



**U.S. NAVAL SEA CADETS OF RHODE ISLAND**  
**Naval Construction Battalion Center (NCBC)**  
**Advanced Sail Training Program**  
**Quonset Point, Rhode Island**

**David Kerwood, CWO2**  
**Commanding Officer**

**Captain Doug Somers**  
**Sail Training Instructor**

<http://www.riseacadets.org>  
 email: [kerwooddr@riseacadets.org](mailto:kerwooddr@riseacadets.org)

**NSCC SAIL TRAINING MINIMUM SEA BAG LIST**

ALL ITEMS WILL BE PROPERLY IDENTIFIED WITH CADET NAME

ALL UNIFORM ITEMS MUST HAVE NSCC FLASHES & INSIGNIA

<b>Item</b>	<b>QUAN.</b>
Sea Bag	1
Padlock w/2 keys	1
Flashlight	1
Utility/Dungaree uniform, complete	2
USN Blue Coverall uniform (optional)	2
Deck Shoes and/or Sneakers – light colored soles only	1 pr
Jacket, Utility	1
Jacket, Raincoat, Black	1
Underwear, appropriate	6
Shorts, athletic/PT navy blue	1
Sleepwear - sweatpants and sweatshirt recommended	1
Swim Suit, navy blue (Female must be 1 piece)	1
Shower Shoes	1 pr
Bath Towels	2
Wash Cloths	2
Personal Hygiene Kit (Soap, soap holder, shaving gear, toothpaste, toothbrush, comb/brush, shampoo, deodorant, body/foot powder, contact lens solution, etc.) [NO aerosol cans or glass containers]	1
Sunscreen, SPF 15 or greater	2
Lip Balm	2
Sewing Kit	1
Note Book and Pen (click type)	1
Stationary, Self-Addressed Stamped Envelopes	Per Need
Mesh Laundry Bag	1

Notes:

1. Cadets traveling via commercial transport will travel in civilian attire. You will have the opportunity to change upon reporting to the billeting site.
2. A cloth carry bag (a day bag) is highly recommended. These are cloth bags that you can roll up and stow in a minimum space.
3. Backpacks will not be allowed on the boats.