

# NAVY LEAGUE CADET ORIENTATION 2008

## League Orientation Seabag List - Checkoff Report

Name:		Unit:			
<b>Female</b>				<b>Female</b>	
Item	Num	Verify	Item	Num	Verify
	Req.	at RTC		Req.	at RTC
<b>Uniform Items</b>			<b>Personal Hygiene Items</b>		
Combo Cover (preferred) or Garrison Cap	1 ea		Sunscreen (Min. SPF 15)	1 ea	
Black Trousers	1 pr		Bug Repellent (NO spray cans)	1 ea	
White S/ S Shirt w / NLCC Flash	1 ea		Deodorant (NO Spray Cans)	1 ea	
Utility Trousers	2 pr		Talcum or Baby Powder	1 ea	
Utility Shirt Short Sleeve w/ NLCC Flash	2 ea		Anti-fungal Foot Powder	1 ea	
Utility Shirt Long Sleeve w/ NLCC Flash	1 ea		Soap, Soap Dish and Shampoo	1 ea	
Sewing Kit with spare buttons	1 ea		Feminine Hygiene Supplies	mandatory	
Belt, Black	1 ea		Toothpaste and Toothbrush	1 ea	
Silver Buckle	1 ea		Comb, Hairbrush & Hairpins	1 ea	
Athletic Shorts (Black or Dark Blue)	1 ea		Shoe Shine Kit	1 ea	
Swimsuit (One Piece)	1 ea				
Underwear (White Cotton)	6 pr		<b>Supplies</b>		
White Bras (Regular and Sports)	4 ea		Twin Flat White Sheets	2ea.	
T-shirts (Plain White Crew Neck)	6 ea		Twin White Pillow Cases	2 ea	
Handkerchiefs	3 ea		Pillow	1 ea	
Black Socks	3 pr		Dark Blanket or Sleeping Bag	1 ea	
White Socks, Athletic	6 pr		White Towels and Wash Cloths	2 ea	
			Sea Bag (No Suitcases)	1 ea	
Shoes (Black Leather Only - broken in)	1 pr		Flashlight with Second Set of Batteries	1 ea	
Shoes (Athletic Running type)	1 pr		Key Locks with 2 Keys each	1 ea	
Shoes (Shower)	1 pr		Stationary (Paper/Stamps)	2 ea	
Spare Shoe Laces (For Leather shoes)	1 pr		Ball Point Pens (Black Ink)		
Spare Shoe Laces (For Tennis shoes)	2 pr				

- Recruit Cadets (Training Code NT-TX) will remove Rate Insignia from all shirts. **NO EXCEPTIONS!!!**
- Recruits are responsible for their own spending money (\$25.00 Max) - KEEP IT LOCKED UP!
- Black Leather shoes ONLY!!! - Well Broken in - Don't Bring New Shoes - They Will Destroy Your Feet!
- NO Patent Leather Shoes, or Corframs NO DISCUSSION!!!
- Athletic Shoes should be of the type used for running and general calisthenics.
- NLCC Flashes on all garments (except Raincoat), including Jumpers, Shirts.
- Last Name Tape over right shirt pocket on Utility shirts.
- Last Name Tape on right hip pocket of Utility pants.
- Embroidered lettering on blue name tapes are also acceptable to cover previous names.
- EASY and FAST Name Tape Resource <http://www.1800nametape.com/usnsc.htm>
- All other items will be marked with Cadet's last name & last 4 digits of SSN# on manufacturer's label.
- Do not bring candy, gum, magazines, weapons or other contraband items.
- Bathing suits for both sexes should be conservative in cut and color; female suit should be one piece.
- Cadet who wears contacts lens; should bring a pair of regular glasses to wear as necessary.
- Cadet should have a plain wristwatch.
- Aerosol cans are forbidden.
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