

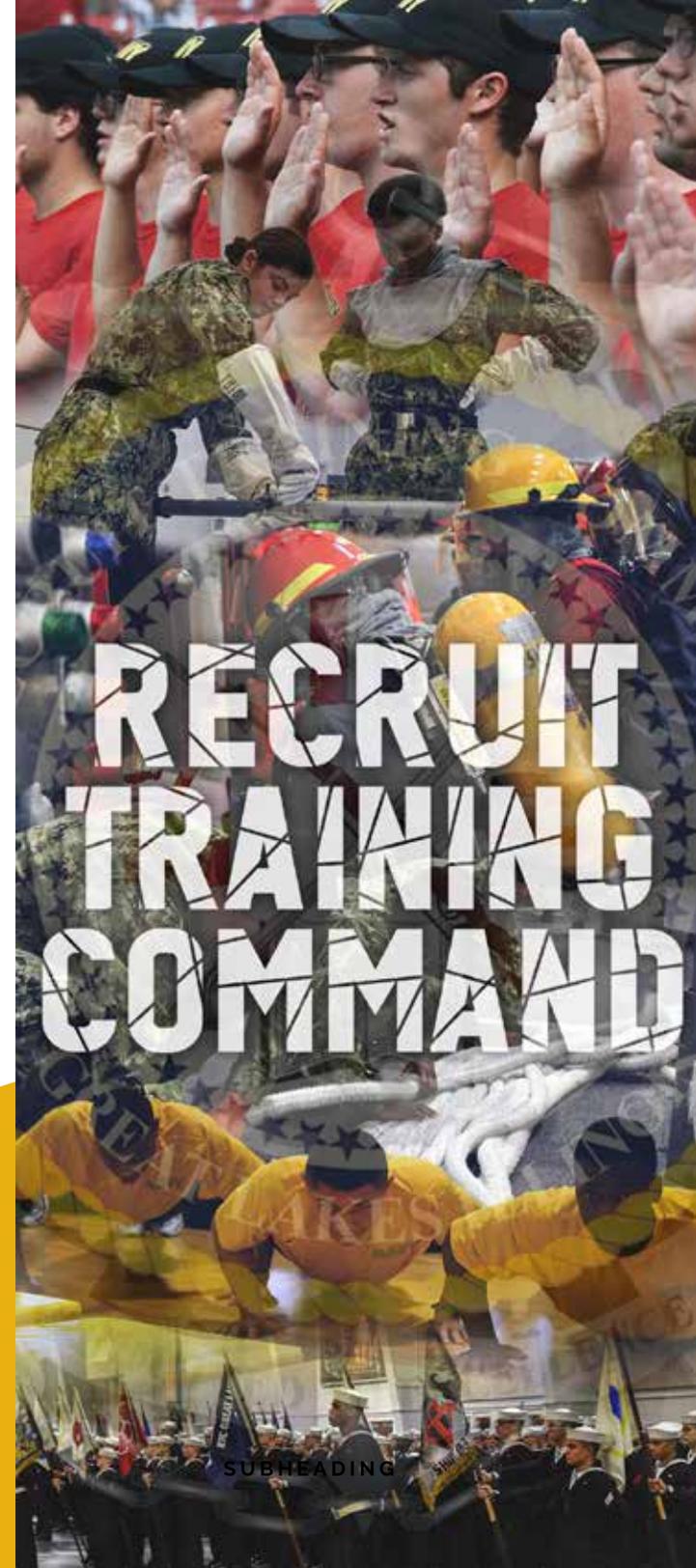
WHAT YOU CAN BRING

- Wrist watch, wedding ring
- Religious medallion (No larger than approximately 2"x1")
- Writing material
- Pocket-sized religious text
- Small address book
- Plastic hairbrush, pick, or comb
- Pre-paid phone cards
- One pair of prescription glasses or reading glasses
- A small amount of cash (i.e. less than \$10. Having a debit card is recommended to cover incidentals while traveling.)
- Prescription medications
- 3 white or black sports bras (only if 40DD or larger)

*Female recruits may retain the following personal items: Feminine sanitary items, conservative cosmetics.(one of each: face powder, blush, lipstick, eye shadow and mascara)
Barrettes (must match hair color).

WHAT NOT TO BRING

- Shaving cream
- All aerosol containers
- After-shave/cologne
- Lighter fluid
- Disposable Lighters (the fluid cartridge of a "Zippo" lighter will be confiscated).
- Playing cards, dice, gambling paraphernalia
- Metal hairbrush, pick, or comb
- Anything in glass containers including mirrors
- Razors of any type, including blades, and knives
- Cigarettes, cigars, pipes, vapes, tobacco, and chewing tobacco
- Alcohol-based health & comfort items
- Additional civilian clothing
- Portable video game players, MP3 players
- Cameras
- Electric razors
- Hair dryers
- Curling irons
- Lingerie/sleep wear
- Food items (gums, candy, chips, etc.)
- All non-prescription drugs and medications
- Firearms, weapons, or explosives of any kind
- Narcotics/illegal drugs or any paraphernalia



PREPPING FOR YOUR FIRST NIGHT

BE PREPARED

- Have a good mailing address memorized. Personal items will be boxed up and sent home. Small address books with contact information are HIGHLY encouraged
- Have Next of Kin information (name, phone number, and address)
- Drug and pregnancy test will be administered within 24 hours of arrival
- Ensure nails are clean and without polish
- No gel or acrylic nails
- Clean-shaven face
- Remove fake eyelashes
- Ensure hair styles are within Navy grooming standards and hair is a natural color
- Wear weather-appropriate attire. Pants/shorts and a t-shirt are encouraged.
- Wear close-toed shoes and socks. NO flip flops or sandals.

REQUIRED ITEMS

ALL RECRUITS MUST HAVE

- Social Security card
- Immunization records

TWO FORMS OF VALID IDENTIFICATION

- One form of identification **MUST** have a photo. The name on **ALL** identification **MUST** match. If not, provide legal name change documentation.
- Acceptable forms of ID include: U.S. Passport • Foreign passport • Driver's license • U.S. Military dependent's ID card • Personal Identity Verification Card. • Voter's registration card • Certificate of U.S. Citizenship • Certificate of Naturalization.

AS APPLICABLE

- Marriage Certificate
- Divorce, Alimony or Child Support Decree
- Copies of Dependent Birth Certificate and Social Security Card
- DDS Form (opportunity to set up a banking account will be given upon arrival)
- Permanent resident card (for non-citizens)
- For NAT Sailors ONLY - Copy of current lease agreement or mortgage statement

TIP: For more acceptable forms, please refer to the DoD list of acceptable identity documents.

