

SEA BAG LIST

CHK OFF	QTY	DESCRIPTION
	1	Active NSCC ID card
	1	Sea bag (recommended last name stenciled on bottom)
		BEDDING
	1	Sleeping bag
	1	Blanket, heavy (it will be cold this weekend)
	1	Pillow case
	1	Pillow
	1	Camping mat/pad
		WORK UNIFORM –
	2	NWU, CUU, or Type III blouses w/ USNSCC flashes & nametapes
	2	NWU, CUU, or Type III pants w/ nametape
	1	NWU Parka w/fleece or Black fleece
	1	NWU, CUU, or Type III Cover
	2	T-shirts, CREW neck (blue if NWU or brown if CUU)
	1	Black web belt w/silver tip & buckle
	1	Blousing bands
	1	Poncho/Raincoat
	2 PR	Black socks, PLAIN
	1PR	Black boots
		ADDITIONAL CLOTHING –
	1	T-shirts, CREW neck, (WHITE for sleeping)
	1	Athletic shorts or sweats (BLUE/BLACK for sleeping)
	1 min.	PT shorts, NAVY BLUE – Purchased from Vanguard
	1	PT shirts, GOLD – Purchased from Vanguard
	1PR	Athletic running shoes (NO HIGH TOPS)
	2 PR	Socks, athletic, WHITE
	1 SET	Sweat pants & sweat shirt (it will be cold at night)
	2	Underwear (females - NO THONGS)
	2	Sports bras (female)
	1	Shower shoes (flip flops)
	1	Bath towels, WHITE

CHK OFF	QTY	DESCRIPTION
	1	Wash cloths, WHITE
	1	Mesh laundry bag LARGE with drawstring or laundry pin
		PERSONAL HYGIENE –
	1	Hygiene kit bag with the following:
		• Soap, toothbrush, toothpaste, shampoo, conditioner
		• Deodorant (NO SPRAYS!)
		• Shaving gear – males WILL shave EVERYDAY (NO AEROSOLS)
		• Comb/brush (females – bobby pins, rubber bands, sock/hair donut)
		• Feminine products (all females should bring regardless of cycle)
		• Females – NO cosmetics – MAY BRING moisturizer
		• Glasses AND contacts & supplies
		• Fingernail clipper
		• Foot powder
		• Hand sanitizer
		• 1 Mirror
		• Baby wipes
		• White trash bags to put wet clothing
		MISCELLANEOUS ITEMS –
	2	Black masks
	1	Canteen, MILITARY type with web belt
	1	Flashlight with extra batteries
	1	Bug repellent
	1	SPF 30+ sunscreen – NO AEROSOLS
	1	Folding camp chair (optional)
	1	Shoe shine kit
	1	Compass (optional)
	1	Sewing kit
	1	Notepad
	2	Pens, black
	1 EA	Sharpie markers – BLACK & SILVER