

| SEA BAG CHECKLIST | | DO NOT bring items not on this list Contraband items will not be returned. | | |
|---|--|---|---------------|------------------|
| Item | | Need | Packed | Inspected |
| UNIFORM ITEMS | | | | |
| Blouse, NWU Type III with USNSCC Flashes, Name, Rank | | 2 | | |
| Trousers, NWU Type III with Name | | 2 | | |
| Covers NWU Type III 8-Point USNSCC Flash, centered | | 2 | | |
| T-shirts (Coyote Brown) for NWU Type III Uniforms | | 5 | | |
| T-shirts (White) | | 8 | | |
| Uniform Boots (Black) for NWU Type III Uniforms | | 1 Pair | | |
| Pair Coyote Brown Combat Boots | | 1 Pair | | |
| Blousing straps (boot bands) for NWU Type III Uniform boots | | 2 Pairs | | |
| Black Socks for NWU Type III Uniform boots | | 5 Pairs | | |
| White Socks (not ankle socks) | | 12 Pairs | | |
| Black Belt/Silver Buckle Uniform Belt for NWUs | | 1 | | |
| Tan/Brown, Riggers Belt | | 1 | | |
| PT Shirts, yellow | | 3 | | |
| PT Shorts, blue | | 3 | | |
| Workout/Running shoes | | 2 Pairs | | |
| Swimsuits Plain Black, Grey, Navy Blue - Males: No Speedo type cut - Females: One piece - no thongs | | 2 Sets / Pairs | | |
| Swim Shirt Long Sleeve - Black, Grey, Navy Blue, Coyote Brown | | 2 | | |
| Boonie Cap OD Green ASIN: B0BM5N4Q8L | | 1 | | |
| | | | | |
| NON-UNIFORM / HYGIENE ITEMS | | | | |
| Underwear | | 15 | | |
| Swim Goggles (Optional) | | 1 | | |
| Towel for Pool | | 2 | | |
| Towel for Hygiene | | 2 | | |
| Wash Cloth | | 2 | | |
| Tactical Gloves ex. ASIN: B00LP599KG | | 2 Pairs | | |
| Hydration pack - Coyote Brown ex. ASIN: B07GNHM4BS | | 1 | | |
| Hydration pack bladders ex. ASIN: B07DJQ7JD9 | | 2 | | |
| Compression undershorts | | 2 | | |
| Long-sleeved single color shirt for O-course ex. Rothco ASIN: B07J68SM21 | | 2 | | |
| White Bed Sheets Single Top and non fitted bottom ex. ASIN:B0BZ3HCKBX | | 1 set | | |
| Navy Blue, Black, Grey or Beige Blanket: (not sleeping bag) ex. ASIN: B0BMVLVW89 | | 1 | | |
| Pillows | | 1 | | |
| Spiral notepad 4x6 | | 1 | | |
| Pens/Pencils (black sharpie optional) | | 3 | | |
| Mesh laundry bag | | 2 | | |
| Civilian clothes set | | 1 | | |
| Seabag - stenciled with name | | 1 | | |
| Padlock - with 2 keys for SeaBag | | 1 | | |
| Dog tags with chain or plain chain (for key) | | 1 | | |

| | | | |
|---|----|--|--|
| Spending money - (optional and personal preference) | \$ | | |
| Prescription Glasses or Contacts/Solution (if needed) | 1 | | |
| Glasses Strap (if needed) | 1 | | |
| Sewing Kit | 1 | | |
| Pair of Black Sunglasses (military/tactical in style) | 1 | | |
| Headlamp with the ability to have red | 1 | | |
| | | | |
| TOILETRIES / HYGIENE KIT | | | |
| Shampoo/Conditioner | 1 | | |
| Body Soap | 1 | | |
| Razor / Shaving Cream NON-AEROSOL | 1 | | |
| Toothbrush / Toothpaste | 1 | | |
| DEODORANT!!!! NON-AEROSOL | 1 | | |
| Body Glide/ Anti-Chafe Stick | 1 | | |
| Foot Powder | 1 | | |
| Shower Shoes/Flip Flops/Slides | 1 | | |
| SunScreen SPF 30 or Higher and Waterproof | 1 | | |
| Lip Balm / Chapstick with SunScreen | 1 | | |
| Bug Spray / Repellant | 1 | | |
| | | | |
| NOTES | | | |
| Pay attention to detail on the items above | | | |
| Arrive with your hair as short as possible (think heat and sand) | | | |
| Dri-fit socks are nice but not mandatory | | | |
| Don't bring brand new boots or shoes - make sure they are worn in | | | |
| Extra shoelaces can be helpful | | | |
| Plan to keep one set of NWUs for graduation | | | |