



**NAME:**

QTY	ITEM	NOTES	MALE/ FEMALE	PACKED
<b>REQUIRED ITEMS</b>				
1	NSCC ID CARD	REQUIRED ITEMS AT CHECK-IN, ID CANNOT BE EXPIRED	M/F	
1	NSCC SERVICE RECORD		M/F	
1	LAPTOP AND CHARGER	WILL BE USED DAILY	M/F	
1	12-INCH RULER		M/F	
1	ALARM CLOCK		M/F	
1	PACK OF LOOSELEAF PAPER		M/F	
1	PENS/PENCILS	BLUE/BLACK PENS, MECHANICAL PENCILS ONLY	M/F	
1	GARMENT BAG & 2 HANGERS	USED TO STORE SDW, WOODEN HANGERS	M/F	
1	LOCK	FOR SEABAG (IF KEY, BRING EXTRA KEY)	M/F	
1	SHOE SHINE KIT	NO QUICK SHINE	M/F	
1	SEWING KIT		M/F	
1	WRIST WATCH		M/F	
1	FLASHLIGHT, SMALL	BRING ONE SET OF EXTRA BATTERIES	M/F	
2	WHITE FLAT BED SHEETS	NO FITTED SHEETS	M/F	
1	PILLOW		M/F	
1	WHITE PILLOWCASE		M/F	
1	BLANKET	PLAIN, SOLID DARK COLOR	M/F	
1	MESH LAUNDRY BAG		M/F	
<b>NAVY WORKING UNIFORM</b>				
2	BLOUSE, NWU	WITH PROPER NAMETAPES AND FLASHES	M/F	
2	TROUSERS, NWU	WITH NAMETAPE	M/F	
1	NWU COVER, 8-POINT	WITH SMALL NSCC FLASH	M/F	
7	NAVY BLUE T-SHIRTS, CREW NECK (NWU)	NAVY OR NSCC GRAPHICS PERMITTED OR PLAIN, NO LOOSE COLLARS OR FADED COLOR	M/F	
1 PR	COMBAT BOOTS	BLACK LEATHER 8-9" UPPER, NO ZIPPERS	M/F	
7 PR	BLACK BOOT SOCKS		M/F	
2 Pairs	BLOUSING STRAPS		M/F	
1	WEB BELT AND BUCKLE	BLACK BELT WITH SILVER TIP AND BUCKLE	M/F	
1	CANTEEN AND BELT	BLACK MILITARY STYLE, OR CAMELBACK-DARK BLUE OR BLACK	M/F	
1	PARKA	OPTIONAL	M/F	
<b>UNDERGARMENTS</b>				
9	UNDERWEAR	MUST WEAR SOLID WHITE W/ SDW	M/F	
3	BRA'S	CAN BRING MORE	F	



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**FREEDOM TRAINING CONTINGENT**  
**POLA SEABAG LIST 2019**

**NAME:**

<b>PT UNIFORM &amp; GEAR</b>				
2	PT SHORTS, NAVY BLUE	OFFICIAL NSCC FROM VANGUARD ONLY, MINIMUM 2 SETS, BRING 3 IF YOU HAVE THEM	M/F	
2	PT SHIRT, GOLD		M/F	
1 PR	SHOES, ATHLETIC	NO SKATER, BASKETBALL, OR CONVERSE SHOES	M/F	
7 PR	WHITE SOCKS	CREW CUT ONLY	M/F	
4	BRA'S, ATHLETIC	CAN BRING MORE	F	
1	NAVY BLUE SWEATSHIRT	OFFICIAL NSCC OR PLAIN NAVY BLUE	M/F	
1	NAVY BLUE SWEATPANTS	OFFICIAL NSCC OR PLAIN NAVY BLUE	M/F	
1	SWIM TRUNKS	SOLID DARK COLOR	M	
1	SWIMSUIT	ONE-PIECE DARK COLOR	F	
1	SWIM SHIRT	OPTIONAL	M/F	
1	SWIM SHORTS	DARK COLOR OR BLACK COMPRESSION SHORTS	F	
1	POOL TOWEL	NO LOGOS OR WORDS	F	
<b>SERVICE DRESS WHITE UNIFORM</b>				
1	JUMPER		M/F	
1	NECKERCHIEF		M/F	
1	SDW TROUSER	WITH BELT LOOPS	M	
1	SDW TROUSERS	WITHOUT BELT LOOPS	F	
1	WEB BELT AND BUCKLE	WHITE BELT WITH SILVER TIP AND BUCKLE	M	
2	UNDERSHIRT	PLAIN WHITE T-SHIRT, CREW NECK	M/F	
1	NAMEPLATE & RIBBON RACK		M/F	
2 PR	BLACK DRESS SOCKS		M/F	
1 PR	DRESS SHOES	SHINABLE BLACK LEATHER, NO CORFAMS	M/F	
1	WHITE HAT		M/F	
<b>HYGIENE</b>				
1	SHOWER/HYGIENE KIT	TOOTHBRUSH, TOOTHPASTE, DEODORANT, SHAMPOO, SOAP, SMALL NAIL CLIPPERS (REQUIRED), ETC. NO AEROSOLS	M/F	
1 PR	SHOWER SHOES	FLIP FLOPS -MANDATORY	M/F	
1	SHAVING KIT	NO AEROSOLS	M	
2	WHITE TOWELS		M/F	
2	WHITE WASHCLOTHS		M/F	
	FEMININE HYGIENE PRODUCTS	MANDATORY FOR ALL FEMALES	F	
	HAIR SUPPLIES	BRUSH, BOBBY PINS, RUBBERBANDS, HAIR GEL,	F	
1	BUG REPELLANT	NO AEROSOLS	M/F	
1	SUNSCREEN	NO AEROSOLS	M/F	
<b>OPTIONAL ITEMS</b>				
	EARRINGS	SILVER BALL 1/8" - 1/4"	F	
	SPENDING MONEY	ZIPLOCK BAG WITH AMOUNT AND NAME	M/F	



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## **FREEDOM TRAINING CONTINGENT POLA SEABAG LIST 2019**

**NAME:**

\* MAKE SURE YOU BRING A LOCK FOR YOUR SEABAG.

1. **PROHIBITED ITEMS** - No weapons, lighters, tobacco/vape products, excessive jewelry, make-up, alcoholic beverages, unauthorized medication, pornographic/obscene material, snacks or candy, and anything not listed above.

2. **CONTROLLED ITEMS** - These items must be turned in at check-in: Personal electronics/cellphones, wallets, spending money, and candy/gum.

**\*\*Possession of prohibited or controlled items may result in immediate dismissal from training.**

3. **OWNERSHIP MARKINGS** - Mark all items according to Navy regulations.

4. **DRESS UNIFORM** - Check-in wearing Service Dress White uniform, proper flashes and nameplate and ribbons

5. **MEDICATIONS** - All meds (even over the counter meds) MUST be surrendered at check-in.

6. **QUANTITIES** - The list above only contains the minimum number of items you must bring to training. You may bring greater quantities as long as it fits in your one seabag.

7. **SHOES** - Make sure that all footwear is WELL BROKEN IN; Athletic shoes should be plain and mostly white or black, NO bright colors or fashion designs, logo okay such as Nike Swoosh

8. Place socks, underwear, toiletries, and other items in large labeled ziplock bags.

9. Have the following items readily accessible at check-in: NSCC ID, service jacket, medications (if applicable), cell phone and money.