Personal Items Checklist for Naval ROTC Midshipman Orientation

Make sure you bring all of these items. There will not be an opportunity to go shopping for missing items!

**Personal**

- Toiletries (Toothbrush, Toothpaste, Deodorant, Soap, Shampoo, Nail clippers, etc.)
- Female hygiene products
- Shaving kit (Razor, shaving cream)
- Washcloths and Towels (at least two of each)
- (6) Sets of undergarments
- (1) Combination lock
- (1) Shoeshine kit (black and white shoe polish and applicators)
- (1) Pair Shower shoes (flip-flops)
- (5) Crew-cut, Plain, White T-Shirts
- (1) Alarm Clock
- Money for Midshipman Dues ($100) and incidental expenses (there will be no ATM access during Orientation)
- (1) Bottle of sunscreen (SPF 25 or greater)
- (1) OFF! or similar insect repellant (bugs tend to come out during morning PT)
- (1) Iron
- (1) Container of laundry detergent (powder or liquid detergent, enough for 5 loads)
- (1) $10 Roll of quarters for laundry machines

**Athletic**

- (1) Boxer-short style solid black swimsuit (Males)
- (6) Sets white ankle cut athletic socks
- (1) Pair running shoes (shoes should be broken-in)
- (1) One-piece solid black swimsuit (Females)

**Bedding**

- (1) Twin-sized fitted sheet
- (1) Pillow
- (1) Pillowcase
- (1) Twin-sized blanket
- (1) Twin-sized sheet

**Other**

- Haircut, within military standards (see back of page of this enclosure)
Military Haircut Standards

Male. Keep hair neat, clean and well groomed. Hair above the ears and around the neck shall be tapered from the lower natural hairline upwards at least 3/4 inch and outward not greater than 3/4 inch to blend with hairstyle. Hair on the back of the neck must not touch the collar. Hair shall be no longer than four inches and may not touch the ears, collar, extend below eyebrows when headgear is removed, show under front edge of headgear, or interfere with properly wearing military headgear. The bulk of the hair shall not exceed approximately two inches. Bulk is defined as the distance that the mass of hair protrudes from the scalp. Hair coloring must look natural and complement the individual. Faddish styles and outrageous multicolored hair are not authorized. The unique quality and texture of curled, kinked, waved, and straight hair are recognized, and in some cases the 3/4 inch taper at the back of the neck may be difficult to attain. In those cases hair must present a graduated appearance and may combine the taper with a line at the back of the neck. One (cut, clipped or shaved) natural, narrow, fore and aft part is authorized. Varying hairstyles, including afro, are permitted if these styles meet the criteria of maximum length and bulk, tapered neck and sides, and do not interfere with properly wearing military headgear. Plaited or braided hair shall not be worn while in uniform or in a duty status. Keep sideburns neatly trimmed and tailored in the same manner as the haircut. Sideburns shall not extend below a point level with the middle of the ear, shall be of even width (not flared) and shall end with a clean shaven horizontal line.

Female. Hairstyles shall not be outrageously multicolored or faddish, to include shaved portions of the scalp (other than the neckline), or have designs cut or braided into the hair. Hair coloring must look natural and complement the individual. Haircuts and styles shall present a balanced appearance. Lopsided and extremely asymmetrical styles are not authorized. Ponytails, pigtails, widely spaced individual hanging locks, and braids which protrude from the head, are not authorized. Multiple braids are authorized. Braided hairstyles shall be conservative and conform to the guidelines listed herein. When a hairstyle of multiple braids is worn, braids shall be of uniform dimension, small in diameter (approx. 1/4 inch), and
tightly interwoven to present a neat, professional, well groomed appearance. Foreign material (i.e., beads, decorative items) shall not be braided into the hair. Short hair may be braided in symmetrical fore and aft rows (corn rowing) which minimize scalp exposure. Corn row ends shall not protrude from the head, and shall be secured only with inconspicuous rubber bands that match the color of the hair. Appropriateness of a hairstyle shall also be judged by its appearance when headgear is worn. All headgear shall fit snugly and comfortably around the largest part of the head without distortion or excessive gaps. Hair shall not show from under the front of the brim of the combination hat, garrison, or command ball caps. Hairstyles which do not allow headgear to be worn in this manner, or which interfere with the proper wear of protective masks or equipment are prohibited. When in uniform, the hair may touch, but not fall below a horizontal line level with the lower edge of the back of the collar. With jumper uniforms, hair may extend a maximum of 1-1/2 inches below the top of the jumper collar. Long hair, including braids, which fall below the lower edge of the collar shall be neatly and inconspicuously fastened, pinned, or secured to the head. No portion of the bulk of the hair as measured from the scalp will exceed approximately 2 inches. A maximum of two small barrettes/combs/clips, similar to hair color, may be used in the hair. Additional bobby pins or rubber bands matching hair color may be used to hold hair in place, if necessary. Fabric elastics and colored rubber bands/pins are not authorized. Hair ornaments shall not present a safety or FOD (Foreign Object Damage) hazard. Hair nets shall not be worn unless authorized for a specific type of duty.