

**UNITED STATES NAVAL SEA CADET CORPS
2009 SUMMER RECRUIT TRAINING**

SEABAG LIST

NOTE TO PARENTS: Your cadet is responsible for packing his/her seabag. Please inspect their Seabag for the following items.

TRAVEL UNIFORM: PT Gear (civilian clothes for those traveling by commercial carrier)

CURRENT ID CARD.

1 Dress White Uniform with flashes	1 Pair black dress shoes
1 Black Neckerchief	1 White Dixie cup cover (male)
1 Seabag	for Combo/beret (female)
1 Black belt w/silver buckle	
3 Utility shirts w/ flashes and name tapes (<u>NO STRIPES!</u>)	3 pr Utility pants w/ name tapes
1 Tube of at least SPF 15 sunscreen	1 Black ballpoint pen, 1 pencil
1 Padlock with 2 keys (no combination locks)	1 Pad of paper
*1 key should be placed in personnel file *	1 Chain to wear key around neck
1 Pair of athletic running shoes	1 Sewing kit
2 Athletic bras (female)	2 athletic supports-jock strap (male)
8 Pair black socks	1 Shoeshine kit (NO liquid polish)
8 Pair white socks	1 Lip balm or chapstick
8 White crew neck T-shirts	1 small flashlight
8 Plain white cotton underwear (Males Boxers O.K.)	1 Religious material-optional
1 Swimsuit (females - one piece)	1 Mesh laundry bag
2 Pair of PT shorts - black or blue	1 Pair of shower shoes
1 Pair of sweats - black or blue	1 ea Hygiene supplies (shampoo,
1 Dungaree jacket w/ flashes (utility)	toothbrush, toothpaste, soap, shaving
2 towels	gear, stick deodorant, comb/ brush)
2 washcloths	
1 Bathrobe or shower wrap	4 Self addressed stamped
1 SLEEPING BAG	envelopes with paper
	Females - feminine products, pins, rubber
	bands, gel to secure long hair
1 Canteen (military issue) w/ belt	

CONTRABAND

The following items are EXPRESSLY PROHIBITED (Do Not Bring)!!!

Cosmetics, Weapons, Controlled substances, **NO CELL PHONES**

Matches/lighters, Pornographic materials, Tobacco products,
Electrical appliances, Liquid shoe polish, Alcoholic beverages,
Talc/Baby Powder, Perfumes, Candy, gum, food, etc.

Glass containers

Medications (shelf or prescribed), Aerosol cans (hairspray, shaving cream),

Books/magazines (except 1 Religious), Jewelry (except 1 optional religious medal)

***NOTE: A Seabag inspection will be performed upon arriving at Summer Training Command**

****NOTE: ALL SEABAG ITEMS MUST BE MARKED WITH CADET'S NAME**