

Valley Forge Summer Training Sea Bag List

REQUIRED ITEMS	QUANTITY
Current ID card – always in left pocket of uniform	1
Seabag with cadet name written on bag	1
NWU AND/OR BDU trousers with name tapes (total of 2 uniforms, any combination)	Total of 2
NWU AND/OR BDU blouse with NSCC and name tapes (total of 2 uniforms, any combination)	Total of 2
Black belt and silver buckle	1
NWU AND/OR BDU cover (total of 2 uniforms, any combination)	Total of 2
Blousing straps	3 pair
Blue and/or brown crew-neck t-shirt – plain, no design, no pocket	6
Black socks – CREW OR HIGHER	6 pair
Underwear	6 pair
Females – bras	2
t-shirt and shorts/sweatpants and sweatshirt to sleep in (dark colors)	2
Gold t-shirt and black or blue shorts (for PT)	3
White socks for PT	5 pair
Athletic shoes – good condition, running shoes	1
Sewing kit	1
Shoe shine kit	1
Toiletries kit (soap, toothpaste, toothbrush, deodorant, shampoo, shaving gear, lotion, chapstick, sunscreen, bug spray)	1
Shower shoes – preferable a very inexpensive pair of flip flops	1
White mesh laundry bag	1
Females – hair supplies (brush, pins, bands, etc.) & feminine products	1
Flashlight and extra set of batteries	1
Notebook – regular sized with at least 100 pages	1
Pen and or pencil	5
Black boots – well broken in	1 pair
Lock with key and spare key (spare key taped to service jacket)	1
Garment bag – BRING DRESS UNIFORM HUNG ON A HANGER IN THIS BAG	1
Dress White Jumper, properly flashed with earned ribbons	1
Dress White Trousers	1
White cover	1
Neckerchief	1
White t-shirt – plain, no design, no pocket	4
White belt and silver buckle	1
White underwear	4
Black Dress shoes – RECOMMEND PUTTING THEM IN A PLASTIC GROCERY BAG SO THE SHOE WAX DOES NOT GET ON ANY OTHER UNIFORM	1
Small ziploc baggie for phone and wallet – with last name on it	1
OPTIONAL ITEMS	
Religious medallions/dog tags	
Stationary to write home (envelopes and stamps)	
Religious reading materials, Personal reading materials	

Sea bag notes

NO SHORT SHORTS – FEMALE AND MALE SHORTS MUST REACH TO WITHIN 2” OF KNEE

Items NOT to be taken to or packed for training: anything not on the above list, firearms, knives, tobacco and tobacco products, food or drink, gum, mouthwash, fingernail clippers, matches, lighters, personal or family photographs, expensive items, jewelry including watches (only ID tags or one chain with a religious medallion that can be worn unseen while in uniform are permitted) , liquid shoe polish, over-the-counter medications or medications not in a prescription bottle, playing cards, dice, games, or pornographic materials. Cadets at this training are not allowed to possess money, electronic devices of any kind, or civilian clothes. If you are not riding with a parent, make a phone call home indicating safe arrival **prior** to check-in. Please send money and electronics home with your ride to training if at all possible.

The following information below relates to the required sea bag requirements. All uniforms should be prepared according to NSCC Regulations with appropriate flashes, name tapes, etc. Uniform regulations can be found here: <http://homeport.seacadets.org/display/Manuals/Uniform+Regulations>

1. Except for what is worn when reporting, **no other civilian clothing items are authorized OR ALLOWED.**
2. Any necessary over-the-counter medicines will be on hand in sufficient quantities during training and administered subject to the directives in the cadet service record. Cadets taking prescription medication should declare the medications to staff and surrender those at initial in-processing. Cadets with dental braces are authorized one small package of wax.
3. Females should pack necessary feminine hygiene products even if you are not on your cycle and supplies to manage hair.
4. All clothing items must be stenciled or neatly written with cadet ownership markings (last name and last four digits of ID number) prior to the start of training. This is especially important for underwear, undershirts, socks, PT shorts, and laundry bag. Iron-on labels are also acceptable on these personal items. To purchase iron-on labels, go to <http://www.1800nametape.com/usnscclabels.htm>.
5. The Dress White Uniform should be hung on hangers and brought to training in a Navy issue blue garment bag if one is issued and available, if not – go to Walmart and get a garment bag. Include the dress uniform, neckerchief and dress white cover **only** in that garment bag. If you fail to prepare your uniform prior to training, your uniform preparation time will come out of your sleep time. Trousers that need to be hemmed should be hemmed prior to training—this service is NOT available at training. Please come prepared!
6. Cadets will march a minimum of 3 miles a day in their boots and/or shoes, **BOOTS AND SHOES MUST BE BROKEN IN!** If boots/shoes are not broken in, you will get blisters.

The most important thing to bring with you to training is a never-say-quit, positive attitude.