

# CORPS OF CADETS

## Items Required During O-Week

The items below are in addition to those items identified in the “Checklist of What to Bring When Moving In” document. Information on this sheet is subject to change. Cadets should visit [www.tamug.edu/corps/oweeek.html](http://www.tamug.edu/corps/oweeek.html) for any changes to this document.

- Two (2) pairs of running shoes
- (1) pair black or brown safety-toe work boots (steel-toe or composite)
- Six (6) white crew-neck (V-neck not permitted) t-shirts
- Six (6) pairs of white athletic socks (crew length)
- Four (6) pairs of white athletic socks (ankle or no-show)
- Six (6) pairs of underwear (white or light gray)
  - o White or light gray color is strongly recommended especially with the Summer White uniform
- Three (3) pairs of blue jeans (no holes)
- One (1) plain maroon polo (preferably nylon/quick-dry; no design; no pattern; TAMU logo is permitted but not required—No other school/college/university name/logo is permitted)
- One (1) pair khaki or tan cargo pants (available at most Army/Navy surplus stores including online)
- Plain black or blue swim trunks (Male Cadets)
  - o No design; no patterns
  - o For wear during swim qualification
- Plain black or blue one-piece bathing suit (Female Cadets)
  - o No design; no patterns
  - o For wear during swim qualification
- Sun block (SPF 30 or greater) and mosquito repellent/bug spray
- Personal first-aid kit and athlete’s foot powder/spray/cream
- Prescription medication, over-the-counter medication (i.e., pain reliever, anti-diarrheal, etc.) and personal items (i.e., prescription eyewear, contact lenses, contact lens solution, etc.)
- Health insurance information and emergency contact information

- Black Fine Point Sharpie permanent marker
- Bedding, bath towels, toiletries, toilet paper (reference “Checklist of What to Bring When Moving In”)

### FEMALE CADETS ARE ENCOURAGED TO ALSO BRING THE FOLLOWING:

- Sports/activity bra (primarily for wear during PT)
- Bobby pins, barrettes, and/or elastic bands that match your hair color
- Natural make-up (no bright or vibrant colors for eyeshadow and/or lipstick)

### NOTE REGARDING EARRINGS AND PIERCINGS:

- Males will not be permitted to wear earrings
- Females are limited to one earring per ear (i.e., gold/silver stud or small loop)
- All piercings readily and/or immediately visible (i.e., face, nose, tongue) are not permitted

### NOTE REGARDING GROOMING STANDARDS:

- All Fish (male and female) will be instructed on proper grooming standards of the Corps of Cadets pursuant to the Corps Operations Manual
  - o All Fish will report with in their natural hair color
  - o All Fish will report with their natural nail color
    - Nail polish and artificial nails are not permitted during O-Week
  - o All male Fish will receive the standard Fish cut at the start of O-Week (the cost of the haircut is \$10.00)

### NOTE REGARDING CASH ON HAND, CREDIT CARD, OR DEBIT CARD:

- All Cadets are strongly encouraged to have at least \$150 of cash on hand, a credit card, and/or debit card for incidentals and last minute purchases
- An ATM is located next to the Mess Deck of the Texas A&M Maritime Academy Hall as well as at the Sea Aggie Center and in the breeze way between the Seibel Building and the Mary Moody Northen Student Center

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## PREPARING FOR O-WEEK

Below are some things you need to start doing to prepare for O-Week.

Updated information about O-Week can be found at <http://www.tamug.edu/corps/Oweek.html>.

- Register for your New Student Conference
  - o Plan to attend the session for the Texas A&M Maritime Academy and Corps of Cadets
- Submit your completed:
  - o Cadet Bookstore Pack to the Bookstore (via fax or mail) immediately and no later than 1 August
  - o Uniforms Order Form to the Navy Uniform Support Center immediately and no later than 1 August
- On the day of O-Week check-in, please bring the following:
  - o Driver license (or State ID)
  - o Original Social Security card
  - o Current passport (required for all License Option Cadets)
  - o Current medical insurance card
  - o Current vehicle insurance card (if applicable)
- At least 30 days before you arrive, you should condition yourself and start:
  - o Increasing your daily consumption of water
    - Adapt to drinking at least (1) gallon of water per day
    - Reduce your consumption of high-caffeine and/or high sugar beverages such as sodas, energy drinks, and sports drinks (i.e., Gatorade)
  - o Exercising
    - During O-Week, you will participate in morning physical training (PT) every morning beginning the Monday after check-in. Morning PT will include at least:
      - One-mile run
      - Push-ups
      - Sit-ups
      - Jumping-jacks
    - Check out the following:
      - <https://www.gocoastguard.com/faq/what-are-the-minimum-physical-fitness-requirements>
      - <https://www.navy.com/navy-life/life-as-a-sailor/fitness#physical-training>
    - Advise the Office of the Commandant of any medical conditions that may prevent you from strenuous physical activity and/or exercise. A doctor's note will be required.
      - Make sure to bring all required medications

- o Waking up at 0530 (5:30am) daily
  - Reveille during O-Week is at 0530
- Prepare for:
  - o Mandatory drug testing
  - o Regulated meals
    - Although the chow hall will have a variety of options for faculty, staff, and students dining in the facility, Fish during O-Week will be limited to what they can have for morning chow, noon chow, and evening chow. For example:
      - You will not be permitted to drink sodas or coffee, but you will be permitted to have juice, iced tea and/or a diluted amount of Gatorade
      - You will not be denied the opportunity to consume dairy products (i.e., milk, cottage cheese, cheese, etc.), but you do so with the understanding that you will be marching throughout the day
  - o No access to the Internet, email, phone, or the time
    - You will have limited access to email and phone during personal time prior to lights-out
  - o Not hearing your first name
  - o Feeling home-sick
  - o Meeting new people
  - o Working as a team
  - o Making mistakes
  - o Succeeding

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## Checklist of What to Bring When Moving In

- Bedding:
  - o Twin-size bed sheets (Solid color – white, tan or blue; no vibrant colors; no design; no patterns) (extra sheets are encouraged)
  - o Blanket(s) (Solid color – blue or tan; no vibrant colors; no design; no patterns) (extra blankets are encouraged)
  - o Pillow(s)
- Trash can (Solid color – black, tan, or gray; no vibrant colors; no design; no patterns)
- Portable fan (optional)
- Toiletries (Shampoo, soap, shaving cream, toothpaste, deodorant, shaving kit/razor, etc.)
- Shower curtain (76 inches; One per bathroom; Solid white or frosted only; no vibrant colors; no design; no patterns)
- Four (4) Plain (not plush) standard white bath towels (no design; no patterns)
- Shower shoes (i.e., Flip Flops)
- Basic cleaning supplies, bathroom cleaning supplies, and toilet paper
- Laundry supplies; Hangers and other small closet organizers
- Alarm clock
  - o License Option Cadets are strongly encouraged to have a battery-powered alarm clock, which is the only type of alarm clock permitted for use during cruise
- Computer and peripherals/accessories (i.e., monitor printer, mouse, keyboard, mousepad, external speakers)
  - o Computer/electronic gaming equipment/gear is not permitted
- Microwave (up to 700 watts) (optional)
- Refrigerator (up to 1.6 amps) (optional)
- Lamp (limited to one; non-halogen)

- Dehumidifier (optional)
- Surge protector strip
- Dishware and silverware (optional)
- Black umbrella (Solid black; no design; no patterns)
  - o A solid black umbrella is the only umbrella permitted for use when in uniform
- School supplies (i.e., pens, pencils, notebook paper, calculator, etc.)
- Lock box or small safe (check out <https://www.collegeproducts.com/store/tamu/>)
- Calendar or planner
- Command Strip type hooks
- Crock pot (optional)
- Personal coffee maker (optional)
- Iron and ironing board

**NOTE:** Wal-Mart, Target and Home Depot are just some stores located on Galveston Island, but are not necessarily in walking-distance of the campus

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## Checklist of What NOT TO BRING When Moving In

Electronic gaming equipment and/or gaming gear

Waterbed

Hotplates (or any item with an exposed heating element)

Pets (other than fish)

Candles

Wireless Internet routers

Weapons and explosives

- o For information regarding Campus Carry visit <http://www.tamu.edu/statements/campus-carry.html>

Television

- o All new entering Cadets regardless of class year (i.e., Freshman or transfer) are not permitted the privilege of television during their first year in the Corps of Cadets

Carpet and/or rugs

- o All new entering Cadets regardless of class year (i.e., Freshman or transfer) are not permitted the privilege of carpet and/or rug in any part of their room (including but not limited to the bathroom and common areas of a suite) during their first year in the Corps of Cadets

Curtains and/or window treatment

- o All new entering Cadets regardless of class year (i.e., Freshman or transfer) are not permitted the privilege of curtains and/or window treatment during their first year in the Corps of Cadets

Lounging furniture

- o All new entering Cadets regardless of class year (i.e., Freshman or transfer) are not permitted the privilege of lounging furniture during their first year in the Corps of Cadets

Musical instruments

- o Exception are those Cadets joining the Sea Aggie Spirit Band

Stereo equipment

- o All new entering Cadets regardless of class year (i.e., Freshman or transfer) are not permitted the privilege of stereo equipment during their first year in the Corps of Cadets

Personal workout equipment

- o All new entering Cadets regardless of class year (i.e., freshman or transfer) are not permitted the privilege of personal workout equipment (including but not limited to dumbbells, barbells, free-weights, and portable pull-up bars) during their first year in the Corps of Cadets
- o Portable pull-up bars and large scale workout equipment (i.e., treadmills, workout stations, etc.) are not permitted regardless of class (these types of equipment are available at the on-campus recreation center)