

UNITED STATES NAVAL SEA CADET CORPS
SEABEES TRAINING LONG ISLAND NEW YORK
CF-NY 1601 (CF-NY)

20 Aug 2016 – 28 Aug 2016 · Baiting Hollow Scout Camp

<http://usnsccregion03-4.us/CF-NY%20Training.html>

LCDR Forrest Woodward, NSCC · Commanding Officer of the Training Contingent

CADET INFORMATION GUIDE

VERSION 1.0 (UPDATED 28 APR 16)

This guide contains essential information about getting your cadet signed up and prepared for training – please read the whole guide. You and your cadet will have a much better training experience if you both know what to expect!!

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§1. When is CF-NY SEABEES Training?

- CF-NY SEABEES Training is running Saturday August 20th through Sunday, August 28th, 2016
- Cadets should be dropped off between 8AM and 1PM on August 20th.
- Graduation will be held at 11AM on August 28th.

§2. Where is CF-NY SEABEES Training?

CF-NY SEABEES Training is being held at Baiting Hollow Scout Camp, on the north shore of eastern Long Island. Directions are included at Appendix 1 of this guide.

Baiting Hollow Scout Camp is owned and operated by the Suffolk County Council, Boy Scouts of America, and has been serving Scouting since 1926. Located on the North Shore of Long Island, the camp has a freshwater lake and access to a beachfront on Long Island Sound.

Please visit the BSA Baiting Hollow website to view some of the facilities in which your cadet will be training. Go to <http://sccbsa.org/bhsc/>.

§3. What are the qualifications for CF-NY SEABEES Training?

- You must be 13 and have graduated from NSCC Recruit Training.
- You must have been officially enrolled in the NSCC no later than April 30th 2016, and your enrollment (ID card) must be current *through* 31 August, 2016.
- You must have passed a Physical Fitness Test at your home unit in 2016.
- You must have completed the Basic Military Requirements correspondence course (BMR).

Please see the [NSCC Training and Operations Manual](#) §0405.8 for more information on prerequisites. These minimum qualifications *are not waivable or negotiable*, and Unit COs will not even be able to request a billet on Magellan (our online personnel management system) unless these requirements are met.

§4. What do I have to do to get a billet at CF-NY SEABEES Training?

Submit the following to your home unit Commanding Officer:

- A *typed* [NSCTNG001 Request for Training Authority](#) signed by parent/guardian
- [CF-NY Waiver Packet](#) signed by you and your parent/guardian
- \$220 cashier's check or money order made out to "USNSCC"
- Copy of Health Insurance card
- If you are bringing *any* medications: [NSCADM001 \(Page 7/8\) Medical History Supplemental](#) signed by your parent/guardian and medical provider (see §10)

Please ensure that an updated [NSCADM001 \(Page 3/4\) Report of Medical History](#) is filled out and included in your service jacket.

All forms and waivers are available at <http://usnscregion03-4.us/CF-NY%20Training.html>

Your home unit CO will request a billet through Magellan and forward your paperwork to LCDR Woodward. Billet requests and paperwork must be received by LCDR Woodward no later than June 15th.

A warning: No matter what your Unit CO tells you, cadet billets for CF-NY cannot be 'reserved' – all billets are first-come, first-served. In addition, a billet is not secured by a Magellan request, by handing your paperwork to your Unit CO, or even by mailing your paperwork to LCDR Woodward. *Your billet will only be finalized as 'approved' upon LCDR Woodward's receipt of both a Magellan request from the Unit CO and a hard copy of a complete packet including payment.* Billets are awarded in the order in which the hard copy packets are received – don't delay.

Unit COs, DO NOT submit partial packets. Please combine packets whenever practicable. All Cadet packets must arrive to the COTC NLT 15 JUL 16.

LCDR Forrest Woodward, NSCC
CF-NY / Staff
10-11 162nd St 3-B
Whitestone, NY 11357

Do NOT send packets via any method requiring a signature upon delivery!

§5. What happens on Check-In Day (August 20th)?

- Your parents or escort may drop you off at Baiting Hollow Scout Camp anytime between 8AM and 1PM
 - Cadets traveling in privately owned vehicles (POV) will report in NWU or CUU, with ID card in-hand.
 - Cadets traveling by way of public transportation (Taxi, airplane, train, etc.) will report in civilian clothes and change to NWU or CUU upon arrival at Baiting Hollow, before check-in.
 - Check with your Unit CO to see who will be bringing your service record and what time they will arrive – you cannot start check-in without it
- **A responsible adult needs to stay at the Baiting Hollow facility until you are fully processed**
 - They MAY NOT leave until given the “all clear” by the CF-NY staff
 - The responsible adult may be asked to purchase missing items (see §12 and Appendix 2) or gather missing paperwork so make sure you are fully prepared.
 - If you have a disqualifying medical condition or is missing essential paperwork, the responsible adult will transport you home at your expense
 - Please plan for check-in to take 1-3 hours from the time you arrive; please bring your own lunch and make any necessary arrangements to keep this time clear
- You will pass through a series of stations to...
 - ensure that all paperwork is in order
 - review your medical history
 - take custody of any medications previously approved by the COTC (see §10)
 - inspect the contents of your Seabag for compliance with the Seabag List (see §12 and Appendix 2) and confiscate any contraband (cadets accompanied by a responsible adult who are found to be in possession of contraband, such contraband will be given to the responsible adult to remove from the training area.

- There are no facilities anywhere near CF-NY SEABEES training facility to purchase uniform items so make sure you have everything required of you.
- While parents/escorts are waiting for their cadet(s) to be processed, they will receive a briefing from a senior officer about the training and take a short tour of the facilities, if feasible.

§6. Check-In: Physical Fitness Test

Not Applicable – A PFT will not be administered at check-in for this training; however, due to the physical requirements of this training, Unit Commanding Officers should not send any cadet who is physically unfit and incapable of engaging in physical activity. Qualified cadets must have passed a PFT administered by their home unit within the past 6 months. Each cadet must have a medical history updated within 30 days as evidence that he or she is cleared for physical activity. Cadets who do not meet the PFT’s minimum requirements are significantly more likely to be injured during the training. Injured cadets take up scarce adult resources and steal attention away from the cadets who arrived at training prepared.

Unit COs are responsible for conducting at least two PFT’s annually. NSCC Training & Operations Manual §0405.8(b) states that cadets must “pass a Physical Fitness Test *prior* to being released to attend Training,” and §0405.3, §0501.1, §0501.1(c), and §0501.2(f) all require Unit COs to test and certify that all cadets attending training are physically qualified.

On the NSCTNG001 Request for Training Authority, parents and unit CO’s certify that their cadet meets the NSCC’s minimum physical fitness requirements, and acknowledge that “cadets who do not meet these minimums will be returned home at their expense”.

If you have not passed a standard NSCC PFT in the past 90 days and you know you are not physically qualified for physical and prolonged work, you should not apply for this training.

§7. What if I get injured before CF-NY SEABEES Training starts?

You are obligated to disclose any injuries or illnesses to the COTC. In general, injured or ill cadets will not be accepted at the training. Have your home unit Commanding Officer contact the COTC to discuss the possibility of an accommodation.

§8. What if I have a disability?

CF-NY will make reasonable accommodations for documented disabilities. The essential requirements of CF-NY SEABEES Training cannot be waived, but these requirements may be modified if an adjustment or alternative can reasonably be offered by CY-NY, given its size, nature, and limited financial and volunteer resources. The essential requirements of CF-NY SEABEES Training include academic work, physical training, military drill, self-discipline, group work, and group living and attention to detail.

Disabilities are documented on the [NSCADM001 \(page 9/10\) Request for Accommodation](#), which must be signed by your Parent/Guardian, Unit Commanding Officer, cognizant Regional Director, *and* cognizant NHQ Field Representative.

If you need accommodations for testing (including extra time on exams, a distraction-free testing environment, or an administrator to read the questions), have your home unit

Commanding Officer email the COTC to give a “heads up.” To request any other type of accommodation plan at CF-NY, forward the completed and signed [NSCADM001 \(page 9/10\)](#) to the COTC with the rest of your application packet (see §4).

§9. What do I do if I need to take any medications at CF-NY SEABEES Training?

If you intend to come to CF-NY with **any** medications, you will need to fill out a [NSCADM001 \(page 7/8\) Medical History Supplemental](#) and submit it with the rest of your application packet (see §4). You must inform the COTC of the medication via the [NSCADM001 \(page 7/8\)](#) **prior to the training**.

- If you are coming with any over-the-counter medications, the [NSCADM001 \(page 7/8\)](#) must be endorsed by your parent/guardian and home unit Commanding Officer.
- If you are coming with prescription medications, the [NSCADM001 \(page 7/8\)](#) must be endorsed by your parent/guardian, home unit Commanding Officer, ***AND your primary care provider***. Note: CF-NY will not administer vitamins or supplements unless they are prescribed.
- Prescription medications will only be accepted if all of the following conditions are met:
 - The cadet would not suffer grave risk to life or limb if the medication was temporarily unavailable for any reason;
 - The instructions for storing and administering the medication, including the size and frequency of dosage, circumstances which indicate administration, and (for medications requiring injection) the appropriate locations for injection, are specified in detail on a [NSCADM001 \(page 7/8\)](#), signed by parent/guardian, unit Commanding Officer, and the appropriate medical provider, and provided to the COTC prior to the start of the training;
 - The medication is in a container with an unaltered prescription label showing the cadet’s name and the same storage, frequency, and dosage information submitted on the [NSCADM001 \(page 7/8\)](#);
 - The cadet’s parent or guardian provides sufficient doses to cover the entire training period, but not more than necessary;
 - The “use by” date on the container has not expired;
 - Pills are pre-cut if partial doses are required;
 - The medication inside the container matches any description of the medication on the prescription label or container; *Do not combine different medications in one container; each medication must be in its own container*
 - Medications requiring injection are packaged in a way that protects personnel handling sharp needles; and
 - For medications requiring injection, the Medical Department must be staffed by at least one licensed medical professional who may legally administer injections.

Because of the serious legal and health risks of improperly administering medication to cadets, if any of the criteria listed above are not fully met, CF-NY is legally obligated to **refuse to accept the medication.** If a refused medication is necessary to your well-being, you will be turned away from training.

Cadets may not hold or self-administer any medications during CF-NY. Cadets will report to the Medical Department for each necessary administration. It is emphasized that it is your responsibility to report for medication as it requires. It is not the responsibility of CF-NY staff to chase you down.

Do not “withdraw” from a necessary medication for the purposes of coming to CF-NY SEABEES Training – it is ill-advised, unethical, and dangerous. If they need the medication – bring it.

§10. Will I need to have a haircut?

All male cadets will report to CF-NY with a proper haircut that is compliant with NSCC and US Navy regulation. No accumulation of hair will be allowed for male cadets.

Females must have a hair style that can be quickly and easily styled at or above the collar of the uniform, that does not show from under the brim of any headgear, and that does not interfere with the appropriate wear of any headgear. Pony tails, braiding, or plaiting are not permitted. Faddish or outrageously colored hair is not permitted. Hair fixtures are limited to bobby pins, hair bands, barrettes (3” or shorter), or small scrunchies. Hair fixtures must be matte finished and should blend with the cadets’ hair color whenever possible. (See §2202.2(a) of the NSCC Uniform Manual for additional guidance).

§11. What do I need to bring to CF-NY SEABEES Training?

Please see Appendix 2 for the Seabag List. You will NOT be admitted to training until a Seabag inspection confirms that you have the minimum quantity of required items.

Please note: *you need at least two sets of working uniforms (three is preferred)*. You may wear NWU’s or CUU’s (commonly known as BDUs) at CF-NY. Laundry facilities are available. Full and complete uniforms are required. Mixing of uniform items such as wearing a NWU cover with the CUU uniform is not authorized.

All uniforms must have the appropriate NSCC flashes and nametapes.

Per Action Letter 05-14, Utilities are no longer an authorized NSCC uniform as of 30APR15.

Airsoft rifles and pistols – SEABEES conduct combat operations in the field and this training will include small unit combat patrolling. If you are traveling by POV (privately owned vehicle) and you own an airsoft, you are authorized to bring it for use during training operations. DO NOT bring pellets as we need to supply bio-degradable only. DO NOT attempt to transport any airsoft item onboard any commercial conveyance. Should you decide to bring an airsoft with you, CF-NY will not be responsible for lost or broken property; retention, safekeeping and care of personal property is the responsibility of the cadet. Should you discover any personal property is missing, you must immediately notify a responsible staff member. Do not wait a day or two.

Eye protection – If you have appropriate eye protection for paintball or airsoft functions, you are encouraged to bring them.

Field gear – Cadets are authorized to bring appropriate military-type field gear such as ‘boonie hats’ tactical vests, ‘Shemagh’ Tactical Scarf, camo face paint, flashlight, MOLLE gear, tactical gloves, military style helmet, etc., that are utilized in a tactical field environment.

§12. What sort of things should I be doing to prepare for CF-NY SEABEES Training?

A few simple preparations can make CF-NY SEABEES Training far less stressful for you, and make you less prone to illness or injury.

• Dietary Preparations

- You will be restricted from certain foods during the training. These restrictions are necessary to ensure that you have the energy necessary for the long training days, but also to limit the risk of upset stomach or sleepless nights.
- Restrictions include limited dairy intake, *limited sugar intake*, and *no caffeine*.
- Cadets who regularly take in a lot of sugar and/or caffeine may have headaches, upset stomachs, low energy, and/or a general feeling of sickness on their field diet. Please start on a low-sugar, no-caffeine diet at least one week before the beginning of CF-NY SEABEES Training – no soda, coffee, tea, chocolate, candy, etc...

• Footwear

- The most common health problems at advanced and basic Training are blisters and sore feet. You will walk and run several miles every day, and can spend long periods of time standing in formation.
- The main causes of foot issues are boots and athletic shoes that have not been *sufficiently broken in*, or which *fit incorrectly*. New shoes and boots should be worn as often as possible (to drill, school, work, etc.), for extended periods, and for extended distances to make sure they are broken in and fit properly – BEFORE coming to training.
- Cadets must wear black socks with all working and dress uniforms, but the standard black “dress socks” you might find at the department store are *guaranteed* to lead to blisters and should be worn only with the dress uniform (low-quarters)! If you do not have “boot socks” a pair of heavy athletic socks worn *under* the thin black socks will cushion the feet and absorb more moisture (moisture is the primary cause of blisters). Go to an outdoor/sports store and ask for heavy-duty hiking socks for hot weather – the extra few bucks will be well worth it. Foot powder will also help to eliminate moisture (and odor...!). Think of your roommates!

• Physical Conditioning

- In addition to twice-daily physical training, cadets will participate in several hours of walking over rough and uneven terrain. You will be expected to give maximum effort every moment of the day. Cadets who are “out of shape” will tire easily and will be more prone to injury.
- You should be in the habit of exercising regularly (at least five days a week), with particular emphasis on *aerobic conditioning* and *walking/running*. Home unit Commanding Officers are responsible for regularly conducting PT, but if you only PT at drill, you will not be ready for CF-NY SEABEES Training! You should be ready to do more than the minimum standards outlined in NSCC PFT standards.

§13. Might I be sent home during the training?

The Commanding Officer of the Training Contingent, LCDR Forrest Woodward, retains sole and absolute discretion as to when and if a cadet needs to be dismissed from training. Cadets are most often dismissed for medical or disciplinary reasons. Cadets may also “Drop on Request”

– While we do our best to convince every cadet to stick it out, we cannot keep cadets at the training against their will.

If a cadet is dismissed, the parent/guardian will be responsible for transporting the cadet home at the earliest practicable time. It is ill-advised for parents to schedule a vacation during your training – please be sure a family member is available to pick you up in case of dismissal.

There will be no refunds for cadets who are dismissed from training or who drop on request.

§14. Who will be in charge of me?

You will be assigned to one of four Divisions – Alpha, Bravo, Charlie or Delta. Each Division has a Division Officer (a junior NSCC officer), a Cadet Division Commander (usually an NSCC Chief Petty Officer), and two Assistant DCs (NSCC Petty Officers) supervising approximately 20 cadets. The DC and ADCs interact directly with the cadets: training them, supervising them, and pushing them to meet their full potential as Naval Sea Cadets.

Division Commanders generally have four to five years’ experience in the Cadet Corps and have served as an ADC in previous years. Assistant Cadet Division Commanders generally have two to three years in the Corps and have served on staff at various advanced training’s in a previous year. Division staff are selected according to the advanced trainings they have attended, their evaluations from these trainings, an interview with the COTC, test scores, and recommendations from officers in the Corps.

Division Officers generally don’t interact with the trainees. They are there to supervise the ADC and ACDCs, give the Division staff guidance, assist in writing evaluations of each trainee, advocate for the Division to the chain of command, and most importantly to ensure the safety and well-being of the cadets/trainees.

§15. What will I do for the nine days?

First-off, you need to understand that this is NOT a ‘gentlemen’s’ outing. Cadets will be housed in two-person tents and very limited amenities or ‘creature comforts’. The environment is intended to represent the field environment that U.S. Navy SEABEES endure on field operations. There is no need to bring a tent as the camp will provide waterproof tents. You will need to bring a sleeping bag or blankets and a pillow; an air mattress is recommended. There are laundry bathroom and shower facilities as well as indoor eating and training facilities. Other than that, you will be in a somewhat rugged outdoor environment for the entire 9 days.

A typical day begins with reveille at 0530. Cadets have 20 minutes to clean their tents and get

dressed. Morning PT is at 0550, and consists of stretching and some light calisthenics. Morning chow is at 0630. Cadets then report to quarters at 0715, where orders are disseminated for the day. Classes begin at 0800. Afternoon chow is at 1100, after which cadets return to training until 1630. Daily activities will consist of the rotation of the four divisions between classroom training, construction work, consistent with the SEABEES' field construction routine under supervision of subject matter experts and Navy SEABEES. Evening chow is at 1700. Evening training begins at 1830 and ends at about 2030, and includes field operations training, small unit patrolling tactics, area security methods and defensive positions and field hygiene. Cadets will hit the showers after evening training, and then have time to study, write home, and prepare their uniforms for the next day. Often, the cadet's Division Commander will conduct a "pow wow" in the evening to talk about how the division is doing and what will be coming up the next day. Taps is at 2100. Trainees have quite a full day, and generally sleep quite soundly. There will also be a 24-hour duty watch.

Some days will have personnel inspections, equipment checks, obstacle courses, rifle range and sporting competitions, boating and swimming along with other division competitions that will take up a large part of the day. Cadets will each be assigned to a two-hour fire watch between 2100-0500 at least one night during the nine days of training.

§16. Is this really "rough training"?

Yes and no. (*See §15 above*) This is *not* a "summer camp." This will be the second significant amount of time away from home for some younger cadets. This will probably be the first time most cadets have experienced a significant amount of time in a field environment, such as SEABEES are often exposed to. The DCs and ADCs will demand no less than perfection from the trainees, and expect maximum effort physically, mentally, and academically from the trainees at all times.

Cadets will not, however, be subjected to any kind of physical punishment; they will not be touched by any member of the staff, nor will they be forced to do physical exercise as punishment. Cadets will not be sworn at. They will not be hazed. Everyone at CF-NY realizes we are dealing with adolescents here, and the entire training evolution process is toned down appropriately. Cadet Division Commanders may be part Drill Instructor, but like a real DI, they are also part big brother/sister.

§17. What will my cadet learn at CF-NY SEABEES Training?

There are six main goals at CF-NY: teamwork, accountability, self-discipline, self-confidence, physical fitness, and basic military knowledge. Everything that your cadet does at CF-NY is meant to further these goals and instill these virtues.

§18. What sort of medical facilities are available at Baiting Hollow?

The CF-NY Medical Department will be staffed by licensed medical professionals. This year, the Medical Department will be staffed by a licensed EMT provided by the Baiting Hollow Staff pool. These adults will treat minor injuries and administer medication to cadets (see §10).

If there is a situation that cannot be treated by the CF-NY Medical Department, cadets will be transported to the nearest hospital or walk-in clinic for treatment. If there is a medical emergency, the Local Fire Department / Ambulance will be called to transport cadets to the nearest hospital, generally the Riverhead Medical Center (approximately 10 minutes 6.2 miles from the camp).

A reminder: your health insurance will be the primary insurance for any medical care your cadet receives off-site. NSCC accident/illness insurance may pay any costs not covered by your health insurance, if you file a claim. NSCC accident/illness insurance **does not cover pre-existing conditions**.

§19. Can my cadet wear a watch? Jewelry? Makeup? Contact lenses?

- Cadets may bring a watch to CF-NY if it is a rugged, durable watch; no expensive watches.
- Cadets may not bring or wear any makeup, perfume, or cologne at CF-NY.
- Cadets may not bring or wear any rings, bracelets, or anklets at CF-NY.
- Female Cadets may wear one pair of silver ball earrings (approx. 4-6mm in size).
- Cadets may wear one necklace, if of a religious nature.
- Cadets may wear military type dog tags on an appropriate dog tag chain around the neck.
- It is strongly recommended that cadets who require corrective lenses wear glasses. Cadets will have just minutes to get ready each morning, and fumbling with contact lenses may lead to unnecessary stress, injury, and/or loss of the lenses.
- Please note: CF-NY is not responsible for lost or stolen property.

§20. Can I be contacted by my parents?

Parents will not be able to call or email you, nor will you be allowed to call home except in cases of emergency and that call will be made through a designated Staff member.

Parents may correspond with you via the mail. I can't encourage you enough to write to them too, and to do so regularly.

You will compose and send a letter home to you on August 23rd (minimally), which will include your precise mailing address. If your parents want to start sending letters sooner, send them to:

Naval Sea Cadets
[Cadet's Name],
[Division] CF-NY
51774 Sound Ave
Calverton, NY 11933

You parents have been instructed to not mail cookies, candy, or other contraband to you (see Appendix 2). They may; however, feel free, of course, to send some cookies to the staff –

we'd appreciate it...

§21. May I visit my cadet?

No – it is very disruptive and distracting to cadets to have family or friends visit during the training.

§22. What do I need to know for graduation?

Graduation will take place at 11AM on Sunday 28 August 2016 and will last approximately one hour. There is no limit to the number of guests who may attend for each cadet. Please plan on arriving early. Cadets will be dismissed immediately upon the conclusion of the ceremony. For those driving west toward NYC should depart as early as possible to avoid traffic, which can be very heavy on Sunday afternoon. Plan departing flights accordingly and allot ample drive time.

There won't be enough seating for everyone – please bring camping/beach chairs. The graduation will be outdoors, rain or shine; please wear weather-appropriate clothes and bring sunscreen and water. Photography is encouraged!

§23. Facebook – following cadets during the training

We have set up a Facebook page explicitly for this training where parents and friends may visit <https://www.facebook.com/groups/1585595391752447/> . We intend to regularly post photos of cadets during the training as well as information about the cadets' activities. Posting of photos by our staff is highly dependent on suitable Internet access.

§24. Whom do I contact if I have a question about the training?

First, please carefully check this guide, the CF-NY Standard Operating Procedures, and <http://usnsccregion03-4.us/CF-NY%20Training.html> to see if your question has already been answered.

If you can't find an answer to your question in any of these documents...

...contact your home unit Commanding Officer. If they don't have the answer...

...before the training, email LCDR Woodward: co@trdivseacadets.com and place "CF-NY" in the subject line (minus quotes (""))

...during the training, email the training staff: CF-NY-Staff@usnsccregion03-4.us

§25. Whom do my parents contact in case of an emergency?

CF-NY Command Duty Officer cell phone: number will be provided to them at Check-In

For any parents who do not accompany their cadet(s), we will post contact numbers and any other relevant updated or change of information on the Facebook page

CF-NY Quarterdeck cell phone: number will be provided to you at Check-In

APPENDIX 1 – DIRECTIONS TO Baiting Hollow Scout Camp

Go here to view a map to Baiting Hollow: <https://www.google.com/maps/place/Baiting+Hollow+Scout+Camp+-+Boy+Scouts+of+America/@40.958512,-72.772751,7308m/data=!3m1!1e3!4m2!3m1!1s0x89e860ef7a1318c5:0xce878336f544800e?hl=en>

See Travelers' instructions for detailed information about arrivals and departures.

MacArthur Airport is the closest airport to Baiting Hollow and is the preferred arrival and departure point for personnel traveling by air.

Baiting Hollow is in Suffolk County

Baiting Hollow is located approximately...

45 minutes 16.4 miles from Port Jeff Ferry

45 minutes 33.2 miles from the Orient Point Ferry.

74.5 miles east of NYC

68.5 miles east of JFK International

29.7 miles east of MacArthur Airport.

YOU MUST PROVIDE A COPY OF YOUR FLIGHT ITINERARY

to CO@TRDIVSEACADETS.COM no later than 31 JUL 16 but it is not necessary to provide this information when you register

Notice: If you are using a GPS to navigate, you will still need to use the directions above to get to our training site.

GPS address: 51774 Sound Ave., Calverton, NY 11933

APPENDIX 2 – MINIMUM SEABAG REQUIREMENTS

ITEM		QTY (MALE)	QTY (FEMALE)	ON HAND?
NSCC ID card [expiring Sep 2016 or later]		1		
NSCC Service Jacket [confirm with your home unit how & when service jackets will be delivered to CF-NY – you cannot begin check-in w/o it]		1		
Service Dress Whites	Jumper, Service Dress White, w/ flashes	1		
	Pants, Service Dress White	1		
	Cover, “Dixie cup”	1	n/a	
	Cover, combination w/ NSCC cap device	n/a	1	
	Skirt, Service Dress White [optional]	n/a	optional	
	Neckerchief	1		
	Belt, white web style w/silver tip & silver buckle	1		
	Undershirts, CREW neck, white	2		
Shoes, smooth dress-style, black leather [no corfam or patent leather]		1 pair		
Work uniforms , as issued by home unit... any combo of NWUs & CUUs (Utilities are no longer an authorized NSCC uniform!)		2 complete sets		
NWUs	Blouse, NWU pattern w/ flash & embroidered nametapes	NWUs are the preferred uniform at CF-NY		
	Pants, NWU pattern w/ embroidered nametape			
	Cover, NWU pattern, 8-point w/ flash			
	Undershirts, crew-neck, <i>blue</i>			
	Parka, Gore-Tex, NWU pattern w/ embroidered nametape [optional]			
CUUs	Blouse, woodland camouflage pattern w/ flashes & embroidered nametapes	Good idea to have one set of CUUs patrolling		
	Pants, woodland camouflage pattern w/ embroidered nametape			
	Cover, woodland camouflage pattern, 8-point w/ flash			
	Undershirts, crew-neck, <i>brown</i>			
	Jacket, woodland camouflage (M65 field jacket style) w/ flashes & embroidered nametapes [optional]			
Undershirts, CREW neck, for work uniforms (<i>blue</i> for NWUs, <i>brown</i> for CUUs)		5		
Elastic blousing bands (see http://amzn.com/B000TD7JAC)		2 pair		
Belt, black web style w/silver tip & silver buckle		1		
Raincoat, black [optional]		optional		
Boots, high-top, black leather [well worn!!!!]		1 pair		
Shoes, athletic [well-worn!!!!]		1 pair		
Socks, white, athletic, mid-calf length (no ankle highs)		6 pair		
Socks, black, athletic, mid-calf length (no ankle highs)		6 pair		
Underwear, white		9 pair		
Sports bras		n/a	3	
Shorts, athletic, navy blue or black		2 pair		
Swim suit, black or navy blue (1-piece for females)		1		
Shower shoes (flip-flops)		1		
Bath towels, solid color		3		
Wash cloths, solid color		3		
Bath robe, knee-length or longer		n/a	1	

ITEM	QTY (MALE)	QTY (FEMALE)	ON HAND?
Hygiene kit bag		1	
Razor & shaving cream (no aerosol)		as needed	
Bar soap (2 bars) & soap dish		1	
Toothbrush w/ travel holder & toothpaste		1	
Shampoo		1	
Body talc (pure cornstarch – do NOT get the “medicated” kind)		1	
Foot powder		1	
Deodorant (no aerosol)		1	
Cotton Swabs (Q-Tips)		10	
SPF 30+ lip balm		1	
SPF 30+ sunscreen		1	
4oz+ bug spray (pump bottle, no aerosol)		1	
Nail clippers		1	
Comb & brush	n/a	1 each	
Hair fixtures (bobby pins, hair bands, 3” or shorter barrettes & small scrunchies are OK; hair fixtures must be matte finished and should blend with the cadet’s hair color whenever possible)	n/a	as needed	
Sanitary products as necessary	n/a	as needed	
1-subject notebook (black cover) w/ pre-perforated paper		1	
Pens, black ink, ballpoint, click-type		3	
Stamped envelopes & stationary for correspondence home		at least 10 sets	
Mesh laundry bag		1	
Hangers (for each uniform top, bottom, and jacket)		at least 10	
Canteen, military style with cover & ALICE clips or Camelbacks		1	
Belt, olive drab, quick release for canteen		1	
Shoe shine kit		1	
Travel sewing kit		1	
Seabag		1	
Padlock with two keys [<i>spare key to service jacket; no combination locks</i>]		1	
Blanket, twin-size, thin, solid dark color or sleeping bag		1	
Sheets, twin-size, flat (NOT fitted), white		2	
Pillow and case, white		1	
Flashlight		1	
Air Mattress		1	

- Cadets will report to CF-NY in NWU or CUU uniform unless traveling by commercial carrier, then report in civilian clothes and change to NWU or CUU – bring all uniforms on hangers
- Cadets will not be admitted to training until a Seabag inspection confirms cadet has all required items.
- The quantities listed are minimum required amounts – you may add to the quantity of any item.
- All items should be marked with cadet’s last name.
- The following items are expressly prohibited to at CF-NY.
 - Anything in an aerosol can
 - Anything in a glass bottle
 - Perfumes, colognes, or make-up
 - Food or snacks
 - Tobacco, alcohol, illicit drugs, and related paraphernalia
 - Items requiring electricity, including phones, tablets, & cameras
 - Medications, vitamins, and supplements (see §10)

- Most jewelry (see §20)
- CF-NY is not responsible for lost, stolen, or damaged property