

## RUDDER 2020 Sea Term Packing List

### Documents:

\*\*\*\*\* ALWAYS BRING EXTRA COLOR COPIES ABOARD THE VESSEL \*\*\*\*\*

- Passport
- TWIC
- MMC
- Medical Certification Card
- CG-719K (physical must be dated Sept. 1, 2019 or later)  
[https://www.dco.uscg.mil/Portals/9/NMC/pdfs/forms/CG\\_719K.pdf](https://www.dco.uscg.mil/Portals/9/NMC/pdfs/forms/CG_719K.pdf)
- TAMUG ID
- Medical Insurance Card
- Shot Record
- SASH Certificate -This training can be found on *Howdy* → *e-Campus* → *Texas A&M Maritime Academy (My Organizations)* → *SASH Training (left-hand column)*. Please print certificate in landscape format or send your pdf certificate to [tamma@tamug.edu](mailto:tamma@tamug.edu) prior to your arrival.

### Uniforms:

- Khaki Pants (2 recommended)
- Khaki Shorts (Optional - Flex Uniform)
- A&M Polo Maroon
- Ball Cap
- Rain Gear (YELLOW or ORANGE is required for safety)
- A&M Sweatshirt
- Sneakers

### PPE:

- Coveralls (2 pairs)  
**NOTE** – Cadets should have a clean pair for scullery duty, and a working pair for deck operations
- Safety Glasses (2 pair)  
**NOTE** – A strap to keep them secure is recommended.
- Gloves
- Steel-toe Boots
- Knife (< 4in)
- Flashlights (Red & White)  
**NOTE** – A red lens will be highly useful for night watch and/or night operations onboard.
- Headlamp (Optional)

**NOTE** – These are very useful to clip onto your ball cap at night on watch. Make sure it has a red-light attachment.

- Water Bottle and Hook
- Notepads (1-2)
- Watch (1)
- Ear Protection
- Maroon Hardhat (1)

**NOTE** - Write your name clearly on the hat.

- Absorbent Sweatband

**NOTE** - This can be buttoned to the inside edge of the hardhat for more comfort.

- Extra Batteries

**NOTE** - Bring batteries for your flashlights, calculator, or anything that could run out during cruise.

### **Bedding:**

- Fitted Sheet(Twin XL) and/or Sleeping bag (1)
- Blanket (1)
- Pillow (1)
- Laundry Bag (1)
- Over-door pocket (1)
- Command Hooks (2 packs)
- Lock (1)
- Hangers (7-8)

**NOTE:** A common recommendation is to buy a cheap pillow and big blanket/sleeping bag prior to arrival to save space when packing and throw it away after cruise.

### **Hygiene Products:**

- Shampoo/Conditioner
- Body wash
- Toothpaste/Toothbrush
- Mouthwash/Floss
- Face Wash
- Deodorant
- Hairbrush/Comb
- Shower Caddy
- Shower Shoes **NOTE** - Crocs are the best options. Plan on disposing of the shower shoes at the end of cruise.
- Fingernail clippers
- Razors
- Washcloths
- Towels (Shower and Beach)
- Sunscreen

## Clothes:

- Sweatpants (1 recommended)
- Hoodie/ Sweatshirt (1 recommended)
- Underwear (8 recommended)
- Closed-toe shoes (1 recommended) **NO FLIPFLOPS OR SANDALS**

**NOTE** – Not allowed to disembark the vessel in open-toe shoes. Crocs are acceptable.

- Socks (8-10 recommended)
- Shorts (5-6 recommended)
- Shirts (7-8 recommended)
- Sleeping Clothes (2 recommended)
- Gym Clothes
- Sunglasses (1)

## First Aid (optional):

- Motion Sickness Medication

**NOTE** - Meclizine pills will be available outside the sick bay if needed.

Ginger candy also is a good natural aid to bring with you.

- Band Aids
- Ibuprofen/ Advil
- Chapstick
- Vitamins

**NOTE** - If you take vitamins regularly, pack them. Pack enough for the full 70-day trip.

**\*\*\*\*\* DO NOT FORGET ANY ESSENTIAL MEDICATION & BRING THE REQUIRED AMOUNT \*\*\*\*\***

**\*\*PLEASE REFER TO YOUR ACADEMIC SYLABUS FOR ACADEMIC RESOURCE REQUIREMENTS\*\***