



# U.S. NAVAL SEA CADET CORPS



REGION 6-5 – SOUTHEAST FLORIDA  
LCDR Nelson Rose, USNSCC – Regional Director  
LCDR Jeff Leibowitz, USNSCC – Deputy Regional Director  
6963 Wilson Road | West Palm Beach | Florida 33413-2339  
P: (561) 609-1800 | F: (561) 771-6201 | www.flseacadets.org

16 May 2021

Dear Summer 2021 League Cadet Training Parents & Cadets,

I would like to officially welcome you to the South Florida Summer 2021 League Cadet Training to be held at the Florida Baptist Encampment in Groveland, Florida. League Cadet Trainings will be from 11 July 2021 through 17 July 2021.

**Please read this letter thoroughly** to ensure the best possible experience for these exciting and challenging training evolutions. It will give you all of the details you need to know about the logistics and more of South Florida Recruit Training for Summer 2021. This letter includes:

*Official COTC Welcome Aboard Detailed Registration Instructions*  
*Detailed Drop-Off and Pick-Up Instructions*  
*Parent/Cadet Communications During Training*  
*Training Sea Bag Requirements Lists (Male and Female)*

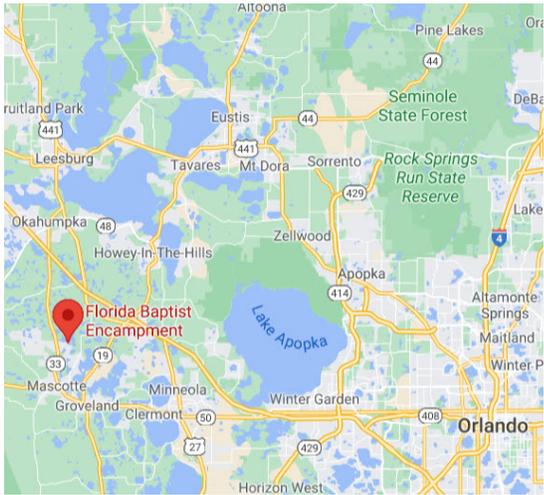
This is the latest of many times that I have served as a Commanding Officer – Training Command (COTC). The first time I attended a Cadet training however was 53 years ago, when I was a Sea Cadet recruit myself! More recently, I have staffed several Recruit and Advanced Trainings, so I am confident that my perspectives as both a 13-year-old Sea Cadet Recruit, and as a slightly older Sea Cadet officer, will make for a memorable experience for all participants and their families.

It is that range of experience that contributes to my relatively direct advice as to how to make the upcoming training as positive as possible for each cadet...starting with, oddly enough, shoes. Yes...shoes. As a Cadet myself at my RT in 1968, I found myself at sick bay each night...to get my shoes removed by a corpsman. I will spare you the details, but let's just say that it was unpleasant for all involved...and my parents felt horrible for having sent me in brand new shoes, that also turned out to be a bit too loose (causing my foot to rub with every marching and running step...all day long). So please trust me when I tell you that the rules and advice below come from the hard-learned lessons of myself and others (as cadets and officers).

This summer we are doing 3 different training programs at the same location at the same time, though each cadet will participate in only one of them. The trainings include:

*League Cadet Orientation*  
*Basic Medical (League Cadet Advanced Training)*  
*Field Operations (League Cadet Advanced Training)*

**The 2019/2020 South Florida Winter Trainings will be held at:  
Florida Baptist Encampment - Groveland, FL 11 July 2019 - 17 July 2021**



- Address: [4645 Baptist Island Rd, Groveland, FL 34736](https://www.google.com/maps/place/4645+Baptist+Island+Rd,+Groveland,+FL+34736)
- Staff Cadet Arrival  
Saturday 10 July 2021 1800-1900
- **Cadet Arrival**  
**Sunday 11 July 2021 0800-1100**
- Graduation  
Saturday 17 July 2021, 1100-1130  
Cadet Dismissal at 1130-1200

All Training Fees are \$100.00.

Any cadets or escort officers who may be flying into South Florida need to arrange transport to and from the training site in coordination with COTC no later than 30 days prior to the training date. Such transport cannot be guaranteed, so please confirm with COTC **before booking any flights.**

**Making It Easy & Fun...or Hard & Painful for Your Cadet (and you)** There are a few things that you should note right up front that will make things better for everyone:

- **Good, properly sized SHOES** (and appropriate socks), including sneakers, uniform dress, shower flip-flops and **especially boots** (there is A LOT of marching and running in boots), can make the difference between a great time and a terribly painful time for your cadet! This is listed first for a reason! Get your cadet the right shoes...or keep them home and save them the pain!
- Don't kid yourself...or us. Recruit Training will be the most physically and psychologically demanding and challenging thing your cadet has ever done...by far! For many, it will be their first time away from home for an extended period of time. Your cadet will have enough to handle with the training alone...please don't make their challenge harder.
  - Fully disclose any and ALL medical, psychological or physical conditions or limitations when registering. Taking a cadet off maintenance or other medications for the time of this training is neither a good medical or acceptable behavioral practice. You **MUST** disclose all medications they have been or should be taking!
  - Anything that **could** be an issue **WILL be an issue** under the stress and physical demands of the training. Just because [whatever it is] doesn't bother them in school or gym class, doesn't mean it won't be a problem at training...it will!
  - Do not go away on vacation while your cadet is at training. Be prepared to come to take your cadet home in the event of a medical or disciplinary issue. It is rare that a cadet needs to go home early, but it happens to at least two to four cadets each training, for a variety of reasons, during every training evolution.

We will be following all local, state, facility, CDC, and HQ guidance on Covid-related issues in effect at the time of the training. As you know, the situation with such regulations and guidance is very fluid and changes often, and we will be following and adhering to any relevant regulations or guidance, erring to the side of safety of all cadets and adults at all times.

We will have plenty of adult- and child-sized masks on hand in the event that usage is either mandated or desired. Any cadet or adult participating in the program that wants to or needs to use a mask will be able to do so. If parents wish their cadet to be masked regardless of guidance, we will honor and enforce that wish.

We will also be as flexible as possible with regard to PRT and Seabag issues. As mentioned in my previous note, we realize that these are young cadets and it may be their first time away, especially for anything training-related. The goal of the "requirements" is to ensure the safety and comfort of the cadets. We want them to have fun while learning how to be a cadet, so as long as that can be accomplished, and they demonstrate the heart and willingness to at least try, they'll be fine. Please feel free to contact me if you need any exceptions to the requirements and I'll do my best to make all reasonable accommodations.

### **Detailed Drop-Off and Pick-Up Instructions**

**IMPORTANT NOTE!!!** Please be on-time and neither early or late. There is another group at the facility both before and after our training, so timing is very important! If your cadet is ill at the time they are to report, **DO NOT BRING THEM!** It is better to reschedule them into a future training, even if you may have to travel further, than to have them make other cadets and/or staff sick and then be sent home without getting credit for completing the training anyway. This is especially true due to the Covid pandemic! Our medics and medical department are adequate for the program (registered nurse and/or paramedics), but nothing near the level of a doctor's office, clinic or hospital.

### **Detailed Registration Instructions**

- "Walk-ins" or cadets with Local Orders will NOT be accepted into the training and will be sent home immediately upon arrival.
- Only properly registered cadets who complete the 3 steps below and RECEIVE FINAL ORDERS will be mustered into the training. Just registering on Magellan or submitting payment does NOT complete your registration!!! To complete your registration, you must:
  - Register and be Confirmed on Magellan
  - Submit full payment by credit or debit card...by going to:  
<https://www.flseacadets.org/shipsstore> and selecting the appropriate training  
...or by mailing a check payable to: USNSCC Region 6-5, Inc.  
Send to: USNSCC Region 6-5, 6963 Wilson Road, West Palm Beach, FL 33413-2339
- Each cadet must have had a physical exam and recent shots record documented and signed by a medical professional within the last year (NSCADM 001, pages 5 and 6).
  - The report of medical history needs to be completed within 30 days prior to the date of the training. (NSCADM 001, pages 3 and 4) signed by a parent or legal guardian.
  - If the cadet currently is taking medication prescription or non-prescription (Over the counter) then the Medical History Supplemental has to be done for the training. (NSCADM 001, pages 7 and 8)
  - If a cadet is requesting accommodation under the American with Disabilities Act. form NSCADM 001 pages 9 and 10 must be filled out and signed by appropriate authority.
  - The forms or other service jacket documents must indicate that either all shots and vaccinations were given recently or have been completed. A copy of the cadet's state issued shot record is fine.
  - There must be a copy of the cadet's insurance card in the service jacket or a signed statement that the cadet is self-insured.
- If your cadet has any dietary requirements or severe food allergies, please email the COTC immediately to be sure that we are aware and that we can accommodate your cadet.

- If you are applying as a STAFF CADET, please send an e-mail to LCDR Nelson Rose, USNSCC (XOTC) at [director@flseacadets.org](mailto:director@flseacadets.org) explaining your desire and qualifications.
  - Your CO must also send an e-mail to LCDR Nelson Rose, USNSCC (XOTC) at [director@flseacadets.org](mailto:director@flseacadets.org) recommending you for a staff cadet position.
- Absolutely no cell phones or other electronic devices will be permitted for cadets, though they may bring them so that they can communicate with parents before and after training. During training, any cell phones brought will be held in a safe location by staff and returned to the cadet upon graduation.
- Emergency contact information will be provided to every Unit and parent, in the event that the unit or parent needs to reach a cadet urgently.
  - Exact details will be handed out at registration and posted on the Regional Website on the first day of the Training.
- Pictures will be posted every day on a dedicated our Facebook page.
  - Exact details will be handed out at registration and posted on the Regional Website on the first day of the Training.
  - For privacy and security, no cadet names will be posted.
  - We will try to have every cadet in at least one picture every day.

Please understand that we respect the time and effort you will be going through to get your cadet to training on time and properly equipped. In turn, we respectfully request that you understand the fact we need to process over 120 cadets in a few hours, and have no control over exactly when each cadet arrives. If large numbers of cadets arrive at once, there will be a delay in processing your cadet...but we will do our best to get done what we need to get done. Here is the process we will be going through for each and every cadet...one at a time:

1. Officer of the Deck (OOD) welcomes the cadet and parent or escort, verifies that they are on the Approved Registration List, and shows them to the Admin desk.
2. Admin checks for appropriate paperwork:
  - a. Orders Approved in Magellan (National Sea Cadet Computer System)
  - b. Payment Confirmation
  - c. Service Jacket
  - d. PRT Passing Confirmation at Unit Level
  - e. Completed medical documentation as specified above.
3. If paperwork is in order, cadet and escort move on to Medical for clearance
4. If Medical is cleared, cadet and escort move on to Sea Bag inspection
  - a. Any contraband items are stored and returned to cadet upon dismissal.
  - b. Cleared Sea Bags are stowed by Cadet in berthing area
5. Cadet moves on to Basic PRT with Petty Officer (and Adult Officer Supervision)
  - a. Cadets failing Basic PRT will retrieve Sea Bag and return to Admin
    - Admin will dis-enroll recruit and parent/escort will bring cadet home
6. The Quarterdeck will be notified of Cadets passing Basic PRT
  - a. Quarterdeck will notify parents of same
  - b. Only at this point may parents/escorts leave.
7. Cadets successfully mustered in will have lunch between about 1130 and 1300.

With the above in mind, please also note that:

- Cadets must arrive between 0800 and 1100 on 11 July 2021...unless exception has been granted via e-mail by COTC. Please do not be early or late.
- Parents or Escorts must remain at training site until Check-In is Complete. This may take up to 1 hour depending on when recruit cadets arrive.
- **Recruits will be sent home immediately** with their parent/escort if any requirement is not met or proper clothing and gear, as per the Sea Bag lists below, is not provided.
- Make sure cadet has a good, healthy breakfast prior to arrival!
- Any unescorted recruits will need to have arrival and departure coordinated with, and approved by, the COTC prior to 10 June 2021...NO EXCEPTIONS!
- Due to a new Sea Cadet National HQ directive...the primary action to be taken at Recruit Training to address any severe behavioral, medical or other problem will be to **send the recruit home immediately!** Further action may then be taken by the cadet's commanding officer if deemed appropriate, and the cadet will not receive credit for having completed the training if they are sent home, even it's an hour before graduation (which has happened).
- **Be prepared, throughout the entire training, to come to pick up your cadet immediately if the need arises!**
- All items MUST be stenciled or marked with the cadet's last name and last 4 digits of SSN (last 4 digits ONLY). Dress uniforms will be stenciled with permanent ink on the manufacturer's tags.
- We strongly advise that all undergarments be 100% cotton. South Central Florida can be a HOT and HUMID place, especially in July!!!
- All shoes should fit very well and NOT be brand new. **Cadet trainings are NOT the time to break in a new pair of shoes!!!** Comfortable shoes are ESSENTIAL!!! Shoe problems are the cause for the vast majority of cadet visits to sick bay.
- Towels, and wash cloths will NOT be provided, but are required as per Sea Bag lists. Sheets, pillow and blanket will be provided for non-staff cadets. Staff Cadets need to bring their own twin sheets (flat only, top and bottom), pillow, towels and wash cloths.
- Contraband items include cell phones, tablets, games or any electronic devices, wallets, money, flashlights, cameras, knives, mouthwash, food, candy, medication (except as presented to medical staff on arrival as per signed medical form and directions), or any items not listed below. Contraband will be sent back with parent/escort or held by staff until end of training.

**IMPORTANT NOTE TO PARENTS:** All of the people checking in your cadet are unpaid volunteers...most of whom have not slept more than an hour or two the night before because they were preparing everything so that your cadet can have the best and safest possible experience. We all try very hard to be as accurate and professional as possible, but we are human. Please forgive any changes in the plans or processes contained in this Welcome Letter that may occur either because one of us made an error of some sort or, more likely, because circumstances, such as available staff and training location factors, demands of our host facility, weather or one or more of many other possible factors have changed since this letter was written. Thank you in advance for your understanding and respect for our efforts.

### Parent/Cadet Communications During Training

For a variety of reasons, no communications at all between cadets and parents will be permitted, other than e-mails received from parents, family or friends for the cadet. Due to the short duration of the training, and the time it would take for mail to arrive home, cadets will not need to send letters home, though we will accommodate any cadets that bring the supplies and stamps required to do so. Daily activities and pictures will be posted each night, starting on Monday night, on our Facebook Group page at <https://www.facebook.com/groups/RTFLSeaCadets>.

- We do our best to make sure that each cadet is in at least one picture every day.
- E-Mails can be sent to cadets at [NSCCtraining@flseacadets.org](mailto:NSCCtraining@flseacadets.org) and will be distributed each evening at about 1800...so make sure your e-mails are received by then or earlier each day. Our ink and paper supplies are limited, so please limit e-mails to one printed page, with **no graphics or pictures**.
- Upon arrival and check-in, parents and/or escorts will be given phone numbers and e-mail addresses they may call or e-mail at any time, 24 hours a day, for emergency reasons.
- We request that non-emergency communications with training staff be kept to an absolute minimum, as the staff will not have time to update 100+ parents every day...other than on our Facebook Group page as per the information above.

That covers the details of your upcoming training. One other important note is that we will be the guests of the Florida Baptist Encampment. When you drop off and pick up your cadet, please be extremely courteous and mindful of their staff, property and hospitality. Use only designated parking spaces...even if that means walking a bit from a remote parking lot to our building.

On the following pages are the Sea Bag Lists for Males and Females. Please make sure your cadet is properly outfitted and equipped for this training. It will make things MUCH easier for everyone, especially the cadet.

As always, feel free to e-mail me with any questions that your local unit cannot adequately answer...but please respect the chain of command and seek answers locally first. I am honored to be able to bring your cadets into the fold as shipmates of the thousands of other US Naval League Cadets and Sea Cadets that have passed through this challenging but incredibly rewarding training. You will be extremely proud when you see them at graduation. More importantly, each cadet will be more proud of their accomplishment than they have ever been of anything else before in their lives. Our job is to help them make sure it is only the first of many times that they are so proud of themselves.

Very respectfully,



LCDR Jeff Leibowitz, USNSCC  
Deputy Regional Director, Region 6-5  
COTC – South Florida Training Command, Summer 2021  
[deputy-director@flseacadets.org](mailto:deputy-director@flseacadets.org)

## **League Cadet Summer Training Sea Bag Lists**

### **Adult Escort Officers/Volunteers**

Use male or female cadet lists below, replacing uniform items as appropriate. Graduation and Inspections will require Summer Whites or Alternates. Type I, III, Khaki or Alternates will be worn at most other times, so please bring those that you have.

**See Following Pages for Cadet Lists**

## League Cadet Summer Training Sea Bag List - Male

CADETS WILL TRAVEL AND REPORT IN APPROPRIATE CIVILIAN ATTIRE

### Males

1 Current ID Card  
1 Service Jacket including up-to-date & valid Medical Forms & PRT Results  
1 Sea Bag (if additional luggage needed, must be soft-sided and fully collapsible)  
1 Lock (Key or Combination) w/Extra Key or Combination in Service Record  
1 White Short-sleeve Dress Shirt (NLCC Shoulder Flashes)  
1 Black dress pants (non-pleated is preferred)  
2 Black Web Belt with Silver Tip and Silver Buckle  
1 pair Leather Black Low Cut Regulation Dress Shoes (Good Fitting, NOT New, but Good Condition) IMPORTANT!!!  
1 White Dress Cover (Dixie Cup)  
2 NWU Blouses (NLCC Flashes and Name Tags as required by regulations)  
2 NWU Trousers (NLCC Name Tags as required by regulations)  
1 Set Blousing Straps  
1 NWU Cover  
6 Blue or coyote brown NWU T-Shirts, Crew Neck  
6 White T-Shirts, Crew Neck  
6 pair Socks, Black, Cotton  
6 pair Socks, White, Cotton  
6 Underwear, White, Cotton  
2 PT Shirts (Sea Cadet authorized ONLY...available only from Vanguard)  
2 PT Shorts (Sea Cadet authorized ONLY...available only from Vanguard)  
1 Sweats Set (Preferably Dark Blue – US Navy or Sea Cadet authorized)  
2 Sleepwear Sets (shorts/pants and t-shirt or similar)  
1 pair Athletic Shoes (Good Fitting, NOT New, but Good Condition) IMPORTANT!!!  
1 pair NWU appropriate Boots (Good Fitting, NOT New, but Good Condition)  
1 pair Shower Shoes (Thongs)  
1 Toiletry Kit (Including Comb or hairbrush, Toothbrush, Shampoo, Hand Soap & Holder, Toothpaste, Non-Aerosol Deodorant)  
2 Sunscreen (SPF #30 or Higher, Non-Aerosol)  
2 Insect Repellent (Non-Aerosol)  
3 White Handkerchiefs  
1 Shoeshine Kit and 1 Sewing Kit  
1 Shorts-Type Swimsuit (Dark Solid Color, no Speedos or similar)  
Optional: Stationery/Writing Pad, Pen & Postage  
2 White Bath Towels  
2 White Wash Cloths  
1 Plastic/Vinyl Poncho  
1 Canteen with Belt  
1 Laundry Bag  
Bedding: 2 Flat White Twin-Size Sheets, 2 white pillowcases, 1 pillow  
(Note: Blankets will be provided)  
Reading or other glasses as required. (There is some classroom work and study required during the training session.)  
No Contact Lenses!

### Notes:

- **MARK ALL CLOTHING, Towels, etc...**with Last Name and last 4 digits of SSN or entire Sea Cadet ID Number
- Dress uniforms will be stenciled with permanent ink on the manufacturer's tags.
- We strongly advise that all undergarments be 100% cotton.
- Contraband items include wallets, money, flashlights, cameras, knives, mouthwash, food, candy, medication (except as presented to medical staff on arrival as per medical form and directions), or any items not listed above. Contraband will be held by training staff until end of training.

## League Cadet Summer Training Sea Bag List - Female

CADETS WILL TRAVEL AND REPORT IN APPROPRIATE CIVILIAN ATTIRE

### Females

1 Current ID Card  
1 Service Jacket including up-to-date & valid Medical Forms & PRT Results  
1 Sea Bag (if additional luggage needed, must be soft-sided and fully collapsible)  
1 Lock (Key or Combination) w/Extra Key or Combination in Service Record  
1 White Short-sleeve Dress Shirt (NLCC Shoulder Flashes)  
1 Black dress pants (non-pleated is preferred)  
2 Black Web Belt with Silver Tip and Silver Buckle  
2 NWU Blouses (NLCC Flashes and Name Tags as required by regulations)  
2 NWU Trousers (NLCC Name Tags as required by regulations)  
1 Set Blousing Straps  
1 NWU Cover  
1 pair Black Leather Low Cut Regulation Dress Shoes (Good Fitting, NOT New, but Good Condition) IMPORTANT!!!  
1 White Dress Cover (Dixie Cup)  
5 Blue or coyote brown NWU T-Shirts, Crew Neck  
6 White T-Shirts, Crew Neck  
6 pair Socks, Black, Cotton  
6 pair Socks, White, Cotton  
6 Underwear, White, Cotton  
2 Athletic Bras, White (if necessary)  
2 Bras, White (if necessary)  
2 PT Shirts (Sea Cadet authorized ONLY...available only from Vanguard)  
2 PT Shorts (Sea Cadet authorized ONLY...available only from Vanguard)  
1 Sweats Set (Preferably Dark Blue – US Navy or Sea Cadet authorized)  
2 Sleepwear Sets (shorts/pants and t-shirt or similar)  
1 pair Athletic Shoes (Good Fitting, NOT New, but Good Condition) IMPORTANT!!!  
1 pair NWU appropriate Boots (Good Fitting, NOT New, but Good Condition)  
1 pair Shower Shoes (Thongs)  
1 Swimsuit (Dark Solid Color, One-Piece Only, No Midriffs)  
1 Toiletries Kit (Including Comb or hairbrush, Toothbrush, Shampoo, Hand Soap & Holder, Toothpaste, Non-Aerosol Deodorant, Feminine Hygiene Items if needed)  
2 Sunscreen (SPF #30 or Higher, Non-Aerosol)  
2 Insect Repellent (Non-Aerosol)  
3 White Handkerchiefs  
1 Shoeshine Kit and 1 Sewing Kit  
Optional: Stationery/Writing Pad, Pen & Postage  
2 White Bath Towels  
2 White Wash Cloths  
1 Plastic/Vinyl Poncho  
1 Canteen with Belt  
1 Laundry Bag  
Bedding: 2 Flat White Twin-Size Sheets, 2 white pillowcases, 1 pillow  
(Note: Blankets will be provided)  
Reading or other glasses as required. (There is a lot of classroom work and study required during the training session.) No Contact Lenses!  
No Make-Up!

### Notes:

- **MARK ALL CLOTHING, Towels, etc...**with Last Name and last 4 digits of SSN or entire Sea Cadet ID Number
- Dress uniforms will be stenciled with permanent ink on the manufacturer's tags.
- We strongly advise that all undergarments be 100% cotton.
- Contraband items include wallets, money, flashlights, cameras, knives, mouthwash, food, candy, medication (except as presented to medical staff on arrival as per medical form and directions), or any items not listed above. Contraband will be held by training staff until end of training.

## Sea Cadet Staff Sea Bag List - Male

CADETS WILL TRAVEL AND REPORT IN APPROPRIATE CIVILIAN ATTIRE

### Males

1 Current ID Card  
1 Service Jacket including up-to-date & valid Medical Forms & PRT Results  
1 Sea Bag (if additional luggage needed, must be soft-sided and fully collapsible)  
1 Lock (Key or Combination) w/Extra Key or Combination in Service Record  
1 Dress White Jumper (NSCC Shoulder Flashes, appropriate ribbons, rank, name plate)  
1 Dress White Trousers  
1 White Web Belt with Silver Tip and Silver Buckle  
1 Black Web Belt with Silver Tip and Silver Buckle  
1 Neckerchief  
1 pair Leather Black Low Cut Regulation Dress Shoes (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!  
1 White Dress Cover (Dixie Cup)  
2 NWU Blouses (NSCC Flashes and Name Tags as required by regulations)  
2 NWU Trousers (NSCC Name Tags as required by regulations)  
1 NWU 8-point cover  
6 Blue NWU T-Shirts, Crew Neck  
6 White T-Shirts, Crew Neck  
6 pair Socks, Black, Cotton  
6 pair Socks, White, Cotton  
6 Underwear, White, Cotton  
2 PT Shirts (**Sea Cadet authorized ONLY...available only from Vanguard**)  
2 PT Shorts (**Sea Cadet authorized ONLY...available only from Vanguard**)  
1 Sweats Set (Preferably Dark Blue – US Navy or Sea Cadet authorized)  
1 pair Athletic Shoes (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!  
1 pair NWU appropriate Boots (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!  
1 pair Shower Shoes (Flip Flops)  
1 Shaving Kit including Shaving Gear (no electric razors), Comb/or brush, Toothbrush, Shampoo, Hand Soap & Holder, Toothpaste, & Non-Aerosol Deodorant and Shave Cream)  
2 Sunscreen (SPF #30 or Higher, Non-Aerosol)  
2 Insect Repellent (Non-Aerosol)  
3 White Handkerchiefs  
1 Shoeshine Kit and 1 Sewing Kit  
1 Shorts-Type Swimsuit (Dark Solid Color, no Speedos or similar)  
Optional: Stationery/Writing Pad, Pen, Envelopes & Postage  
2 White Bath Towels  
2 White Wash Cloths  
1 Plastic/Vinyl Poncho  
1 Canteen with Belt  
Reading or other glasses as required. (There is a lot of classroom work and study required during the training session.)  
NO Contact Lenses!  
1 Personal Water Supply (Camelback or Canteen+Belt)  
Bedding: 2 Flat White Twin-Size Sheets, 2 white pillowcases, 1 pillow (Note: Blankets will be provided)

### Notes:

- **MARK ALL CLOTHING, Towels, etc...**with Last Name and last 4 digits of SSN or entire Sea Cadet ID Number
- Dress uniforms will be stenciled with permanent ink on the manufacturer's tags.
- We strongly advise that all undergarments be 100% cotton.
- Contraband items include wallets, money, flashlights, cameras, knives, mouthwash, food, candy, medication (except as presented to medical staff on arrival as per medical form and directions), or any items not listed above. Contraband will be held by training staff until end of training.

## Sea Cadet Staff Sea Bag List - Female

CADETS WILL TRAVEL AND REPORT IN APPROPRIATE CIVILIAN ATTIRE

### Females

1 Current ID Card  
1 Service Jacket including up-to-date & valid Medical Forms & PRT Results  
1 Sea Bag (if additional luggage needed, must be soft-sided and fully collapsible)  
1 Lock (Key or Combination) w/Extra Key or Combination in Service Record  
1 Dress White Jumper (NSCC Shoulder Flashes, appropriate ribbons, rank, name plate)  
1 Dress White Trousers  
1 White Web Belt with Silver Tip and Silver Buckle  
1 Black Web Belt with Silver Tip and Silver Buckle  
1 Neckerchief  
2 NWU Blouses (NSCC Flashes and Name Tags as required by regulations)  
2 NWU Trousers (NSCC Name Tags as required by regulations)  
1 NWU 8-point cover  
1 pair Black Leather Low Cut Regulation Dress Shoes (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!  
1 White Dress Cover (Dixie Cup)  
6 Blue NWU T-Shirts, Crew Neck  
6 White T-Shirts, Crew Neck  
6 pair Socks, Black, Cotton  
6 pair Socks, White, Cotton  
6 Underwear, White, Cotton  
2 PT Shirts (**Sea Cadet authorized ONLY...available only from Vanguard**)  
2 PT Shorts (**Sea Cadet authorized ONLY...available only from Vanguard**)  
1 Sweats Set (Preferably Dark Blue – US Navy or Sea Cadet authorized)  
1 pair Athletic Shoes (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!  
1 pair NWU appropriate Boots (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!  
1 pair Shower Shoes (Flip Flops)  
2 Athletic Bras, White  
2 Bras, White  
1 Swimsuit (Dark Solid Color, One-Piece Only, No Midriffs)  
1 Toiletries Kit (Including Comb or hairbrush, Toothbrush, Shampoo, Hand Soap & Holder, Toothpaste, Non-Aerosol Deodorant, Feminine Hygiene Items)  
2 Sun Screen (SPF #30 or Higher, Non-Aerosol)  
2 Insect Repellent (Non-Aerosol)  
3 White Handkerchiefs  
1 Shoe Shine Kit and 1 Sewing Kit  
Optional: Stationery/Writing Pad, Pen, Envelopes & Postage  
2 White Bath Towels  
2 White Wash Cloths  
1 Plastic/Vinyl Poncho  
Reading or other glasses as required. (There is a lot of classroom work and study required during the training session.)  
NO Contact Lenses! No Make-Up!  
1 Personal Water Supply (Camelback or Canteen+Belt)  
Bedding: 2 Flat White Full-Size Sheets, 2 white pillowcases, 1 pillow (Note: Blankets will be provided)

Notes:

- **MARK ALL CLOTHING, Towels, etc...**with Last Name and last 4 digits of SSN or entire Sea Cadet ID Number
- Dress uniforms will be stenciled with permanent ink on the manufacturer's tags.
- We strongly advise that all undergarments be 100% cotton.
- Contraband items include wallets, money, flashlights, cameras, knives, mouthwash, food, candy, medication (except as presented to medical staff on arrival as per medical form and directions), or any items not listed above. Contraband will be held by training staff until end of training.