# NAUTILUS (SSN-571) DIVISION WEEKEND MINIMUM SEA BAG REQUIREMENTS

<table>
<thead>
<tr>
<th>ITEM</th>
<th>QUANTITY MALE</th>
<th>QUANTITY FEMALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>SEA BAG WITH NAME ON IT</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>CURRENT NSCC/NLCC ID CARD</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>$20 FOR MEALS – CASH ONLY-NO BILL LARGER THAN A $20.</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>School Homework or NSCC/NLCC Coursework</td>
<td></td>
<td>At Least 1 Hour’s Worth</td>
</tr>
<tr>
<td>Medication (ALL MEDICATION will be turned in to the Medical Officer prior to Quarters on Saturday with parent/doctor note on file or attached)</td>
<td></td>
<td>As Needed</td>
</tr>
<tr>
<td>NWUs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blouse w/flash &amp; embroidered nametapes</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Trousers w/embroidered nametape</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Cover, 8 point w/flash</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Undershirts, Blue, Crew-neck</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Parka, gortex w/embroidered nametape and Liner [as weather dictates]</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Elastic blousing bands</td>
<td>2 pair</td>
<td></td>
</tr>
<tr>
<td>Belt, black web-style, silver tip &amp; silver buckle</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Boots, high-top, combat style, black leather</td>
<td>1 pair</td>
<td></td>
</tr>
<tr>
<td>Canteen, military style with cover &amp; ALICE clips for attaching to canteen belt - NO Camelbaks</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Belt for canteen, olive-drab or black, quick-release buckle</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Socks, Black, athletic, mid-calf length</td>
<td>3 pair</td>
<td></td>
</tr>
<tr>
<td>Dress Uniform (Reference USNSCC Uniform Regulations, Sect. 3702 &amp; 3703 for Uniform Parts at <a href="http://homeport.seacadets.org/display/Manuals/Uniform+Regulations">http://homeport.seacadets.org/display/Manuals/Uniform+Regulations</a>)</td>
<td>1 Set</td>
<td>(Bring only when instructed to do so)</td>
</tr>
<tr>
<td>PT Uniform</td>
<td></td>
<td></td>
</tr>
<tr>
<td>NSCC PT T-shirt</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>NSCC/NLCC shorts (no more than 4 inches above the knee)</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>NSCC Sweatshirt</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>NSCC Sweatpants</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Socks, White, athletic, crew-style</td>
<td>2 pair</td>
<td></td>
</tr>
<tr>
<td>Running shoes</td>
<td>1 pair</td>
<td></td>
</tr>
<tr>
<td>Sports Bra</td>
<td>N/A</td>
<td>1</td>
</tr>
<tr>
<td>Athletic supporter</td>
<td>1</td>
<td>N/A</td>
</tr>
<tr>
<td>Sleeping Attire: appropriate shorts*, T-shirt, sweats</td>
<td>1 set</td>
<td></td>
</tr>
<tr>
<td>Underwear, White</td>
<td>2 pair</td>
<td></td>
</tr>
<tr>
<td>Shower Shoes (flip-flops – NO crocs)</td>
<td>1 pair</td>
<td></td>
</tr>
<tr>
<td>Bath Towel/Wash Cloth</td>
<td>1 ea.</td>
<td></td>
</tr>
<tr>
<td>Personal Hygiene Kit</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Shaving gear: razor (electric okay for drills), shaving cream</td>
<td>As Needed</td>
<td></td>
</tr>
<tr>
<td>Bar soap in holder</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Shampoo</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Toothbrush/Toothpaste</td>
<td>1 ea.</td>
<td></td>
</tr>
<tr>
<td>Foot Powder</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Body (or Talcum) Powder</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Deodorant (NO aerosol cans)</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Comb/Brush</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Hair Fixtures (Bobby pins, hair bands, 3” or shorter barrettes or scrunchies)</td>
<td>N/A</td>
<td>As Needed</td>
</tr>
</tbody>
</table>
are okay; hair fixtures must be matte finished and be the cadet’s natural hair color)

<table>
<thead>
<tr>
<th>Sanitary products as needed</th>
<th>As Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Notebook with lined paper</td>
<td>1</td>
</tr>
<tr>
<td>Black ball-point pens &amp; pencils</td>
<td>3</td>
</tr>
<tr>
<td>Shoe Shine Kit</td>
<td>1</td>
</tr>
<tr>
<td>Sewing Kit, Travel-size</td>
<td>1</td>
</tr>
<tr>
<td>Sleeping bag or bedroll</td>
<td>1</td>
</tr>
<tr>
<td>Pillow with case</td>
<td>1 ea.</td>
</tr>
</tbody>
</table>

The quantities listed are minimum required amounts – you may add to the quantity of any item.

The following items are expressly prohibited at Drill...

- Food or Snacks
- Perfumes or Colognes
- Anything in a glass bottle
- Knives, blades or tools
- Tobacco (all forms), alcohol, illicit drugs and related paraphernalia

If any items on the list are brought or found they will be confiscated by the CMAA and turned into the Operations Officer to be returned ONLY to the cadet’s parent/guardian upon departure. Other consequences will be determined.

Cell phones and any other electronic devices will be turned in by ALL cadets (staff included) upon arrival to drill.

Cadet vehicle keys will be turned in by those cadets driving themselves and returned upon departure.

Nautilus 571 Division and Staff are not responsible for lost, stolen or damaged property.

Compliance with all the above is mandatory – consequences will be determined which can result in termination from the NSCC/NLCC.