

Recruit Training RT-FL 1902		
SEABAG LIST		
	QUESTIONS? CONTACT OPS via email:	lmacfarland@seacadets.org
QTY	PUT YOUR GEAR IN YOUR SEABAG	Mark ALL your gear
2	NWU's with cover	
3-4	Navy blue t-shirts	
7	Black socks	Put in Zip loc bag
7	Underwear	Put in Zip loc bag
1	Black Boots	
2	Blousing straps	
1	Belt with silver buckle	
1	Dress White Uniform in Garment bag	
1	Dress White cover	Dixie cup for males and females
1	White Belt	
1	Neckerchief	
1	Ribbon bar with ribbons	
1	Nametag	
1 pr	Black dress shoes	no corfams
1	White t-shirt	
1	White underwear	
1	Swim PT gear	Black or Navy suit. One piece suit for females
3	PT shirt - gold	
3	PT shorts - navy	
2	Gym shoes	extra pair needed
7	Gym socks White	Put in Zip loc bag
3-4	Sports bras	females
1	sweats (hoodie and trousers)	navy blue - for sleeping; it will be cold at night!
1	Sleep PT gear	t-shirt and shorts any color
1	White twin sheets and pillowcase	flat and fitted no prints
1	Blue blanket	solid color
1	Pillow	
2	Towel	white bath size
1	Beach Towel	as close to solid color as possible
1 pr	Shower Shoes	
1	Sunscreen SPF 50	non aerosol
1	Bug repellent	non aerosol
1	Flashlight w/ extra batteries	1 set of extra batteries
1	Hydration pack (Camelbak)	
1	Toothbrush	Put toiletries in Zip loc bag
1	Toothpaste	
1	Soap	
1	Shampoo	
1	Deodorant	non aerosol
	Shaving kit for males	non aerosol
1	Shoe shine kit	
	Feminine supplies	
	Medicines	Any prescribed meds. Will need form completed.
	Hair supplies - females	hair pins, ponytail holders etc
	Note book and pen	to take notes during training
	Writing paper	so cadet can write home
	Stamped envelopes	so cadet can write home
	Travel sized sewing kit	
1	Backpack	Black or Navy
1	Mesh Laundry Bag	
	Prescribed Medication, in original container (copy of NSCADM001 pages 7 & 8 required) if applicable	
1	Cadet service record	the folder with your info in it!