

SEABAG REQUIREMENT	
QTY	Item
1	Active NSCC ID card (expired ID Cards will not be accepted)
1	Work uniforms, Issued by home unit. NWU Type I or III 1 complete set
	Blouse, Pants & Cover NWU Type III pattern w/ NSCC (or NLCC) shoulder patches & embroidered or Velcro USNSCC/USNLCC & nametapes. Boots, blousing straps, crew-neck Coyote Brown shirt, black belt w/silver tip & silver buckle
4	PT Gear (4 Complete Set (one for sleeping, 3 daily activities PT)
	Athletic shoes: tennis shoes black or navy blue, Socks: white, athletic, mid-calf length, PT Shorts: Navy Blue (per regulation, knee length) , PT Shirt: Gold
1	Bathing suit (black or blue 1-piece full coverage for females, knee length trunks for males)
1	Beach towel
2	Bath towels
5	Sets of white underwear
1	Shower shoes
1	Hygiene bag
	Males: Razor & shaving cream (no aerosol). Bar soap (2 bars) & soap dish. Toothbrush w/ travel holder & toothpaste. Shampoo, Foot powder, Deodorant (no aerosol), Comb & brush, Hair fixtures (bobby pins, hair bands, 3" or shorter barrettes), Sanitary products as necessary (females). Shoeshine kit. Travel sewing kit.
1	Canteen with belt or water bottle
1	Outdoor hat
1	Bottle of sunscreen
1	Subject notebook (black cover) w/ pre-perforated paper, Pens, black ink, ballpoint, click-type,
1	Smart phone, for photography, interviews, video, editing and publishing
2	Drawstring bag to carry items while visiting sites (solid or without offensive messages)
5	Plastic bags for wet clothes
1	Rain poncho
1	Bath robe, knee-length or longer (Black, Blue or White) Optional
<ul style="list-style-type: none"> • Cadets will report in PT gear – All other items should be in your sea bag. • The following items are expressly prohibited: Anything in an aerosol can, Anything in a glass bottle, Perfumes, colognes, or make-up • Food or snacks • Money • Tobacco, alcohol, illicit drugs, and related, paraphernalia, Knives, blades, or tools, jewelry • Medications, vitamins, and supplements (must be handed in to Medical Officer). • We are not responsible for lost, stolen, or damaged property. • Do not bring any bedsheets, pillow, pillowcases, blankets or towels. Base will provide. 	