

Navy League Advanced Training Sea Bag List MALE 2010

Name:			Unit:		
	# Req.	Verify		# Req.	Verify
Uniform Items			Personal & Hygiene Items		
Belt, Black (with silver tip)	1		Anti-fungal Foot Powder	1	
Buckle, Silver	1		Bug Repellent - NO SPRAY CANS	1	
Handkerchiefs, White	4		Chapstick, Unflavored (tube)	2	
Hat, White	1		Deodorant - NO SPRAY CANS	1	
Shirt, Dress White	2		Hairbrush and/or Comb	1	
Raincoat, Black, Military Style	1		Sewing Kit	1	
Sea Bag, Military (no suitcases)	1		Shaving Kit - NO SPRAY CANS (if applicable)	1	
Shirt, Dungaree/Utility, Long Sleeve	1		Shoe Shine Kit - NO LIQUID POLISH	1	
Shirt, Dungaree/Utility, Short Sleeve	2		Soap and Soap Dish	1	
Shoe Laces, Spare (Tennis & Leather)	1		Sunscreen (Min. SPF 15)	1	
Shoes, Black Leather	1		Talcum or Baby Powder	1	
Shoes, Shower	1		Toothpaste and Toothbrush	1	
Shoes, Tennis	1		Towel, Bath WHITE	2	
Shorts, Athletic (Black or Dark Blue)	2		Washcloth, WHITE	2	
Socks, Black (crew length, no anklets)	6				
Socks, White Athletic (no anklets)	6				
			Supplies		
Swimsuit, Dark Color	1		Ball Point Pens (Black Ink)	4	
Trousers, Dungaree or Utility	3		Coat Hangers (Plastic)	12	
Trousers, Dress Black	1		Flashlight with Second Set of Batteries	1	
T-Shirts, Plain White, Crew Neck	6		Key Locks with 2 keys each	2	
Undershorts, White, Cotton	6		Laundry Fee \$5.00	\$5	
			Military Canteen, Cover and Belt	1	
			Post cards, pre-addressed and stamped home	3	
			Small Notebook	1	
			Spending Money \$10 max	\$10	
			Canvas or leather work gloves (1 pair)	1	

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), including jumpers & shirts.

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

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).

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