

# 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 (solid color: white, gray, or black only).
- ☐ One (1) pair of black ASTM Certified work boots (steel- or composite-toe) (ASTM F2413-18 rated).
- ☐ Six (6) white crewneck t-shirts (V-neck not allowed).
- ☐ Six (6) pairs of white athletic socks (crew length).
  - o No design; no pattern.
- ☐ Six (6) pairs of black dress socks (crew length).
  - o No design; no pattern.
- ☐ Six (6) pairs of white athletic socks (ankle or no-show).
  - o No design; no pattern; no logo.
- ☐ Six (6) pairs of underwear.
  - o White or light gray color is strongly recommended.
- ☐ One (1) plain maroon polo (nylon/quick-dry recommended).
  - o No design; no pattern (Texas A&M logo permitted but not required).
  - o No other school/college/university name/logo is permitted.
- ☐ One (1) plain black or navy blue swim trunks (Male Cadets).
  - o No design; no patterns.
- ☐ One (1) plain black or navy blue one-piece bathing suit (Female Cadets).
  - o No design; no patterns.
- ☐ Knife (<4in)
- ☐ Three (3) pairs of blue jeans (no holes or extreme fading).
- ☐ Two (2) pairs of Dickies 874® FLEX Work Pants.
  - o Must be “Desert Sand (DS)” color only.
  - o Must be flat front pants (no pleats).
  - o Links to approved pants:
    - a. Male pants: <https://www.dickies.com/work-pants/874-flex-work-pants/874F.html>
    - b. Female pants: <https://www.dickies.com/work-pants/womens-super-flex-straight-leg-work-pants/A85XS.html>

### FEMALE CADETS ARE ENCOURAGED TO BRING:

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

### NOT REQUIRED FOR O-WEEK BUT NEEDED BY BEGINNING OF SEMESTER

- ☐ Two (2) sets of navy blue coveralls: one (1) long sleeved and one (1) short sleeved (deck cadets recommended) (Engine cadets must wear long sleeved **ONLY**).
  - o Coveralls to have Velcro Name Patch adhered.
  - o Name Patch color corresponding to cadet’s graduating class with cadet’s first initial & last name on first line and major & class year.
  - o Any coveralls not purchased through the TAMUG bookstore shall meet same requirements as listed above.
    - a. Suggested brands are Red Kap, Dickies, or U.S. Navy issue. Below are the links for direct ordering.
      - Red Kap: <https://www.redkap.com/products/outerwear/coveralls?prefn1=color&prefv1=Navy&prefn2=sleeveLength&prefv2=long>
      - Dickies Men: <https://www.dickies.com/mens-clothing/mens-coveralls/blue/>
      - Dickies Women: <https://www.dickies.com/womens-clothing/womens-coveralls/blue/>
    - b. Velcro Name Patch and Name Patches can be purchased from Scribbles USA. Name Patch color corresponding to cadet’s graduating class with cadet’s first initial & last name on first line and major & class year
    - c. Name patches can be substituted by embroidering of same information (cadet’s first initial & last name on first line and major & class year).

### NOT REQUIRED FOR O-WEEK, BUT NEEDED FOR SUMMER SEA TERM

- ☐ Two (2) pairs of Dickies khaki shorts pants.
  - o Must be “Desert Khaki (DS)” (Male Cadets) or “Stone” (Female Cadets) color only.
  - o Must be flat front pants (no pleats).
  - o Links to approved pants:
    - a. Male shorts: <https://www.dickies.com/work-shorts/flex-relaxed-fit-work-shorts-11/WR852.html>
    - b. Female shorts: [https://www.dickies.com/work-shorts/womens-cooling-relaxed-fit-shorts-9/SRF100.html?dwvar\\_SRF100\\_color=ST](https://www.dickies.com/work-shorts/womens-cooling-relaxed-fit-shorts-9/SRF100.html?dwvar_SRF100_color=ST)

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## PREPARING FOR O-WEEK

Below are some things you need to start doing to prepare for O-Week.

- Register for your New Student Conference.
  - Plan to attend the session for the Texas A&M Maritime Academy and Corps of Cadets.
- Submit completed order for:
  - Cadet backpack to the Bookstore via <https://www.tamugbookstore.com/category/corps/o-week-backpack> immediately and no later than 1 August (Fall O-week) or 20 December (Spring O-week).
  - Uniforms Order Form to the Navy Uniform Support Center immediately and no later than 1 August (Fall O-week) or 20 December (Spring O-week).
- On the day of O-Week check-in, please bring the following:
  - Driver's license (or State ID).
  - Original Social Security card.
  - Current passport (required for all License Option Cadets).
  - Current health coverage card.
  - Emergency contact information.
- At least 30 days before you arrive, you should condition yourself and start:
  - Increasing your daily consumption of water.
    - Adapt to drinking at least (1) gallon of water daily.
    - Reduce your consumption of high-caffeine or high-sugar beverages such as sodas or energy and sports drinks (e.g., Gatorade).
  - Exercising.
    - You will participate in morning physical training (PT) every morning beginning the day after check-in.
    - Morning PT will include at least:
      - i. One-mile run.
      - ii. Push-ups.
      - iii. Sit-ups.
      - iv. Jumping jacks.
    - Check out the following:
      - i. <https://www.dco.uscg.mil/nmc/medical/certificate/>.
      - ii. <https://www.nsin.us/fitness-requirements-for-coast-guard/>.

**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.**

- Practicing waking up at 0530 (5:30 am) daily.
  - Reveille during O-Week is at 0530.
- Prepare for:
  - Mandatory drug testing. Zero tolerance includes CBD and similar products.
  - Regulated meals.
    - Although the dining 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 breakfast, lunch and dinner.
    - 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.
    - 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.
  - No access to the Internet, email, phone, or the time.
    - You will have limited access to email and phone during personal time before lights out.
  - Not hearing your first name.
  - Feeling homesick.
  - Meeting new people.
  - Working as a team.
  - Making mistakes.
  - Succeeding.

### NOTES REGARDING EARRINGS AND PIERCINGS:

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

### NOTES REGARDING GROOMING STANDARDS

#### All new cadets will

- will be instructed on the proper grooming standards of the Corps of Cadets pursuant to the applicable manual or regulation.
- report in with their natural hair color.
- report in with their natural nail color.
- report without nail polish and artificial nails are not permitted during O-Week.

**A barber will be available on campus during registration to provide haircut services for the start of O-Week.**

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## Checklist of What to Bring When Moving In

- ☐ 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.
- ☐ Bath towels, four (4) (solid color; no design; no patterns). Hand towels and wash cloths optional.
- ☐ Bedding
  - Twin-size bed sheets (solid color – white, tan, or blue only; no vibrant colors; no design; no patterns).
  - Extra sheets are encouraged.
  - Blanket(s) (solid color – blue or tan only; no vibrant colors; no design; no patterns) (extra blankets are encouraged).
  - Pillow(s).
- ☐ Cleaning supplies (e.g., paper towels, bathroom cleaner, window cleaner).
- ☐ Command Strip type hooks.
- ☐ First-aid kit and athlete's foot powder/spray/cream.
- ☐ Hangers and other small closet organizers.
- ☐ Iron and ironing board.
- ☐ Laundry supplies.
- ☐ Lockbox or small safe (check out <https://www.collegeproducts.com/store/tamu/>).
- ☐ Medication: prescription, over-the-counter (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.
- ☐ Shoe polish kit.
- ☐ Mosquito repellent or bug spray.
- ☐ Shower curtain (76 inches; one (1) per bathroom; solid white or frosted only; no vibrant colors; no design; no patterns).
- ☐ Shower shoes (e.g., Flip Flops).
- ☐ Sunblock (SPF 30 or greater).
- ☐ Toilet paper.
- ☐ Toiletries (Shampoo, soap, shaving cream, toothpaste, deodorant, shaving kit/razor, etc.)
- ☐ Trash can (solid color – black, tan, or gray only; no vibrant colors; no design; no patterns).
- ☐ Umbrella (solid BLACK; no design; no patterns).
  - A solid black umbrella is the only umbrella permitted for use when in uniform.

### ACADEMIC ITEMS

- ☐ Calendar or planner.
- ☐ Computer, peripherals, and accessories (e.g., monitor, printer, mouse, keyboard, mousepad, external speakers).
  - Computer and electronic gaming equipment or gear is not permitted.
- ☐ Fine Point Sharpie permanent marker, BLACK.
- ☐ Surge protector strip.
- ☐ School supplies (e.g., pens, pencils, notebook paper, calculator, etc.).

### OPTIONAL ITEMS

- ☐ Portable fan.
- ☐ Dehumidifier.
- ☐ Dishware and silverware.
- ☐ Microwave (up to 700 watts).
- ☐ Refrigerator (up to 1.6 amps).
- ☐ Lamp (limited to one; non-halogen bulb).

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

- ☐ All Cadets are strongly encouraged to have at least \$150 cash and a credit or debit card for incidentals and last-minute purchases.
- ☐ 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.

### NOTES REGARDING LOCAL SHOPPING

- ☐ Home Depot, Krogers, Randalls, Target, and Walmart are just some stores on Galveston Island but are none within walking distance of the campus.

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## Checklist of What NOT TO BRING When Moving In

### NOT ALLOWED IN CAMPUS HOUSING

- X Waterbed.
- X Hotplates or any item with an exposed heating element, including Instant Pots, air fryers, and griddles.
- X Pets.
- X Candles.
- X Wireless Internet routers.
- X Weapons and explosives.
- X For information regarding Campus Carry visit <http://www.tamu.edu/statements/campus-carry.html>.

**During the first year in the Corps of Cadets, all new Cadets entering the Corps, regardless of class year (i.e., Freshman or transfer), are not permitted the privilege of having:**

- X Carpet or rugs.
- X Curtains or window treatments.
- X Electronic gaming equipment and gaming gear.
- X Lounging furniture.
- X Musical instruments, except those Cadets joining the Sea Aggie Spirit Band.
- X Personal workout equipment.
- X Stereo equipment.
- X Televisions.