



United States Naval Sea Cadet Corps

FORT LAUDERDALE Division

Sponsored by the Fort Lauderdale Council of the Navy League of the United States

Mailing Address: P.O. Box 21101, Fort Lauderdale, FL. 33335-1101

Headquarters: 300 S.W. 25th Street, Fort Lauderdale, FL 33315

LTJG Rosa Ryan - Commanding Officer



Sea Bag List- Bring Form to Check-In

DO NOT BRING ANYTHING NO ON THE LIST!! CONTRABAND WILL NOT BE RETURNED!!

ITEM	AMOUNT	Verify
Sea Bag	1	
Sea Cadet ID	1	
NWU Trouser	1	
NWU Blouse	1	
NWU Cover	1	
Black Belt & Silver Buckle	1	
NWU T-shirts	2	
Bousing Straps	1 pair	
Black Boots	1 pair	
Black Socks	2 pair	
Underwear	5	
Bra/Sport Bra (Females)	2	
PT USNSCC Shorts	2	
PT USNSCC T-shirt	2	
White Socks	2 pair	
Athletic Shoes	1 pair	
Shorts (Dark Color)	1	
White T-shirt	1	
USNSCC Sweat Set (or Navy Blue/Black)	1	
Flip-Flops	1 pair	
Sport Watch (Smart Watch NOT ALLOWED)	1	
Canteen / Camelback (NO WATER BOTTLES)	1	
Pocket Sized Notebook & Pen	1	
Sunscreen (NO AEROSOL)	1	
Bug Repellent (NO AEROSOL)	1	
Laundry Bag	1	
Swimsuit (Navy Blue or Black) Females (ONE PIECE)	1	
Towel & Beach Towel	1 & 1	
Personal Hygiene: Soap & Holder/Body Wash, Washcloth (2), Shaving Gear, Toothpaste, Toothbrush, Hairbrush/Comb, Shampoo/Conditioner, Deodorant, Contact Lens/Glasses if needed	Enough for 3 days	
Feminine Hygiene: Bring feminine hygiene products even if you do not think you will need them	Enough for 3 days	
Female Grooming: Hair Bands, Bobby Pins, Non-Aerosol Hair Spray/Gel, etc.	As needed	
Shoeshine Kit	1	
Flashlight with Batteries	1	
White FLAT Sheets	2	
Pillow	1	
Blanket (Navy blue/dark color) NO SLEEPING BAG	1	
White Towels	2	

All items should be marked with cadet's last name & last 4 digits of ss#.

No glass or Aerosol cans allowed. All uniforms MUST have properly sewn-on flashes.

MEDICATIONS both prescription and over-the-counter must be turned over to Medical Officer at check-in. Cadets will not be permitted to carry/keep medications of any kind.

NOT ALLOWED: ELECTRONICS, CELLPHONES, WEAPONS OF ANY KIND, MOUTHWASH OR ANY HYGIENE PRODUCT BASED ON ALCOHOL/FLAMABLE