

CORPS OF CADETS

Personal Items Required for O-Week

- Two (2) pairs of running shoes.
- (1) pair Black ASTM Certified work boots (steel-toe or composite).
- Six (6) white crewneck (V-neck not permitted) t-shirts.
- Six (6) pairs of white athletic socks (crew length).
- Six (6) Pairs of black socks (crew length).
- Four (6) pairs of white athletic socks (ankle or no-show).
- Six (6) pairs of underwear.
 - White or light gray color is strongly recommended.
- Three (3) pairs of blue jeans (no holes or excessive fading).
- Plain black or blue swim trunks (Male Cadets).
 - No design; no patterns.
 - For wear during swim qualification.
- Plain black or blue one-piece bathing suit (Female Cadets).
 - No design; no patterns.
 - For wear during swim qualification.
- Sunblock (SPF 30 or greater).
- Mosquito repellent or bug spray.
- Personal first-aid kit and athlete's foot powder/spray/cream.
- Prescription medication, over-the-counter medication (e.g., pain reliever, anti-diarrheal, etc.), and personal items (e.g., prescription eyewear, contact lenses, contact lens solution, etc.) NO CBD or similar products.
- Black Fine Point Sharpie permanent marker.
- Hydration/electrolyte water supplement (e.g., Liquid IV, Propel, Gatorade)

FEMALE CADETS ARE ALSO ENCOURAGED TO BRING THE FOLLOWING:

- Sports or high-impact bra (primarily for wear during PT).
- Bobby pins, barrettes, or elastic bands matching your hair color.
- Natural make-up (i.e., no bright or vibrant colors for eyeshadow or lipstick).

NOTES REGARDING EARRINGS, PIERCINGS, AND TATOOS:

- 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 or immediately visible (i.e., face, nose, tongue) are not permitted.
- Tattoos are a cadet's individual expression and not formally banned, but Corps of Cadets expects observance to regulations concerning personal appearance while in uniform. Cadets who are in NROTC and are looking to get a commission contract must adhere to that branch's strict tattoo policies, which often prohibit tattoos on the neck, face, or hands, and limit the size of others.

NOTES REGARDING GROOMING STANDARDS

- All male fish MUST arrive with the standard fish haircut for the start of O-Week (hair clipper #1 guard).
- All female fish with long hair are required to have hair in a bun.
- All female fish with short hair should ensure it does not extend past the bottom of the collar.
- All fish will report in with their natural **hair** color.
- All fish will report in with their natural **nail** color.
- Nail polish and artificial nails are not permitted during O-Week.

NOTES REGARDING CASH ON HAND, CREDIT CARD, OR DEBIT CARD:

- All Cadets are strongly encouraged to have at least \$150 cash and a credit 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, at the Sea Aggie Center, and in the breezeway between the Seibel Building and the Mary Moody Northen Student Center.