

# CORPS OF CADETS

## Items Required During O-Week

The items below are in addition to those identified in the "Checklist of What to Bring When Moving In". Information on this sheet is subject to change. Cadets should visit

<https://www.tamug.edu/corps/pages/Cadet-Resources/O-Week.html> for any changes to this document.

- Two (2) pairs of running shoes.
- (1) pair of black ASTM Certified work boots (steel-toe or composite).
- Six (6) white crewneck (V-neck not permitted) t-shirts.
- Six (6) pairs of white athletic socks (crew length).
- Six (6) Pairs of black socks (crew length).
- Four (6) pairs of white athletic socks (ankle or no-show).
- Six (6) pairs of underwear.
  - o White or light gray color is strongly recommended.
- Three (3) pairs of blue jeans (no holes).
- One (1) plain maroon polo (preferably nylon/quick-dry)
  - o No design; no pattern other than the A&M logo (permitted but not required)
  - o No other school/college/university name/logo is permitted).
- Plain black or blue swim trunks (Male Cadets).
  - o No design; no patterns.
  - o For wear during swim qualification.
- Plain black or blue one-piece bathing suit (Female Cadets).
  - o No design; no patterns.
  - o For wear during swim qualification.
- Sunblock (SPF 30 or greater).
- Mosquito repellent or bug spray.
- Personal first-aid kit and athlete's foot powder/spray/cream.
- Prescription medication, over-the-counter medication (e.g., pain reliever, anti-diarrheal, etc.), and personal items (e.g., prescription eyewear, contact lenses, contact lens solution, etc.) NO CBD or similar products.
- Black Fine Point Sharpie permanent marker.
- Health insurance information and emergency contact information
- Bedding, bath towels, toiletries, toilet paper
  - o Reference the "Checklist of What to Bring When Moving In" for details.

FEMALE CADETS ARE ENCOURAGED ALSO TO BRING THE FOLLOWING:

- Sports or high-impact bra (primarily for wear during PT).
- Bobby pins, barrettes, or elastic bands matching your hair color.
- Natural make-up (i.e., no bright or vibrant colors for eyeshadow or lipstick).

NOTES REGARDING EARRINGS AND PIERCINGS:

- o Males will not be permitted to wear earrings.
- o Females are limited to one earring per ear (i.e., gold/silver stud or small loop).
- o All piercings readily or immediately visible (i.e., face, nose, tongue) are not permitted.

NOTES REGARDING GROOMING STANDARDS

- o All Fish (male and female) will be instructed on the proper grooming standards of the Corps of Cadets pursuant to the Corps Operations Manual.
- o All Fish will report in with their natural hair color.
- o All Fish will report in with their natural nail color.
- o Nail polish and artificial nails are not permitted during O-Week.
- o All male Fish MUST arrive with the standard Fish haircut for the start of O-Week (hair clipper #1 guard).

NOTES REGARDING CASH ON HAND, CREDIT CARD, OR DEBIT CARD:

- o All Cadets are strongly encouraged to have at least \$150 cash and a credit or debit card for incidentals and last-minute purchases.
- o An ATM is located next to the Mess Deck of the Texas A&M Maritime Academy Hall, at the Sea Aggie Center, and in the breezeway between the Seibel Building and the Mary Moody Northern Student Center.

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## PREPARING FOR O-WEEK

Below are some things you need to start doing to prepare for O-Week. Updated information about O-Week can be found at

<https://www.tamug.edu/corps/pages/Cadet-Resources/O-Week.html>.

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| <ul style="list-style-type: none"><li><input type="checkbox"/> Register for your New Student Conference.<ul style="list-style-type: none"><li>o Plan to attend the session for the Texas A&amp;M Maritime Academy and Corps of Cadets.</li></ul></li><li><input type="checkbox"/> Submit completed:<ul style="list-style-type: none"><li>o Cadet Bookstore Pack to the Bookstore (via fax, email, or mail) immediately and no later than 1 August.</li><li>o Uniforms Order Form to the Navy Uniform Support Center immediately and no later than 1 August.</li></ul></li><li><input type="checkbox"/> On the day of O-Week check-in, please bring the following:<ul style="list-style-type: none"><li>o Driver's license (or State ID).</li><li>o Original Social Security card.</li><li>o Current passport (required for all License Option Cadets).</li><li>o Current medical insurance card.</li></ul></li><li><input type="checkbox"/> At least 30 days before you arrive, you should condition yourself and start:<ul style="list-style-type: none"><li>o Increasing your daily consumption of water.<ul style="list-style-type: none"><li>▪ Adapt to drinking at least (1) gallon of water daily.</li><li>▪ Reduce your consumption of high-caffeine or high-sugar beverages such as sodas or energy and sports drinks (e.g., Gatorade).</li></ul></li><li>o Exercising.<ul style="list-style-type: none"><li>▪ You will participate in morning physical training (PT) every morning beginning the day after check-in.</li><li>▪ Morning PT will include at least:<ul style="list-style-type: none"><li>▪ One-mile run.</li><li>▪ Push-ups.</li><li>▪ Sit-ups.</li><li>▪ Jumping jacks.</li></ul></li><li>▪ Check out the following:<ul style="list-style-type: none"><li>o <a href="https://www.gocoastguard.com/faq/what-are-the-minimum-physical-fitness-requirements">https://www.gocoastguard.com/faq/what-are-the-minimum-physical-fitness-requirements</a>.</li></ul></li><li>▪ Advise the Office of the Commandant of any medical conditions that may prevent you from strenuous physical activity or exercise. A doctor's note will be required.</li></ul></li><li>o Practicing waking up at 0530 (5:30 am) daily.<ul style="list-style-type: none"><li>▪ Reveille during O-Week is at 0530</li></ul></li></ul></li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Prepare for:<ul style="list-style-type: none"><li>o Mandatory drug testing. Zero tolerance includes CBD and similar products.</li><li>o Regulated meals.<ul style="list-style-type: none"><li>▪ Although the chow hall will have various options for faculty, staff, and students dining in the facility, during O-Week, you will be limited to what you can have for morning chow, noon chow, and evening chow.</li><li>▪ For example, you will not be permitted to drink sodas or coffee, but you will be permitted to have juice, iced tea, or a diluted amount of Gatorade.</li><li>▪ You will not be denied the opportunity to consume dairy products (i.e., milk, cottage cheese, cheese, etc.), but you do so knowing that you will be marching throughout the day.</li></ul></li><li>o No access to the Internet, email, phone, or the time.<ul style="list-style-type: none"><li>▪ You will have limited access to email and phone during personal time before lights out.</li></ul></li><li>o Not hearing your first name.</li><li>o Feeling homesick.</li><li>o Meeting new people.</li><li>o Working as a team.</li><li>o Making mistakes.</li><li>o Succeeding.</li></ul></li></ul> |
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# CORPS OF CADETS

## Checklist of What to Bring When Moving In

- Bedding
  - Twin-size bed sheets (Solid color – white, tan, or blue; no vibrant colors; no design; no patterns)
  - extra sheets are encouraged
  - Blanket(s) (Solid color – blue or tan; no vibrant colors; no design; no patterns) (extra blankets are encouraged).
  - Pillow(s).
- Trash can (Solid color – black, tan, or gray; no vibrant colors; no design; no patterns).
- Portable fan (optional).
- Toiletries (Shampoo, soap, shaving cream, toothpaste, deodorant, shaving kit/razor, etc.).
- Shower curtain (76 inches; One per bathroom; Solid white or frosted only; no vibrant colors; no design; no patterns).
- Four (4) plain white bath towels (no design; no patterns).
- Shower shoes (e.g., Flip Flops).
- Basic cleaning supplies, bathroom cleaning supplies, and toilet paper.
- Laundry supplies
- Hangers and other small closet organizers.
- Alarm clock.
  - License Option Cadets are strongly encouraged to have a battery-powered alarm clock, the only type permitted for use during the Summer Sea Term.
- Computer, peripherals, and accessories (e.g., monitor, printer, mouse, keyboard, mousepad, external speakers).
  - Computer and electronic gaming equipment or gear is not permitted

- Dehumidifier (optional).
- Surge protector strip.
- Dishware and silverware (optional).
- Black umbrella (Solid black; no design; no patterns).
  - A solid black umbrella is the only umbrella permitted for use when in uniform.
- School supplies (i.e., pens, pencils, notebook paper, calculator, etc.).
- Lockbox or small safe
- Calendar or planner.
- Command Strip type hooks.
- Iron and ironing board.
- Boot polish kit.
- Microwave (up to 700 watts) (optional).
- Refrigerator (up to 1.6 amps) (optional).
- Lamp (limited to one; non-halogen bulb).

### NOTES REGARDING LOCAL SHOPPING

- Home Depot, Krogers, Randalls, Target, and Walmart are just some stores on Galveston Island but are not within walking distance of the campus.

# CORPS OF CADETS

## Checklist of What NOT TO BRING When Moving In

- Electronic gaming equipment and gaming gear.
- Waterbed.
- Hotplates or any item with an exposed heating element, including Instant Pots, air fryers, and griddles.
- Pets.
- Candles.
- Wireless Internet routers.
- Weapons and explosives.

For information regarding Campus Carry visit

<http://www.tamu.edu/statements/campus-carry.html>.

- Television.
  - o All new entering Cadets, regardless of class year (i.e., Freshman or transfer), are not permitted the privilege of television during their first year in the Corps of Cadets.
- Carpet and rugs.
  - o All new entering Cadets, regardless of class year (i.e., freshman or transfer), are not permitted the privilege of carpet or rug in any part of their room (including but not limited to the bathroom and common areas of a suite) during their first year in the Corps of Cadets.

Curtains and window treatment.
  - o All new entering Cadets, regardless of class year (i.e., first-year students or transfer), are not permitted the privilege of curtains or window treatment during their first year in the Corps of Cadets.
- Lounging furniture.
  - o The privilege of lounging furniture is not permitted during their first year in the Corps of Cadets

- Stereo equipment.
  - o All new entering Cadets, regardless of class year (i.e., Freshman or transfer), are not permitted the privilege of stereo equipment during their first year in the Corps of Cadets.
- Personal workout equipment.
  - o All new entering Cadets, regardless of class year (i.e., freshman or transfer), are not permitted the privilege of personal workout equipment (including but not limited to dumbbells, barbells, free-weights, and portable pull-up bars) during their first year in the Corps of Cadets.
  - o Portable pull-up bars and large-scale workout equipment (i.e., treadmills, workout stations, etc.) are not permitted regardless of class (these types of equipment are available at the on-campus recreation center).
- Musical instruments.
  - o Exception are those Cadets joining the Sea Aggie Spirit Band.