

# TRAINING VESSEL MANATRA SEA BAG CHECK OFF LIST

## For Seven-Day Training Periods

### You **MUST** bring -

- A pair of shorts, preferably khaki, suitable for shore liberty. Not sport shorts. Include a belt if it has belt loops.
- A pillow case, and one double, or two twin sheets (or a standard-size sleeping bag). Pillows and blankets are provided. Do not bring an oversized sleeping bag. **Do not arrive without bedding!**
- Working uniforms with proper NSCC insignia. NWUs or BDUs. One or two sets. Don't forget the belt and buckle
- Uniform cap appropriate for your working uniform.
- Utility or working jacket
- Gym shoes or deck shoes to be worn with the working uniform. Your shoes may get wet.
- Shower shoes
- Swim suit
- PT shorts & t-shirt
- One bath towel. Do not bring oversized or beach towels.
- 7 pairs of underwear and 7 t-shirts appropriate for your working uniform.
- 7 pairs of socks
- Toiletries (sun screen will be provided on board)
- Your NSCC ID card
- Your NSCC service record with training authority (orders) for this training included
- A small flashlight
- Sunglasses
- All of the items you bring are to be marked before arrival, in ink, with your name or initials**  
Your shirts and trousers and jackets should be carefully folded, or may be carried on hangers in a garment bag. All other items such as towels, t-shirts, and underwear should be tightly rolled and secured with rubber bands.
- A seabag, duffel, or collapsible soft luggage. Do not bring hard-sided luggage
- Several wire (not plastic) hangers on which to hang your working uniforms
- A cheerful demeanor, squared-away military bearing, and a willingness to learn
- This list.

### You **may** bring -

- An additional pair of shoes (Leather shoes or boots will not be worn on board)
- USN hooded sweatshirt
- Raincoat or poncho
- An inexpensive watch
- A camera
- Training manuals or appropriate leisure reading
- Spending money, with the possibility that shore liberty will be earned and granted.

### Do **not** bring -

Y Dress uniforms

Y Civilian clothing, except as may be needed to travel to the ship. Do not wear working uniforms on public transportation .

Y Prescription or non-prescription medications without a copy of **NSCADM 001 (Rev 08/14), Pages 7 & 8** in your service record **and prior authorization** from the COTC (see the applicant's information letter for an explanation)

Y Jewelry, including rings (a safety hazard when handling lines)

Y Laptops, pads, or other electronics

Phones may be brought and used while traveling, but will be collected on board and their use restricted.

Y A crabby disposition