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
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