

Navy League Advanced Training Sea Bag List FEMALE 2010

Name:			Unit:		
	# Req.	Verify		# Req.	Verify
Uniform Items			Personal & Hygiene Items		
Belt, Black (with silver tip)	1		Anti-fungal Foot Powder	1	
Bras, White (Regular and Sports)	4		Bug Repellent - NO SPRAY CANS	1	
Buckle, Silver	1		Chapstick, Unflavored (tubes)	2	
Garrison cover with NLCC device	1		Deodorant (unscented) - NO SPRAY CAN	1	
Handkerchiefs, White	4		Feminine Hygiene Supplies	required	
Dress shirt - white	2		Hairbrush and/or Comb	1	
Raincoat, Black, Military Style	1		Hairpins, Hairbands (must match hair color)	as required	
Sea Bag, Military (no suitcases)	1		Sewing Kit	1	
Shirt, Dungaree/Utility, Long Sleeve	1		Shampoo	1	
Shirt, Dungaree/Utility, Short Sleeve	2		Shoe Shine Kit - NO LIQUID POLISH	1	
Shoe Laces, Spare, (Tennis & Leather)	1		Soap and Soap Dish	1	
Shoes, Black Leather	1		Sunscreen (Min. SPF 15)	1	
Shoes, Shower	1		Talcum or Baby Powder	1	
Shoes, Tennis	1		Toothpaste and Toothbrush	1	
Shorts, Athletic (Black or Dark Blue)	2		Towel, Bath WHITE	2	
Slacks Dress Black	1		Washcloth, WHITE	2	
Slacks, Dungaree/Utility	3		Supplies		
Socks, Black (crew length, no anklets)	6		Ball Point Pens (Black Ink)	4	
Socks, White Athletic (no anklets)	6		Canvas or Leather Work Gloves (pair)	1	
Swimsuit, One-piece, Dark Color	1		Coat Hangers (Plastic)	12	
T-shirts, Plain White, Crew Neck	6		Flashlight with Second Set of Batteries	1	
Underwear, White, Cotton	6		Key Locks with 2 keys each	2	
			Laundry Fee \$5.00	\$5	
			Military Canteen, Cover and Belt	1	
			Post-cards, pre-stamped and addressed hom	3	
			Small Notebook	1	
			Spending Money \$10 max	\$10	

NOTE:

Black Leather shoes ONLY!!! - Well Broken in - Don't bring new shoes - They will destroy your feet!

No patent leather shoes, corframs, combat boots or boondockers- NO DISCUSSION!

Athletic shoes should be of the type used for running and general calisthenics.

NLCC flashes on all outer garments (except Raincoat).

Cadet's last name must be name taped over right shirt pocket on dungaree/utility shirts & on right hip pocket of

Do not cross out previous names, cover with like denim color patches and then stencil your name.

Embroidered lettering on blue name tapes are also acceptable to cover previous names. Go to 1800nametape.com

All other items will be marked with Cadet's last name & last 4 digits of SSN# on manufacturer's label. Use permanent marker

Athletic Shorts are to be mid thigh length but not below knee. NO "short shorts"

If you wear contacts lens, bring necessary solutions & a pair of regular glasses (mandatory).

It is suggested that all females bring feminine hygiene supplies - just in case.

Cadets are reminded NOT to bring candy, gum, magazines, electronics, weapons or other contraband items. CELL PHONES ARE NOT PERMITTED.