and is crucial to staying on track during field operations. \$10 to \$15 dollars will get you exactly what you need from Walmart. Again, buy a watch that is rugged and durable, easy to use and easy to read. We will also need these when learning vital signs. **MUST BE BLACK IN COLOR AND PLAIN IN STYLE** if you plan to wear it with your uniform. Please no eccentric or crazy patterns that are faddish.

Sunglasses- Eye protection is clutch while in the field and will go a long way in making life a bit easier for you. We'll be using a lot of smoke, pyrotechnics, and fake blood that can pose a risk to your eyes. Get a couple of cheap pairs, you'll be happy you did.

Riggers Belt- These are fantastic nylon belts and will be used in place of the standard web belt/black buckle worn typically with the BDU uniform. They are highly durable, can be used to carry gear, and are more comfortable in the field. **BLACK BELT ONLY, TAN IS NOT AUTHORIZED.** I believe you can find these for \$7.00 or so online or at an exchange. Please note, there is absolutely no need to buy an expensive belt.

Non-Aerosol Items- anything that is pressurized and in a can is a great way to cause an explosion (or a huge fire hazard typically). Aerosol cans in sea bags tend to pop and leave quite the mess or could injure people. Any aerosol can will be confiscated.

Pad Lock- Learn how to open the lock, memorize the code, then write it down and tape it to the lock. This is how you will secure your gear for the week and our command will need the code in case you forget it or there is an emergency. A \$5 MasterLock (dial-turn, combo code style) is perfect.

NOTE: ALL items will be marked with cadet's name and last four numbers of social security number. Training is not responsible for lost, misplaced, or stolen items. All items from the contraband list (below) will be confiscated upon arrival if brought to training. *You may bring a cell phone, **but it will be collected at check-in and given back to you upon course completion.*** **NOTE: Possession of contraband materials at any time during this training evolution is grounds for immediate dismissal from the course.**

CONTRABAND LIST:

Alcoholic beverages

Books or magazines (religious books, drill manuals, and bluejackets manuals are authorized)

Candy, food, etc.

GUM

Controlled substances

Nail polish

Electronics

Firearms, knives, or any other weapons.

Hair dryers

Jewelry (except 1 optional religious medal or 1 pair dog tags)

Matches/lighters

Medications of any kind (shelf or prescribed) ***Clear any medications with the COTC prior to training!

Pornographic materials

Tobacco products