



U.S. NAVAL SEA CADET CORPS

CHART YOUR COURSE

NAVY SHORE TRAINING (RX-WA-1801)

Arlington Municipal Airport, Arlington, WA, Arlington, WA

SEA BAG LIST

QTY	ITEM	NOTES	MALE/ FEMALE	PACKED
Prescribed Dress Uniform: Dress Whites				
1	Jumper, Dress White		M/F	
1	Trousers, Dress White		M/F	
1	Neckerchief, Black		M/F	
1	Hat, White		M/F	
1	Shoes, Oxford, Black Men's / Women's	Corfams are NOT permitted	M/F	
1	Name Tag		M/F	
1	Ribbons		M/F	
1	Garment Bag	Dress Uniform should be pressed and neatly laid on hanger	M/F	
Prescribed Work Uniform: Navy Work Uniform				
2	Blouse, NWU	NSCC Flash/NSCC tape/Nametape	M/F	
2	Trousers, NWU	Nametape	M/F	
1	Cap, 8 Point	Must have mini-NSCC flash	M/F	
1 pair	Boots	Boots must be black, leather 8-9" high	M/F	
2 sets	Blousing Straps		M/F	
1	Buckle, Belt, Chrome Plated		M/F	
1	Belt, Web, Cotton, Black, Chrome Tip		M/F	
1	Parka		M/F	
Undergarments				
7	Undershirts, Crew Neck, Navy Blue (NWU)		M/F	
3	Undershirts, Crew Neck, White	blank, no graphics	M/F	
7	Socks, Black, Boot		M/F	
7	Socks, White, Athletic	Low cut socks permitted	M/F	
3	Socks, Black, Dress		M/F	
7	Underwear	White color	M/F	
2	Bra	White color preferred	F	
PT Uniform				
2	Shorts, PT, Navy Blue	Plain, Navy or USNSCC	M/F	
2	Shirt, PT, Yellow	Blue PT shirts are permitted; Navy or Sea Cadet related graphics permitted.	M/F	
1 pair	Shoes, Athletic	Cross country or running shoes; not skater shoes, Chuck Taylors or boots	M/F	
2	Bra, Athletic		F	
1	Sweatshirt, Navy Blue, Hooded (Optional)	Navy or Sea Cadet related graphics permitted.	M/F	
1	Sweatpants, Navy Blue (Optional)	Navy or Sea Cadet related graphics permitted.	M/F	



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Hygiene				
1	Shower/Hygiene Kit – Men's / Women's	Toothbrush, toothpaste, deodorant, razors (electric razors NOT permitted), shampoo, soap, dish, etc.	M/F	
1 pair	Shower shoes		M/F	
2	Towel, White, Wash Cloth		M/F	
2	Towel, White, Bath		M/F	
Other Required Items				
1	NSCC Identification Card		M/F	
1	NSCC Service Record		M/F	
1	Appropriate casual civilian liberty attire	No tank tops, no bare midriffs or shorts. No offensive graphics or words.	M/F	
1	Jacket, civilian		M/F	
1	Sea Bag/Duffel Bag – Lockable		M/F	
1	Lock	Key or combo lock.	M/F	
1	Shoe shine kit		M/F	
1	Personal sewing kit	No scissors	M/F	
1	Sleeping Bag	Temperatures may get down to 30 degrees overnight.	M/F	
1	Cotton Laundry Bag, Large		M/F	
1	Flashlight, small	E.g.: mini-mag light or penlight	M/F	
1	Camelback or Water Canteen	Used for Hydration	M/F	
1	Sunscreen tube	No Aerosol cans. Cream or lotion only	M/F	
1	Small pocket notepad and pen		M/F	
Optional Items				
	Pillow		M/F	
	Blanket		M/F	
	Cap, knit, black 'watch cap'		M/F	
	Sunglasses, black		M/F	
	Wrist watch		M/F	
	Earrings, Silver Ball 1/8"-1/4"		F	
	Long Underwear		M/F	
	Cell phone & Charger	Staff Cadets only	M/F	

- PROHIBITED ITEMS** – Weapons (all types - including pocket knives); Excessive jewelry; Tobacco/nicotine products; Alcoholic beverages; Non-prescription controlled substances; Pornographic/obscene material; Matches or lighters; Over-the-counter medication (any prescription medication must be turned in upon check-in in **ORIGINAL** container); aerosols; electric razors. **Unauthorized possession of prohibited items will result in immediate dismissal from training.**
- CONTROLLED ITEMS** – These items must be turned in at check-in: Personal electronics/tablets/ computers/cellphones; Prescription medication in original pharmacy container.
- NSCC insignia** – All uniform items must be appropriately marked with NSCC flashes and name tapes in accordance with NSCC Uniform Regulations. Double check that your flashes are properly placed and the eagles face forward.
- Rate insignia** – You earned it, so wear it. As with NSCC flashes, rate insignia is required to be worn on all appropriate uniforms.
- Awards** – The prescribed dress uniform for all events, including graduation will be dress whites, meaning ribbons only.
- Mark your clothes/towels with your name** – LAST NAME and SEA CADET ID number in permanent ink. Mark your black/blue items with a white / silver fabric pen.
- When trainees report aboard, sea bags and uniforms will be inspected.