Recruit Welcome Aboard

PRIOR TO ARRIVING

- Have a full sea bag (all items accounted for including notebook & pens) according the Sea Bag list included in this document. Most items are mandatory for training. We do not have any spare to provide in case you forget something. Don’t bring anything that isn’t on the list. There is a Wal-Mart about 20 minutes away.
- The Sea Bag List is the last page of this document. Please start collecting these items now. As noted on the list, be sure that the NLCC Flash is sewn as directed in the USNSCC/USNLCC Uniform Manual along with appropriate nametapes. All items should be marked with the recruit’s name. NLCC Orientation New England is not responsible for any items lost or stolen.
- Two (2) sets of NWUs are required for the training (BDU/CUU are also acceptable). We do NOT do laundry except in extreme circumstances. Be sure you have the required amount of underwear and socks. Also – Blue T-shirts for NWUs. White for Salt & Peppers (Dress Uniform). Brown for BDUs (woodland pattern, camouflage utility uniform).
- Don’t forget to bring enough blousing bands.
- Hair: See USNSCC/USNLCC Regulations.
- No facial hair (exceptions made for League Cadet males who have not yet started to shave).
- Have your ID card (must be current) – without this you will be sent home.
- Have your Service Jacket – You will not be checked in without it –

Your service jacket should conform to the current Admin Manual containing on the Left side from top to bottom at least:
- Original of the NSCTNG005 (Training Authority) with PT endorsement by your CO.
- Original of the NSCTNG001 (Request for Training Authority) with all proper initials, & endorsements.
- Original of the Mode of Travel Form.
- Other forms required by your unit.
Right side from top to bottom:
- Cadet Application & Releases with all proper signatures.
- Current medical history form, completed within 30 days of the training.
- Current Medical physical exam form (within 1 year). Medical forms MUST be on the NSCADM001 form pgs. 3-6.
- Current NSCADM001 page 7 & 8 - Medical History Supplemental with all proper medications & signatures or marked N/A if no medications are taken.
- Current NSCADM001 page 8 & 9 – Request for Accommodation properly filled out and endorsed/approved up the chain of command. If no accommodations, then marked N/A.
- Current front & back copies of health insurance card
- Up to date immunization record (dates required).
- All out of date medical forms in descending chronological order.

If your Service Jacket does not arrive with you, or we do not have it, you will have to wait until it arrives to check in. Check-in ends at 1200 on Sunday, 21 July 2019.

ALL MEDICAL FORMS MUST BE PRESENT AND IN COMPLETE. Not having correct medical forms is the single most cause of delay at check-in. If your medical paperwork is not correct (see above) you will be sent home.
Physical Fitness

- Start working out to get physically fit:
  - There are two P.T. (physical training) sessions each day. This is strenuous exercise. If you anticipate a problem, let us know when you send in your Request for Training Authority. Start practicing NOW. Upon arrival you should be able to do the following exercises:
    - Sit-ups – approx. minimum of 34 in 1 minute
    - Push-ups – approx. 20 reps (no time limit)
    - 1-Mile Run - approx. in 9 minutes/45 seconds

- Note: See the NSCC/NLCC Physical Readiness section for exact minimums at https://www.nautilus571division.com/navy-league-cadet-orientation.html. We will not turn you away if you cannot do them at check-in, but PT will be harder for you. Our program is designed so that if you really try to do each exercise correctly and show enthusiasm and NOT FAKE IT, you will be up to this standard for the Physical Readiness Test (PRT).

- You MUST pass the PRT to graduate. We will be conducting the standard NSCC/NLCC PRT.

EAT HEALTHY

- You will receive only 3 meals a day. There will be no in-between meal snacks. No soda, no junk food, etc. Start eliminating these items from your diet at least 2 months before your arrival at boot camp. You will find that you will feel better at training if you do.
- If you have dietary restrictions, please let the COTC know when submitting your application package.
- Staying hydrated is of CRITICAL IMPORTANCE at boot camp. You will be required to carry a full canteen of water each time you go out of the barracks. You will drink the equivalent of at least 8 glasses of water each day. More in some cases depending on the weather.
- Start drinking water at least 2 months prior to boot camp and increase the quantity gradually so that your body is prepared upon arrival. Again, you’ll feel better at training if you do.
- If you are accustomed to drinking coffee/tea, energy drinks, etc. start eliminating those from your diet as well. The only items available to drink at boot camp are water of course and milk and fruit juice at meals. It’s better to go through the “lack of caffeine headaches” at home than at boot camp where you could miss valuable training that you need to graduate.

ARRIVAL DAY & TIME

- All recruits will arrive on Sunday, 21 July 2019 between 1000 (10 a.m.) and 1130 (11:30 a.m.).
- The deadline to send in your Requests for Training Authority (with Supplemental Medical Histories for Training if applicable) is by Monday, 1 July 2019 or until the quota is met whichever comes first.
- Report in NWUs (or BDU/ CUU uniform).

TIPS FOR A SUCCESSFUL CHECK-IN

- Get off to a good start.
- Address or respond to officers and staff as appropriate: Sir/Ma’am (all adults & officers), Chief (Navy/Coast Guard or NSCC), Petty Officer (PO3-PO1), Seaman/Seaman Apprentice (E3/E2), or Able Cadet or Apprentice Cadet (LC3/LC2).
- Be attentive to instruction.
- There will be many people in a small space – please keep ALL noise to a minimum while waiting.
- You will undergo a service jacket check, medical records check and a sea bag inspection. Have your service jacket, ID, 2nd key to your lock and any medications out when you get in line and ready to present when requested. If you take medications of any kind, a Medical History Supplemental form (NSCADM001 p. 7 & 8) must be sent ahead of time with any prescription and over the counter medications you may be taking listed on it – the form must be signed by your medical provider for prescription medications. This should be sent in with the Request for Training Authority. If you start a medication just prior to training, be sure to bring the form with you, pre-filled in and signed by the medical provider. If you take any type of medication during the school year, you will need it at training so be sure to include it on your Medical History Supplemental Form and bring it with you. This also applies to inhalers that you may never use. If it is prescribed, bring
it. It is better to be safe than sorry. OR, if you have discontinued a medication, inhaler or Epi-pen, etc. make sure your medical provider includes a note in your service jacket stating this.

- Check your medical history now so that you have smooth sailing at check-in.
- Please tell your parents/escorts that they will not be able to walk with you through check-in but have to stay until you are fully checked in. We will have an area for them to wait where someone will tell them about the type of experience you will have.
- You will get to say good-bye at the end of check-in. Be sure to tell your parents/escort the division you are assigned to. Usually your parents need this more that you do so if you find yourself on the way to your barracks without having said good-bye say something immediately.

MORE TIPS FOR A SUCCESSFUL TRAINING

ASSIGNMENT TO DIVISION
- You will be assigned to a division: Alfa, Bravo, Charlie or Delta.
- Get along with your Recruit Division Commander (RDC)/Assistant Recruit Division Commander (ARDC) and Recruit Petty Officer in Charge (RPOC) – NEVER TALK BACK
- Try to obtain a position of leadership within your division, for example:
  - RPOC, Master-At-Arms (MAA), Guidon Bearer or Squad Leader
  - Volunteer and show company spirit
  - Be a team player (get along and work with others)
  - Your RDC will have the most input on your evaluations

BUNK/LOCKER ASSIGNMENT
- These are your personal responsibility to keep squared away.
- Make your bunk and arrange your locker as prescribed in your manual (issued at check-in). NOTE: It is important to make your bunk and keep your gear (that you don’t carry with you) in your locker (NO GEAR ADRIFT). Your division will lose points in division competition for the Honor Division if your gear is found adrift.

CLASSROOM INSTRUCTION
- Stay alert – if you feel drowsy, it’s okay to get up with your notebook and pen and stand in the back of the room. Don’t make the instructor to tell you to stand up.
- Take notes – particularly on subjects that the instructor indicates may be on the final exam. Sometimes instructors will write stuff on the board. These would be good to note. Also, if the instructor hints that you may see something again, it is good to take note of that as well. It will likely be on the Final Exam.

FINAL EXAM
- Try your best – take good notes in each class. Listen during study sessions scheduled in division time.
- NO ONE has ever failed boot camp solely because they failed the final exam. Failure of boot camp is usually based on inappropriate conduct/performance, as viewed by your RDC or failure to pass the Physical Readiness Test.
- NOTE: Relative to the exam, you can request that an officer read the exam aloud to you. Let us know of any learning disabilities. If you have any type of accommodation at school, we can usually accommodate you also.

FINAL EVALUATIONS
- You will receive grades on such things as adaptability, military bearing, appearance, leadership ability, etc. Be aware that your RDC will have the most say about these grades.

MANAGING TIME
- Be on time for EVERYTHING – you will not have a watch so stay attentive to your RDC.
- Plan ahead – To the extent possible, prepare for the next training evolution in advance.
- Use any undedicated time you may have to help a shipmate; study; review notes; work on bunk/locker; shine shoes, etc.
GENERAL

- Listen more than you speak.
- Always be respectful, even when it is difficult.
- Pay close attention to instructions and follow through.
- Maintain a neat appearance, i.e.: gigline straight, uniform buttoned up properly and wrinkle free, pant legs bloused properly, boots clean and free of dirt. If in dress uniform: gigline straight, shirt buttoned up properly, tucked in and wrinkle-free, belt worn properly, shoes shined, etc.

PLEASE SHARE ALL INFORMATION WITH YOUR PARENTS/GUARDIANS.

Parents/Guardians:

In addition to all of the above...

Check-In
Check-in is at 1000 on Sunday, 21 July 2019 at Camp Varnum, RI. Please be sure that your recruit(s) has/have eaten breakfast prior to arriving.

Be prepared to stay until your recruit is fully checked in. All recruits (and families) will get a chance to say goodbye.

If your cadets’ Service Jacket does not arrive with him/her, or we do not have it, you will have to wait until it arrives to check in. Check-in ends at 1200 on Sunday, 21 July 2019.

ALL MEDICAL FORMS MUST BE PRESENT & COMPLETE. Not having correct medical forms is the single most cause of delay at check-in. If your medical paperwork is not correct (see above) you will be sent home.

Contact Information
Telephone
Your Recruit will not be reachable by telephone and they will not be allowed to call you. If there is a true emergency, you may contact the NLCC Recruit Orientation Commanding Officer, LCDR Stephanie Hyland by calling 860-218-8065 (cell). Recruits are not allowed to bring cell phones.

Graduation
Graduation will be held on Saturday, 27 July 2019 at 1100 (11 a.m.), rain or shine. Please plan to arrive early enough to get a good place to view your recruit’s graduation. You are invited to bring cameras. You will need to bring chairs and possibly umbrellas. The graduation should last about an hour.

After graduation, your recruit is free to leave. Please be sure your recruit has all of their belongings. Staff Cadets may depart no later than 1400 (2 p.m.).

Mail
You are encouraged to write to your Recruit or Staff member. Since graduation will be on Saturday, 27 July 2019, you should send mail to your Recruit no later than Tuesday, 23 July 2019. Other family members and friends are also encouraged to write. Address letters as follows:

(Recruit Name), (Division Name)
ATTN: U.S. Naval Sea Cadet Corps
C/O 243D Regiment (RTI)
Camp Varnum 100 Cormorant Road
Narragansett, RI 02882-3006

Mail is picked up each day and distributed to the recruits in the early evening.

Do not send food, drinks, or anything else that is not on the Recruit’s sea bag list. It will be confiscated. It will not reach the Recruit.
1. During recruit training, incoming mail will be distributed daily (each weekday) and outgoing mail will be delivered to the post office each day. Time is allotted for writing letters.

2. Your recruit will be encouraged to write home but we do not force them. Their first letter will probably be written Sunday night, mailed Tuesday, and received by you no earlier than Wednesday or Thursday. Do not panic if you do not receive mail by Wednesday. It may come later. Also, you may want to ignore their first letter. Some cadets have a hard time adjusting the first day or two and may write this to you. By the second letter, they should be fine. If you are concerned, you may call the COTC. However, your home division’s commanding officer should be able to answer any questions you may have.

For questions, please feel free to contact me after checking with your commanding officer first.

- Prior to the arrival date: 860-218-8065 (C) and leave a message or at shyland@seacadets.org.
- After the start of training: 860-218-8065 (C) or at shyland@seacadets.org.

**Directions**

**From points North:** Take I-93 S/US-1 S. Merge onto I-95 S via EXIT 1A toward Providence RI. Merge onto RI-4 S via EXIT 9 on the left toward North Kingstown. Turn slight right onto Tower Hill Rd/US-1 S. Turn left onto Bridgetown Rd/RI-138. Continue to follow Bridgetown Rd. Turn right onto Middlebridge Rd. Turn right onto Old Boston Neck Rd. Stay straight to go onto Cormorant Rd. 100 CORMORANT RD is on the left.

**Once on Cormorant Road stay to the left.** When you come to a sign that says “Stop” Authorized only, private property, etc. Keep going and stay to the left. It is a residential community. The road is paved but extremely narrow. Keep going, you’ll get there. There are speed bumps.

**From Worcester:** Take I-290 W toward Auburn. Merge onto MA-146 S via EXIT 12 toward I-90/Mass Pike/Millbury/Providence RI (Crossing into Rhode Island). MA-146 S becomes RI-146 S. Take the exit toward I-295 S/Warwick/RI-116 S/Boston MA. Merge onto I-295 S toward Warwick. I-295 becomes I-95 S. Turn slight right onto Tower Hill Rd/US-1 S. Turn left onto Bridgetown Rd/RI-138. Continue to follow Bridgetown Rd. Turn right onto Old Boston Neck Rd. Stay straight to go onto Cormorant Rd. 100 CORMORANT RD is on the left. Once on Cormorant Road, continue as in bold above.


**From points West:**

Take the CT-2 exit, EXIT 92, toward CT-49/N Stonington/Pawcatuck. Turn right onto Liberty St/CT-2. Merge onto CT-78 E/Westerly Bypass Rd E toward Westerly/RI Beaches (Crossing into Rhode Island). CT-78 E/Westerly Bypass Rd E becomes RI-78 E/Westerly Bypass Rd E. Take US-1 N toward Dunns Corners. Take the exit toward Narragansett/Point Judith. Turn right onto Woodruff Ave/RI-1 A. Turn sharp left onto Point Judith Rd/RI-108/RI-1 A. Enter next roundabout and take the 1st exit onto RI-1A/RI. Turn left onto Narragansett Ave/RI-1A/RI-1. Continue to follow Narragansett Ave/RI-1A. Turn left onto Boston Neck Rd/RI-1A. Turn right Turn right onto Old Boston Neck Rd. Take the 1st right onto Cormorant Rd. Once on Cormorant Road, continue as in bold above.
## 2019 NLCC RECRUIT ORIENTATION

### RECRUIT SEA BAG LIST

**ALL ITEMS MUST BE PROPERLY STENCILED WITH CADET’S NAME**

<table>
<thead>
<tr>
<th>ITEM</th>
<th>MALES</th>
<th>FEMALES</th>
<th>ADMIN. USE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sea Bag</td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Padlock, keyed type with 2 keys</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cover, Ball Cap (RECRUIT) issued @ NLO</strong></td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Cover, White (Dixie Cup)</td>
<td>1</td>
<td>1*</td>
<td></td>
</tr>
<tr>
<td>Cover, Black Garrison type (with NLCC Pin)</td>
<td>1</td>
<td>1*</td>
<td></td>
</tr>
<tr>
<td>Cover, NWU (with NLCC Flash)</td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>NWU Blouse (with NLCC Flash)</td>
<td>2</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>NWU pants</td>
<td>2</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>**Shirt, White short-sleeved (w/NLCC shoulder flash) – <strong>No tie</strong></td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Pants, Black (Navy style)</td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Skirt, Black (Navy style) w/fleshtone nylons OPTIONAL</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Socks, Black (boot style for NWUs) add 2 pr. regular black for Dress Uniform</strong></td>
<td>8 pair</td>
<td>8 pair</td>
<td></td>
</tr>
<tr>
<td><strong>Socks, White</strong></td>
<td>8 pair</td>
<td>8 pair</td>
<td></td>
</tr>
<tr>
<td>Belt, Black web type with Silver Buckle</td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Boots, black high top, combat style</td>
<td>1 pair</td>
<td>1 pair</td>
<td></td>
</tr>
<tr>
<td>Shoes, Oxford-style lace-ups, leather (NO CORFAMS)</td>
<td>1 pair</td>
<td>1 pair</td>
<td></td>
</tr>
<tr>
<td>Shoes, Athletic (sneakers) (1 pair OLD for water training)</td>
<td>2 pair</td>
<td>2 pair</td>
<td></td>
</tr>
<tr>
<td>Blousing Bands</td>
<td>3 pair</td>
<td>3 pair</td>
<td></td>
</tr>
<tr>
<td><strong>NWU Parka and fleece liner or suitable utility/rain jacket</strong></td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Underwear, White</td>
<td>8</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Sports bra – Recommended if needed</td>
<td>8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Undershirts, white CREW neck</td>
<td>2</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Undershirts, blue CREW neck (or brown for BDU/CUU)</td>
<td>8</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td><strong>Yellow NSCC PT T-shirts (sold by Vanguard-required)</strong></td>
<td>2</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Shorts, athletic (PT) navy blue or black</td>
<td>2</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Swim suit, black or navy blue (Females must be 1 piece)</td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Shower shoes</td>
<td>1 pair</td>
<td>1 pair</td>
<td></td>
</tr>
<tr>
<td>Bath towels</td>
<td>2</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Wash cloths</td>
<td>2</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td><strong>Bath robe and Tee shirt &amp; Gym shorts for sleeping</strong></td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Personal Hygiene Kit – soap, soap holder, toothpaste, toothbrush, comb/brush, shampoo, deodorant, foot/body powder, contact lens solution, etc.) <strong>NO aerosol cans or glass containers, NO MAKE-UP</strong></td>
<td>1 kit</td>
<td>1 kit</td>
<td></td>
</tr>
<tr>
<td>Female personal hygiene items as needed</td>
<td>As needed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunscreen, SPF15 or higher</td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Canteen, MILITARY type with web belt – <strong>NO CAMELBAKS</strong></td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Note book and pens (click type)</td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Stamped pre-addressed envelopes + stationery</td>
<td>yes</td>
<td>yes</td>
<td></td>
</tr>
<tr>
<td>Laundry bag</td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td><strong>Shoe shine kit (Polish, brush, applicator, rag)</strong></td>
<td>1 kit</td>
<td>1 kit</td>
<td></td>
</tr>
<tr>
<td>Blanket, light weight, twin size, solid color</td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Sheets, twin size, flat (not fitted), white</td>
<td>2 sets</td>
<td>2 sets</td>
<td></td>
</tr>
<tr>
<td>Pillow case white</td>
<td>2</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Pillow</td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

The quantities mentioned are MINIMUM required amounts. You may add to the quantity of any item. The following ARE NOT PERMITTED for recruits: watches, money, electronic devices, food/snacks, etc.

**NO Camelbaks are permitted – only the military belt style canteens.**

**RECRUITS ARE TO REPORT TO ORIENTATION IN NWUs.**

*All Female cadets should be transitioning to the White Dixie Cover.*