



FREEDOM TRAINING CONTINGENT
RECRUIT SEABAG LIST 2018

NAME:

QTY	ITEM	NOTES	MALE/ FEMALE	PACKED
REQUIRED ITEMS				
1	NSCC ID CARD	REQUIRED ITEMS AT CHECK-IN, ID CANNOT BE EXPIRED	M/F	
1	NSCC SERVICE RECORD		M/F	
1	SEABAG	WILL BE USED FOR STORAGE	M/F	
1	GARMENT BAG & 2 HANGERS	WILL BE USED TO STORE SDB	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	
4	WHITE FLAT BED SHEETS	NO FITTED SHEETS	M/F	
1	PILLOW		M/F	
2	WHITE PILLOWCASE		M/F	
1	BLANKET	PLAIN, SOLID DARK COLOR	M/F	
1	MESH LAUNDRY BAG		M/F	
1	1-INCH 3 RING BINDER	LOOSE LEAF PAPER AND PENS/PENCILS	M/F	
1	CANTEEN AND BELT	BLACK MILITARY STYLE, NO CAMELBACKS	M/F	
NAVY WORKING UNIFORM				
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	
1 PR	COMBAT BOOTS	BLACK LEATHER 8-9" UPPER, NO ZIPPERS	M/F	
2 Pairs	BLOUSING STRAPS		M/F	
1	WEB BELT AND BUCKLE	BLACK BELT WITH SILVER TIP AND BUCKLE	M/F	
1	PARKA	OPTIONAL	M/F	
UNDERGARMENTS				
9	NAVY BLUE T-SHIRTS, CREW NECK (NWU)	NAVY OR NSCC GRAPHICS PERMITTED OR PLAIN	M/F	
9 PR	BLACK BOOT SOCKS		M/F	
9 PR	WHITE SOCKS	CREW CUT ONLY	M/F	
9	UNDERWEAR	MUST WEAR SOLID WHITE W/ SDW	M/F	
5	BRA'S		F	



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PT UNIFORM & GEAR				
2	PT SHORTS, NAVY BLUE	OFFICIAL NSCC FROM VANGUARD ONLY	M/F	
2	PT SHIRT, GOLD	OFFICIAL NSCC FROM VANGUARD ONLY	M/F	
1 PR	SHOES, ATHLETIC	NO SKATER, BASKETBALL, OR CONVERSE	M/F	
5	BRA'S, ATHLETIC		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	
SERVICE DRESS WHITE UNIFORM				
1	JUMPER		M/F	
1	NECKERCHIEF		M/F	
1	SDW TROUSER	WITH BELT LOOPS	M	
1	WHITE HAT		M	
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	NO RIBBONS OR RANK FOR RECRUITS	M/F	
2 PR	BLACK DRESS SOCKS		M/F	
1 PR	DRESS SHOES	SHINABLE BLACK LEATHER, NO CORFAMS	M/F	
1	SDW TROUSERS	WITHOUT BELT LOOPS	F	
1	COMBINATION COVER		F	
HYGIENE				
1	SHOWER/HYGIENE KIT	TOOTHBRUSH, TOOTHPASTE, DEODORANT, SHAMPOO, SOAP, SMALL NAIL CLIPPERS (REQUIRED), ETC.	M/F	
1 PR	SHOWER SHOES	FLIP FLOPS -MANDATORY	M/F	
	SHAVING KIT	NO AEROSOLS	M	
3	WHITE TOWELS		M/F	
3	WHITE WASHCLOTHS		M/F	
	FEMININE HYGIENE PRODUCTS	MANDATORY FOR ALL FEMALES	F	
	HAIR SUPPLIES	NO AEROSOLS	F	
1	SUNSCREEN	NO AEROSOLS	M/F	
OPTIONAL ITEMS				
	EARRINGS	SILVER BALL 1/8" - 1/4"	F	
	SPENDING MONEY	ZIPLOCK BAG WITH AMOUNT AND NAME	M/F	



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* 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 electronic/tablets/computers/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

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 (commercial travelers only).

