

NSSC SEABAG REQUIREMENTS FOR
 RECRUIT TRAINING AND CANADA EXCHANGES

| ITEM | PACIFIC NORTH WEST | | PACIFIC SOUTH WEST | | NORTH CENTRAL STATES | | NORTH EASTERN STATES | | SOUTH EASTERN STATES | | CANADA EXCHANGES | | ESCORT OFFICER (GENERAL) | |
|-----------------------------|--------------------|---|--------------------|---|----------------------|---|----------------------|---|----------------------|---|------------------|---|--------------------------|---|
| | M | F | M | F | M | F | M | F | M | F | M | F | M | F |
| SHOES, SHOWER (PAIR) | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| SHORTS, ATHLETIC | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| SOAP & SOAP DISH | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| SOCKS, BLACK | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| SOCKS, WHITE | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 |
| SOCKS, ATHLETIC | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| STATIONERY/WRITING PAD/PEN | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| SWIM SUIT (FEMALE 1 PIECE) | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| TOOTHBRUSH/TOOTHPASTE/FLOSS | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| T-SHIRTS (WHITE-ROUND NECK) | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| UNDERSHORTS, MALE (WHITE) | 4 | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 | |
| UNDERSHORTS, FEMALE (WHITE) | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 |
| UTILITY COAT | | | | | | | | | | | 1 | 1 | 1 | 1 |
| WEB BELT, BLACK | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| WEB BELT, WHITE | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| WHITE SHIRT & TROUSERS | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 |
| WHITE JUMPERS | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | 2 |
| WHITE BLOUSE & SKIRT | | 2 | | 2 | | 2 | | 2 | | 2 | | 2 | | 2 |
| WORK JACKET/WINDBREAKER | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| WASH CLOTH/TOWEL | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |

- * Optional (COTC will determine)
- ** Trousers are optional for female cadets and officers
- *** Extra pair for marching
- **** If participating in Canada Exchange

- NOTES:
- 1) NSSC Flashes must be sewn on all outer garments (except raincoat), i.e., jumpers, shirts, sweaters and jackets.
 - 2) NSC E-1 Chevrons only may be worn on the chambray shirts. All other Chevrons will be removed.
 - 3) Cadets last name/SSN must be stenciled or sewn on by embroidery patch over the right shirt pocket of the chambray shirt and the right hip pocket of the dungaree trousers.
 - 4) All other items will be stenciled/marked with the cadets last name and SSN or initials.
 - 5) Dress uniforms will be stenciled with permanent ink on the manufacturer's tags.