

CLOTHING AND PERSONAL ARTICLES INSTRUCTIONS

The NROTC Unit will provide all of your uniform requirements. They will be issued to you during New Student Orientation. There are some items that the NROTC Unit will not provide, but which you will need for Orientation and throughout the school year. These items are:

- 1 laundry bag and pin
- At least 4 athletic jogging bras (females only)
- 6 pairs of white athletic socks
- 1 pair of good **running** shoes (not basketball or cross training shoes)
- 1 pair of old gym shoes (bring a pair that you will not mind getting wet during sail training)
- 1 swim suit (women must bring a one piece suit)
- 7 sets of underwear (no lingerie)
- 7 crew neck all white undershirts (required)
- 1 pair of shower shoes (beach flip flops)
- Bobby pins and/or hair ties matching your hair color (females)
- 2 towels
- 1 old t-shirt (used to polish brass)
- 1 can of Kiwi Parade Gloss shoe polish (black)
- 1 bottle of #15 or greater sun block
- 1 set of toilet articles (soap, shampoo, toothbrush and paste, band aids, nail clippers, razor, shaving cream, deodorant, feminine items-all females must bring feminine hygiene products as the stress of training can induce unexpected menstruation)
- 1 notebook (8 ½ x 11 size paper)