

List the quantities of items packed in "Qty packed" column. Bring this sheet completed to check in

FEMALE LEAGUE ORIENTATION SEABAG LIST

EVERYBODY must pack everything in sections A-D. Quantities of items in fields E & F are determined by which uniforms you are bringing.

YOU MUST HAVE A TOTAL OF 2 SETS OF WORKING UNIFORMS IN ANY COMBINATION OF CUUs/NWUs

*For each uniform set you must have at LEAST 3 corresponding uniform t-shirts.

| Inspector use | Qty packed | Qty req'd | Item |
|------------------|------------|-----------|--|
| SECTION A | | | Essentials |
| | | 1 | ID Card, current, signed w/ photo, laminated |
| | | 1 | Service record |
| | | 1 | Lock w/ 2 keys |
| | | 1 | Seabag ¹ |
| | | 1 | This packing worksheet, completed by recruit |

| | | | |
|------------------|--|-----|---|
| SECTION B | | | Dress whites |
| | | 1 | White summer dress shirt |
| | | 1 | Black service trousers |
| | | 1 | Garrison cover w/ NLCC device |
| | | 1 | White belt w/ silver tip IF pants have belt loops (male trousers) |
| | | 1 | Silver buckle (IF belt is worn) |
| | | 2 | White t-shirts |
| | | 1 | Dress shoes, black leather, oxford style (NO CORFRAMS) |
| | | Set | Ribbons w/ribbon bar- NO NAME PLATES |

| | | | |
|------------------|--|------|---|
| SECTION A | | | Standard uniform items/clothing |
| | | 4-6 | PT shorts, BLUE or BLACK NSCC or Navy ³ |
| | | 4-6 | PT shirts, solid color or NSCC or Navy ³ |
| | | 1 | PT shoes |
| | | 1 | PT Sweatshirt, Navy, NSCC or plain BLUE |
| | | 1 | PT Sweatpants, Navy, NSCC or plain BLUE |
| | | 1 | Reflective PT belt YELLOW or ORANGE |
| | | 7-10 | Socks, WHITE, pt (ankle or calf socks, NO knee socks) |
| | | 8-12 | Underwear, WHITE |
| | | 1-2 | Dress bra, WHITE for wear with dress uniform |
| | | 6-8 | Sports bra, WHITE |
| | | 7-10 | Socks, BLACK uniform (calf-height, NO ankle socks) |

| Inspector use | Qty packed | Qty req'd | Item |
|------------------|------------|-----------|---|
| SECTION D | | | Personal items |
| | | 2 | Towel, WHITE, bath |
| | | 2 | Washcloth, WHITE |
| | | 1 | Soap* |
| | | 1 | Soap dish |
| | | 1 | Shower shoes, BLACK, plain* |
| | | 1 | Mesh laundry bag |
| | | 1 | Shoe shine kit ² |
| | | 1 | Toothbrush* |
| | | 1 | Toothpaste* |
| | | 1 | Deodorant* |
| | | 1 | Comb or brush |
| | | 1 | Feminine hygiene items, as required |
| | | 2 | Sheets, flat, WHITE, single or twin (NO fitted) |
| | | 1 | Sewing kit |
| | | 1 | Sun screen, SPF 15+ (NO AEROSOL CANS) |
| | | 10 | Hangers |
| | | 1 | Military canteen w/belt and cover (NO CAMELBAKS) |
| | | 1 | Pillow |
| | | 2 | Pillow case, WHITE |
| | | 1 | Blanket, solid colored, GRAY or DARK BLUE preferred |
| | | Set | Stationary and stamps w/ preaddressed envelopes |
| | | 1 | Notebook, composition style (no spiral bound) |
| | | 2 | Pens, stick type |
| | | - | Prescribed medications, enough for duration of training |
| | | 1 | Shampoo |
| | | 4-6 | Blousing bands |
| | | 1 | Small duffel bag |

*There are absolutely NO EXCEPTIONS for missing shower shoes or necessary hygiene gear. If it is not on this list it is contraband and will be confiscated.

List the quantities of items packed in "Qty packed" column. Bring this sheet completed to check in

Circle the column of the number of sets of each uniform you have

Fill out this block with the quantity you packed of each item

| SECTION E | | NWUs ⁴ |
|-----------|--|---|
| | | NWU trousers (NWU name tape, no USNSCC tape) |
| | | NWU blouse (NWU Name tape and USNSCC tape) |
| | | Blue t-shirts |
| | | NWU gortex parka preferred, but any rain coat is acceptable |
| | | Silver belt buckle (can use the same one from your whites) |
| | | NWU 8-point cover |
| | | Black LEATHER boots (NO suede) |
| | | Black belt w/ silver tip |

of uniform sets:

| | 1 | 2 |
|-------------------|---|---|
| | 1 | 2 |
| | 1 | 2 |
| | 3 | 6 |
| QUANTITY REQUIRED | 1 | |
| | 1 | |
| | 1 | |
| | 1 | |
| | 1 | |

Quantity packed

| |
|--|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |

| SECTION F | | CUUs ⁴ |
|-----------|--|--|
| | | CUU trousers (OD green name tape, no USNSCC tape) |
| | | CUU blouse (OD green name tape and USNSCC tape) |
| | | correct color brown t-shirts here: http://www.soffe.com/mens/military/shirts- |
| | | Field jacket OR woodland gortex parka preferred, but any rain coat will do |
| | | Silver buckle |
| | | CUU 8-point cover |
| | | BLACK leather boots (NO tan boots, NO suede) |
| | | Black belt w/silver tip |

of uniform sets:

| | 1 | 2 |
|-------------------|---|---|
| | 1 | 2 |
| | 1 | 2 |
| | 3 | 6 |
| QUANTITY REQUIRED | 1 | |
| | 1 | |
| | 1 | |
| | 1 | |
| | 1 | |

Quantity packed

| |
|--|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |

| INSPECTOR USE ONLY | |
|----------------------------|--|
| Inspection completed by: | |
| PASS / FAIL | |
| Reinspection completed by: | |
| PASS / FAIL | |

Footnotes:

¹ONE extra bag may be used to pack bulky items.

²NO QUICK SHINE "SHOE POLISH". These sponge-applied chemicals harm the leather of your boots.

³PT gear will be either Navy or NSCC gear or not have any print at all.

⁴Recruit MUST have three sets of working uniforms and at least three t-shirts of the proper color per set.

*There are absolutely NO EXCEPTIONS for missing shower shoes or necessary hygiene gear. If it is not on this list it is contraband and will be confiscated.