

TRAINING VESSEL MANATRA SEA BAG CHECK OFF LIST

For Nine-Day Training Periods

You **MUST** bring -

A pair of shorts, preferably khaki, suitable for shore liberty. Not sport shorts. Include a belt if it has belt loops.

A pillow case, blanket, and one double, or two twin sheets (or bring a standard-size sleeping bag). Pillows are provided. Do not bring an oversized sleeping bag. **Do not arrive without bedding!**

Working uniform (NWUs or BDUs) with proper NSCC insignia. Several (5

recommended) t-shirts of the appropriate color for your uniform. Don't forget the belt and buckle .

Uniform cap appropriate for your working uniform.

NSCC PT gear (1 pr pt shorts, two pt t-shirts)

Utility or working jacket or hooded sweatshirt

Gym shoes or deck shoes to be worn with the working uniform. Your shoes may get wet.

Shower shoes

Swim suit

One bath towel. Do not bring oversized or beach towels.

5 or more pairs of underwear

5 or more pairs of socks

Toiletries (sun screen will be provided on board)

Your NSCC ID card

Your NSCC service record with training authority (orders) for this training included

A small flashlight

Sunglasses

All of the items you bring are to be marked before arrival, in ink, with your name or initials

Your shirts and trousers and jackets should be carefully folded, or may be carried on hangers (wire, not plastic) in a garment bag. All other items such as towels, t-shirts, and underwear should be tightly rolled and secured with rubber bands.

A seabag, duffel, or collapsible soft luggage. Do not bring hard-sided luggage

A cheerful demeanor, squared-away military bearing, and a willingness to learn

This list.

You **may** bring -

An additional pair of shoes (Leather shoes or boots will not be worn on board)

Raincoat or poncho

An inexpensive watch

A camera

Training manuals or appropriate leisure reading

Spending money, with the possibility that shore liberty will be earned and granted.

Do **not** bring -

X Dress uniforms

X Civilian clothing, except as may be needed to travel to the ship. Do not wear NWUs or BDUs

on public transportation .

X Prescription or non-prescription medications without a copy of **NSCADM 001 , Pages 7 & 8** in your service record **and prior authorization** from the COTC (see the applicant's information letter for an explanation)

X Jewelry, including rings (a safety hazard when handling lines)

X Laptops, ipads, or other electronics

Phones and chargers may be brought and used while traveling, but will be collected on board and their use restricted.

X A crabby disposition