



DEPARTMENT OF THE NAVY

RECRUIT TRAINING COMMAND
3355 ILLINOIS STREET
GREAT LAKES, IL 60088-3127

Welcome to the United States Navy!

The staff of Recruit Training Command (RTC) is fully committed to our mission: providing the United States Navy with smartly disciplined, physically fit, basically trained Sailors. By being here, you have taken the crucial first step toward achieving that standard.

Following one week of in-processing and nine rigorous weeks of our Basic Military Training (BMT) syllabus, our graduates earn the right to wear the uniform recognized around the globe as a symbol of freedom. We are dedicated to providing the tools and conditions for every Recruit's success—but it is on you to take the steps to cross the finish line.

The Boot Camp Experience

Navy boot camp is demanding by design. Most find the first few weeks to be the most challenging as they adjust to a military environment and, for many, their first time away from home. We urge our Recruits to constantly remember their "why" for joining. Draw on your personal motivation to keep moving forward, never quit, and never surrender.

Your days will be highly structured with military drill, hands-on learning, and a strict physical fitness regimen. This busy training schedule allots little free time, but it ensures the weeks go by quickly. A vital part of this process is learning to unplug from the digital world and relying instead on Warrior Toughness principles—the exact mindset you will need when deployed at sea or in austere mission locations.

During your time here, you will be forged through our five core competencies and the *Sailor 4 Life* principles, transforming into the capable Sailor our Navy requires to remain the greatest in the world.

Future Sailor Preparatory Course (FSPC)

For those participating in our Future Sailor Preparatory Course, this program is typically three weeks long and is offered in both physical and academic strands. Completed prior to the standard 9-week BMT, this course has proven incredibly effective in helping Recruits develop the strength, purpose, and motivation necessary to thrive at RTC.

Staying Connected

While the opportunity for digital communication is limited, old-fashioned letters are highly encouraged. A well-timed letter can make all the difference in a Recruit's or a family member's day—so please write!

Phone calls are generally scheduled every couple of weeks based on the following milestones:

- Night of Arrival: A brief call to let family know you have safely arrived at RTC (and to share this letter).
- A Few Days Later: A brief opportunity to text or email your division assignment and initial graduation information.

- Week 2-Saturday
- Week 4-Saturday
- Week 7: Upon passing the Official Physical Fitness Assessment.
- Week 8: Upon successfully completing Battle Stations.
- The Night Before Graduation.

To learn more about the week-to-week training syllabus and to watch first-person testimonials from successful Recruits, please visit: [U.S. Navy Recruit Training Command/Recruits](https://www.navy.mil/Recruits).

Graduation: The Transformation

When graduation arrives, families will witness the powerful transformation from civilian to United States Sailor. Families are absolutely invited to attend this milestone event.

- **In-Person Planning:** For in-depth information on planning, requesting tickets, and navigating the North Chicago area, check the latest updates at [U.S. Navy Recruit Training Command/Graduation](https://www.navy.mil/Recruits). You can also find Naval Station Great Lakes area information through our Morale, Welfare, & Recreation (MWR) partner at [Naval Station Great Lakes MWR](https://www.navy.mil/Recruits).
- **Virtual Attendance:** If family and friends cannot attend in person, we livestream the event for free on RTC's official YouTube channel ([youtube.com/c/RTCPublicAffairs](https://www.youtube.com/c/RTCPublicAffairs)) and verified Facebook page ([facebook.com/NavyRecruitTrainingCommand](https://www.facebook.com/NavyRecruitTrainingCommand)).
- **Security Note:** RTC will never ask for payment to view our feeds, nor will we require guests to sign up or send friend requests. Accept no substitutes.

Emergency Communications

Life happens while we make other plans. If there is an emergency and you need to communicate with a Recruit, routine issues can be addressed by calling the MyNavyHR Service Center at [1-833-330-6622](tel:1-833-330-6622) or via email at askmncc@navy.mil. You may also utilize the worldwide American Red Cross messaging service. For more details, please review our FAQ at [U.S. Navy Recruit Training Command/FAQ](https://www.navy.mil/Recruits).

In closing, we are incredibly excited to be a part of your Navy journey. We are committed to providing you and your family with the finest quality of service while upholding the rigor required to succeed here. It will take Honor, Courage, and Commitment to achieve the noblest goal of all: serving the American Navy as a symbol of freedom.

That journey starts here in Great Lakes. Good luck!

With the Greatest Admiration,

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Commanding Officer
Recruit Training Command

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