



U.S. NAVAL SEA CADET CORPS



REGION 6-5 – SOUTHEAST FLORIDA
LCDR Jeff Leibowitz, USNSCC – Regional Director
6963 Wilson Road | West Palm Beach | Florida 33413-2339
P: (954) 990-1670 | F: (954) 602-9191 | www.flseacadets.org

14 November 2019

Dear Winter 2019/2020 Training Parents & Cadets,

I would like to officially welcome you to the South Florida Winter 2019 Sea Cadet Training to be held in Belle Glade, Florida. Sea Cadet Trainings will be from 27 December 2019 through 5 January 2020.

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 Winter 2019/2020. This letter includes:

Official COTC Welcome Aboard Detailed Registration Instructions
Detailed Drop-Off and Pick-Up Instructions
Parent/Cadet Communications During Training
Recruit Training Sea Bag Requirements Lists (Male and Female)
Advanced Training & Staff Cadet 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 Sea Cadet training however was 51 years ago, when I was a 13-year old 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 officer, will make for a memorable experience for all participants and their families.

It is that range of experience that contributed 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 Sea Cadet Recruit 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 winter we are doing 2 different training programs at the same location at the same time, though each cadet will participate in only one of them. The trainings include:

Sea Cadet Recruit Training (RT)
Culinary Training (Sea Cadet Advanced Training)

For those of you attending Sea Cadet Recruit Training (RT), it is also important to know that the rules for RT, based on the new way the United States Navy now does their Boot Camp, are very different than in years past...so anything you may have heard about RT is no longer valid.



**The 2019/2020 South Florida Winter Trainings will be held at:
Eagle Academy, 38601 James Wheeler Way, Belle Glade, FL 33430**

- Staff Arrival: Thursday 26 December, 2019 1200-1900
- **Sea Cadet Arrival:** Friday 27 December 2019, 0800-1100
- Graduation: Sunday 5 January 2020, 1100-1230
- Graduation Location: Eagle Academy (bring lawn chairs)
38601 James Wheeler Way, Belle Glade, FL 33430
- Cadet Dismissal/Pick-Up at Eagle Academy at 1300-1330

Sea Cadet Recruit and Culinary Training Fee is \$250.00 (\$220 National Fee plus \$30 Local Fee).
Medical Training is \$330 (\$150 National Fee for each (Basic & Advanced) plus \$20.00 Local Fee).

Finding the exact locations of the Training and Graduation can be a bit challenging. The best way is to use an app called What3Words, which identifies locations to within about 3 feet. For the drop-off/pick-up/graduation location of the trainings, the What3Words location is “prevailed.juicy.musty”. The graduation will be held on the drill field in back of Eagle Academy, so please bring lawn chairs and “off” or similar bug repellent spray.

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** (for those attending Recruit Training, 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! Advanced Trainings are not easy either. Your cadet will have enough to handle with the training alone...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 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 winter training...it will!
 - Do not go away on vacation while your cadet is at winter 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.

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 (**Recruit's Unit and T-Shirt Size MUST be indicated!**)
 - 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.
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 LT Nelson Rose, USNSCC (XOTC) at rose@flseacadets.org explaining your desire and qualifications.
 - Your CO must also send an e-mail to LT Nelson Rose, USNSCC (XOTC) at rose@flseacadets.org recommending you for a staff cadet position.
- Absolutely no cell phones or other electronic devices will be permitted for cadet trainees or staff 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.
 - In fact, there is little to no cell phone service available, from any provider, within the Eagle Academy facility to begin with. There is, however, some cell coverage when outside of the building. Keep that in mind for graduation as well.
- 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 Facebook page and/or website or photo service.
 - 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.

Detailed Drop-Off and Pick-Up Instructions

IMPORTANT NOTE!!! 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. 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; though the training location is just 1 mile from the Lakeside Medical Center hospital.

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:

- For Sea Cadets, doors will not open until 0800 on 27 DECEMBER 2019...and will close promptly at 1100 on 27 DECEMBER 2019. All Sea Cadets must arrive between 0800 and 1100 on 27 DECEMBER 2019...unless exception has been granted via e-mail by COTC.
- Parents or Escorts must remain at Eagle Academy, Belle Glade 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.
- All cadets should arrive in PT gear...a Basic Mini-PRT will be performed as part of Check-In. Any cadets not passing the Check-In Basic Mini-PRT **will be sent home immediately** with their parent/escort. 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 6 December 2019...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, even in December!!! Winter trainings can also have some cold days and nights as well.
- 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 sheets (flat only, top and bottom), pillow, blanket, 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, and we are tired. 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, 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 until their first letter home, which they will write on Monday evening. They will be mailed via U.S. Postal Service so that they go out in the morning mail. Hopefully parents will receive the first letter on Thursday or Friday. Daily activities and pictures will be posted each 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 of the pictures we post every day.
- E-Mails can be sent to cadets at 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.
- Upon arrival and check-in at Belle Glade, 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 RT 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.
- We will be using an online photo-posting service that will also be able to produce a "Cruise Book" of the training evolution. Those details will also be distributed at check-in.

That covers the details of your upcoming training. One other important note is that we will be the guests of the Palm Beach County Sheriff's Department...using one of their facilities and many of their resources. When you drop off and pick up your cadet, please be extremely courteous and mindful of their 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 Sea Cadets that have passed through this challenging but incredibly rewarding basic 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
Regional Director, Region 6-5
COTC – South Florida Training Command, Winter 2019/2020

Sea Cadet Recruit Training Sea Bag List - Male

RECRUITS and CADETS WILL REPORT IN PT GEAR FOR CHECK-IN

RECRUITS and CADETS ARRIVING BY AIRLINE 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, NO Rank Insignia, No Ribbons)
- 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 to be worn at the end of training with the NSCC Flash
- 4 Blue NWU T-Shirts, Crew Neck
- 4 White T-Shirts, Crew Neck
- 4 pair Socks, Black, Cotton
- 4 pair Socks, White, Cotton
- 4 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 Sun Screen (SPF #30 or Higher, Non-Aerosol)
- 2 Insect Repellent (Non-Aerosol)
- 3 White Handkerchiefs
- 1 Shoe Shine Kit and 1 Sewing Kit
- 1 Shorts-Type Swimsuit (Dark Solid Color, no Speedos or similar)
- Stationary/Writing Pad, Pen & Postage
- 2 White Bath Towels
- 2 White Wash Cloths
- 1 Plastic/Vinyl Poncho or NWU Parka
- Reading or other glasses as required. (There is a lot of classroom work and study required during the training session.)
- NO Contact Lenses!

Advanced Training Cadets must also bring:

- 1 Personal Water Supply (Camelback or Canteen+Belt)

Staff Cadets must bring all of the above plus:

Bedding: 2 Flat White Full-Size Sheets, 1 white pillow case, 1 pillow (Note: Blankets will be provided)

Notes:

- 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.
- 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 Recruit Training Sea Bag List - Female

RECRUITS and CADETS WILL REPORT IN PT GEAR FOR CHECK-IN

RECRUITS and CADETS ARRIVING BY AIRLINE 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, NO Rank Insignia, No Ribbons)
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 to be worn at the end of training with NSCC Flash
1 pair Black Leather Low Cut Regulation Dress Shoes (Good Fitting, **NOT New**, but Good Condition) IMPORTANT!!!
1 White Dress Cover (Dixie Cup)
4 Blue NWU T-Shirts, Crew Neck
4 White T-Shirts, Crew Neck
4 pair Socks, Black, Cotton
4 pair Socks, White, Cotton
4 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 hair brush, 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
Stationary/Writing Pad, Pen, Envelopes & Postage
2 White Bath Towels
2 White Wash Cloths
1 Plastic/Vinyl Poncho or NWU Parka
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!

Staff Cadets must bring all of the above plus:

Bedding: 2 Flat White Full-Size Sheets, 1 white pillow case, 1 pillow (Note: Blankets will be provided)

Notes:

- 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.
- 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 Advanced Training & Staff Cadet Sea Bag List - Male

RECRUITS and CADETS WILL REPORT IN PT GEAR FOR CHECK-IN

RECRUITS and CADETS ARRIVING BY AIRLINE 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
- 4 Blue NWU T-Shirts, Crew Neck
- 4 White T-Shirts, Crew Neck
- 4 pair Socks, Black, Cotton
- 4 pair Socks, White, Cotton
- 4 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 Sun Screen (SPF #30 or Higher, Non-Aerosol)
- 2 Insect Repellent (Non-Aerosol)
- 3 White Handkerchiefs
- 1 Shoe Shine Kit and 1 Sewing Kit
- 1 Shorts-Type Swimsuit (Dark Solid Color, no Speedos or similar)
- Stationary/Writing Pad, Pen, Envelopes & Postage
- 2 White Bath Towels
- 2 White Wash Cloths
- 1 Plastic/Vinyl Poncho or Parka
- 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)

Staff Cadets must bring all of the above plus:

Bedding: 2 Flat White Full-Size Sheets, 1 white pillow case, 1 pillow (Note: Blankets will be provided)

Notes:

- 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.
- 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 Advanced Training & Staff Cadet Sea Bag List- Female

RECRUITS and CADETS WILL REPORT IN PT GEAR FOR CHECK-IN

RECRUITS and CADETS ARRIVING BY AIRLINE 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)
- 4 Blue NWU T-Shirts, Crew Neck
- 4 White T-Shirts, Crew Neck
- 4 pair Socks, Black, Cotton
- 4 pair Socks, White, Cotton
- 4 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 hair brush, 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
- Stationary/Writing Pad, Pen, Envelopes & Postage
- 2 White Bath Towels
- 2 White Wash Cloths
- 1 Plastic/Vinyl Poncho or NWU Parka
- 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)

Staff Cadets must bring all of the above plus:

Bedding: 2 Flat White Full-Size Sheets, 1 white pillow case, 1 pillow (Note: Blankets will be provided)

Notes:

- 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.
- 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.