

NLCC SEABAG LIST

Fitness

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 shirt (salt)	1	
Dress black trousers (pepper)	1	
Dress Black Web Belt w/ buckle	1	
Suit bag	1	To keep dress uniform clean at training
Dress cover	1	Dixie cover for males; Combo cover for females.
Black dress shoes	1	As issued by USNSCC Uniform Depot
Black dress socks	2 pairs	
Ribbons	1	
Name tag	1	
Utility Shirts	2-3	NWU's, BDU's, or utilities
Utility Trousers	2-3	NWU's, BDU's, or utilities
Utility Web Belt, black w/ buckle	1	NWU, BDU, or ball cap
Utility uniform t-shirts	4-5	Blue for NWU's, Tan for BDU's, White for utilities
Utility cover	1	
Boots	1	Black -- with blousing garters.
Boot socks, black	7 pairs	
Shirt Stays	1 pair	For dress uniform (recommended but optional)
Athletic Shoes	2 pairs	
White socks	7 pairs	
PT shorts, Blue or black	4	
PT shirt	4	Gold or yellow
White T-shirts	2	White, Crew-neck. For dress uniform
Underwear	7 pairs	At least 3 pairs white.
Bras (females only)	7	White or skin tone.
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, feminine articles (females only).
Beach Towel	1	No offensive writing or pictures.
Swimsuit, Dark, solid color	1	Females one-piece; Males boxer-type.
Flip-flops/shower shoes	1	
Laundry bag	1	
Clothes hangers	2	For dress uniform only (in suit bag)
Sleeping bag	1	
White towels	3	
White washcloths	2	
Pillow	1	
Sewing kit	1	
Shoe shine kit	1	
Notebook	1	Spiral bound, 8.5 x 11
Pens	2	
Small flashlight	1	Bring extra batteries
Alarm clock or watch with alarm	1	
Camelbak water dispenser	1	See notes below!!!
Money		\$6 in quarters (for laundry) \$15 dollars in spending money
Envelopes, paper, stamps		Optional

All NLCC Fitness cadets will need to bring a Camelback water dispenser so that we can ensure that the cadet is properly hydrated at all times. Here is an example of one on Amazon:

<http://www.amazon.com/Camelbak-Classic-Hydration-Racing-Charcoal/dp/B00437V81Q>

You may purchase this at local sporting goods stores, at Wal-Mart/Target, or buy it through any on-line source.

**Sunscreen, Chapstick, and bug spray are highly recommended for all cadets.

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