

## What to Pack

### **Cadet suggestions-**

- Port Clothes- Moderation (only about 1.5 days of lib in each port)
- Underway Uniform
- Khaki Shorts
- CMA T-shirts (grey) – purchase at PCove for \$10.00
- White Shoes
- Lawn Chairs (for the fantail)
- Short sleeve boiler (with name)
- Towels (Shower and Beach)
- Shower shoes
- Snacks (Re-stock in port)
- Pirate's cove \$\$ - credit cards and cash only
  - Snacks
  - Phone cards
  - School Supplies
- SUNSCREEN
- WATCH
- Watch
  - Red light flashlight
  - Knife
  - Notepad
  - Pen
- Rain gear
- Class Stuff
  - Charts (handout)- Chart tube
  - Plotting gear (triangles and dividers)
  - Share equipment between training divisions
  - Bowditch and Rules of the Road are downloadable
  - Bring Merchant Mariners Seaman's manual
  - Share a pad of radar plotting sheets
  - Pens and Pencils
  - Notebook

### **Official List-**

**Luggage:** Bring clothes that will meet your basic needs. Don't pack more than you can carry! You will only be allowed two (2) bags. Your sea bag (uniforms, etc.) and one bag for personal clothing, as well as your backpack.

### **Academic Materials**

- Instructional Materials (speak to your Dept. Instructors for details)
- Black and Blue Pens
- #2 Pencils
- Small notebooks
- Radar Plotting Sheets
- Soldering Kit (Engineering Cadets - speak to your Instructor for details)

### **Bed and Bath**

- Extra Long Twin sheets for TSGB
- Pillow(s) and Pillow Case(s)
- Blanket and/or Comforter
- Bath Towels, Hand Towels, and Wash Cloths
- Bathrobe
- Small Toiletry Tote to carry to the bathroom
- Shower Shoes

### **Basics**

- Alarm Clock
- Backpack
- Flashlight and Authorized Pocket Knife
- Personal Toiletries
- Wristwatch

### **Personal Medication Kit**

It is recommended that you take along a small, personal medical kit to treat minor ailments and personal needs. The Sick Bay is stocked with only a limited supply of over-the-counter pharmaceuticals and supplies. It is advisable to carry the following:

- Instant hand-sanitizing gel
- For motion sickness: Meclizine, Dramamine, Bonine, etc.
- For stomach upset: Pepto-Bismol and antacids
- For minor pains: Aspirin, Tylenol and/or Advil
- For insect bites: insect repellent with at least 30-50% DEET, Cortisone cream, Calamine lotion, instant ice packs, antihistamines
- For minor cuts and scrapes: Band-aids and antibiotic ointment
- Head congestion/allergies: decongestant such as Sudafed and antihistamine such as Benedryl
- For dehydration: powdered Gatorade and a container to mix
- For athletes foot: flips-flops to wear in the shower and an anti-fungal cream or powder (Lotrimin)
- For sunburn: sun block (minimum SPF 15), aloe gel, protective lip balm

**\*\* Cases of water, sodas, and sports drinks are not allowed. They are available for purchase from Pirate's Cove (ship's store).**