

**UNITED STATES NAVAL SEA CADET CORPS  
CAMP DODGE 2011 SUMMER RECRUIT TRAINING  
INFORMATION LETTER**

Greetings:

Summer Recruit Training at Camp Dodge, Johnston, IA will be held 25 Jun - 04 Jul 2011. Cadets and officers staffing this training should refer to a separate staff cadet letter.

Congratulations on your decision to accept the challenge of Summer Recruit Training. Your acceptance of this challenge says the following about you as a person:

- You are properly **MOTIVATED**. You have made the decision to get training on your own. Whatever you do in your life, self-motivation is one of the most important forces in learning or doing anything.
- You seek **SELF IMPROVEMENT**. You made the choice to improve the skills you already have and learn new skills through this experience.
- You have the **INITIATIVE** to act. By choosing to attend training, you have shown that you are a self-starter, willing to reach out for opportunities to learn and grow.
- You step up to **CHALLENGES**. You have the self-confidence and belief in your ability to acquire knowledge and skills necessary to being a well-trained and disciplined cadet.
- You are willing to set and accomplish **GOALS**. You are willing to commit time, effort, and resources necessary to set and accomplish your goals. Whether you pursue a civilian or military career, goal-setting and a focused effort towards your goals will help you achieve success.

**This training is difficult and challenging.** Expect long training days with lots of physical activity and high requirements for acquiring professional knowledge and the highest expectations surrounding duty performance, discipline, and motivation. Cadets who have completed this training in the past have said or written the following about boot camp:

- “The intensity of the first few days really surprised me.”
- “(I) learned a lot about myself and how to handle challenges.”
- “This is exactly the experience that (I) wanted.”
- “This is the hardest thing (I) have ever done and the biggest accomplishment of (my) life.”
- “(I) never expected it to be so tough.”

Directions to Camp Dodge for Parents and Escorts: From 1-80/35, take NW 86th Street exit and travel north on NW 86th St. You will pass through several stoplights and travel approximately 2.7 miles. At the stop sign and junction of NW 86th St and NW 70th, turn right and travel east on NW 70th Street until you reach the first stop light. Turn left at the first stop light. STOP FOR THE SENTRY ON DUTY. The driver of the motor vehicle must have a valid driver's license in possession to operate a vehicle on the base. All

adults in the car must have government-issued photo identification. The exact reporting location will be communicated at a later time.

**Recruits should report to Camp Dodge between 1300 – 1400 on Saturday, 25 Jun 2011.** Eat your noon meal prior to arrival. Recruit Training Recruits should report in appropriate civilian attire. This would mean no PT gear, tank tops, flip flops, etc. Shorts or pants must be worn at the waist and shirts should be tucked in. Belts should be worn with pants with belt loops. Shoes and socks should be worn. Cadets may well be associated and identified with the United States Naval Sea Cadet Corps, the United States Coast Guard, Marine Corps, or Navy even when not wearing a uniform. Therefore when civilian clothing is worn, cadets will ensure that their dress and personal appearance are conservative and commensurate with the high standards traditionally associated with this Command, the United States Naval Sea Cadet Corps, and the Naval services.

Directions for reporting will be published on the Recruit Training update page on the website <http://iowacadets.org>. Upon arrival, unload your vehicle with your gear. Staff will meet parents and Recruits at their vehicles. Parents and Recruits should say your goodbyes in the parking area. Recruits will be led through in-processing for training. To preserve our training environment, we ask that parents not communicate with Recruits once Recruits have reported for in-processing. **Recruits not from Central Iowa Division must have their service records in order to commence training.** Any prescription medication must be in the bottle provided by the pharmacy and must be surrendered immediately upon reporting.

Recruits who travel to training with a cell phone must turn in the phone upon check-in. Possession of a cell phone during training is grounds for termination of training prior to completion, with no credit being given for the training and no refund of training fees.

In any event, no cadet will be allowed to train without orders, an ID card or a copy of an ID card valid through 31 Jul 2011 or later, and a service jacket on board. Any Recruits with a documented, bona fide need for accommodations should submit those requirements via the chain of command well in advance of training for consideration. Recruits who sign up late for the training may be required to do local orders. This is not a desirable situation as local orders are lots of extra work for the training staff. Please get paperwork in on time!

Parents should be aware that your son/daughter may have some apprehension about Recruit Training as the time for training approaches. This is very natural. Our experience has been that once Recruits get into the flow of training, these anxieties disappear. Your Recruit will be excited to have completed boot camp in ten short days.

Parents can be assured that we will contact you, if necessary, during Recruit Training. Mail service at Camp Dodge is impractical and logistically difficult and the training is only ten days. Due to the facilities we have been assigned, we will also likely not have internet access on base during the training. It has been the past experience of this COTC that mail and notes from home have been more troublesome for cadets than helpful to cadets. Therefore, there are no provisions for mail or email during training. The Command will keep your cadet engaged from morning to night in meaningful training activities. The old saying “no news is good news” most certainly applies during Recruit Training. We have coordinated our response to potential severe weather with Camp Dodge and will take steps necessary in the event of such circumstances.

The NSCC has well-defined guidance on outside party contact. It is essential for parents, relatives, and friends to understand that visits at the training site from parents, relatives, and friends are prohibited. Visits from home unit staff, including COs, not attached to the training staff are prohibited. Cadet recruits are not allowed to place or receive phone calls. In case of family emergencies, parents are to contact unit CO's. The unit CO will then contact the COTC. If there is an emergency regarding a cadet, a call will be placed to the parents.

Periodic updates of training will be posted at <http://iowacadets.org>.

All uniform and personal appearance regulations will be strictly enforced. Males will receive "recruit" haircuts on site. Pack early and take care of any shortages and uniform marking well in advance of training.

As far as behavioral expectations, only motivated individuals need apply. There is to be no fraternization among cadets and between staff cadets and cadets, and no fraternization between male and female cadets.

In preparation for training, the following reminders will create the best possible conditions for Recruit success:

- Establish a regular sleeping pattern. Go to bed early and get up early. Boot camp reveille can be as early as 0500.
- **BREAK IN YOUR FOOTWEAR!** This cannot be overemphasized. Recruits will be on their feet for long periods of training. Historically, blisters are the number one medical issue at Recruit Training.
- Work to eliminate any caffeinated beverages from your diet. **Drink water and get used to drinking water. Report for training fully hydrated.**
- A PT test will be administered shortly after in-processing has been completed. Three fitness assessments are taken at Recruit Training. Begin working out today if you have not already done so. Running distances, sprints, agilitys, along with push-ups, pull-ups, sit ups, and flutter kicks are recommended.
- Follow the instructions in this letter and pack a complete sea bag **EXACTLY** to specifications. You don't want to be "that cadet" who didn't have all the necessary items.
- Recruits can begin to study the following required knowledge (partial listing):
  - 11 General Orders of the Sentry
  - NATO Phonetic Alphabet
  - 14 Leadership Traits of the Marine Corps
  - Sailor's Creed
  - Anchor's Aweigh
  - Officer and Enlisted Ranks/Rates of the US Armed Forces

Recruit Training will conclude with a graduation ceremony at 0930 on Monday, 04 July 2011. Due to holiday, if the weather is inclement, graduation may have to be moved indoors. Graduation will be relatively short and, depending on Camp Dodge's needs, seating is not guaranteed. Parents may choose to bring lawn chairs if they wish to do so as seating may not be available. After the ceremony, Recruits will have approximately 10 minutes with families and friends. The staff and parents can

take some photographs during this time. When called, Recruits should then form up to begin out-processing. This normally takes about 15-20 minutes. Parents are asked not to enter facilities that have been cleaned, as all facilities must be returned to Camp Dodge in cleaned condition. Cadets will be released only after checking out with the Administrative Officer **AND** after facilities are deemed ready for clearing. Cadets who leave the training site prior to being released by the Command will NOT receive training credit.

All facilities must be cleaned and cleared prior to Recruits leaving the training site. The more cooperation we get, the quicker Recruits can be released to their parents.

For families spending times in the Des Moines area prior to training or graduation, please visit <http://seedesmoines.com> for travel and tourism information.

In closing, I want you to feel secure regarding your cadet's safety and well being during the "Boot Camp" experience. My intent is to provide a rich learning experience within a military context. Days will be jam-packed with classes and activities that will enrich your cadet's understanding of duty and responsibility within the "Sea Service" tradition. The adult officers, instructors, and staff cadets will have high expectations for each Recruit and will treat each Recruit as an individual of worth. Through challenging and meaningful training, we endeavor to help shape a more confident, skilled, and self-disciplined young person. Despite the challenging nature of this training, the graduation and pass rate at this Recruit Training is nearly 100 percent. Cadets who struggle with knowledge or struggle physically will be encouraged towards continuous improvement, and everyone who has the requisite work ethic, motivation, and enthusiasm will succeed at this training.

Please address questions through your chain of command.

Respectfully,

Eric K. Goslinga  
LCDR USNSCC  
COTC: Camp Dodge Recruit Training

- Email address for questions: [egoslinga@mchsi.com](mailto:egoslinga@mchsi.com)
- Phone number for questions: 641-752-0861.
- Address for mailing orders:

LCDR Eric Goslinga, NSCC  
2008 Bailey Drive  
Marshalltown, IA 50158-5209

## REQUIRED SEA BAG ITEMS

### And important notes accompanying sea bag packing list

Qty	Item	Qty	Item
1	Sea Bag & Garment bag for dress uniform	1	USN Raincoat w/out liner
3	Chambray Utility shirts—long sleeve only—be certain flashes are affixed and USNSCC branch tapes and name tapes affixed	1	Complete Dress White Uniform – hemmed and with flashes – E2 (T) can wear E-2 rank only if already affixed
3	Utility Trousers/Dungarees – name tape must be affixed over the right pocket	1	Shoe Shine Kit
6	Black Boot Socks, crew or higher (not nylon dress socks for everyday wear)	1	White belt w/silver tip
6	Plain White crew socks	1	Hygiene kit—see below
1	Boondockers (must have or get black NWU boots or black combat boots)	1	One piece swim suit (females)
2	Pair Athletic PT shoes – conservative appearance	1	Black belt w/silver tip
6	White undershirts—crew necks only	1	Shower shoes—navy issue preferred—no Nike or Adidas logo desired or necessary
6	White underwear—briefs only	1	Sunscreen (lotion style) SPF 30 or higher
2	PT Shorts ( Navy issue) or plain navy blue	1	Bug repellent non-aerosol
1	Canteen belt w/2 canteen covers	1	Tube lip balm w/sunscreen
2	One quart canteens	3	Plastic clothes hangers for dress uniform
1	Black Dress shoes (leather only)	1	White dress uniform cover
1	Silver belt buckle	1	Neckerchief
1	Optional – 1 small book religious material	1	Ribbon bar with earned ribbons to date
2-3	Athletic/sports bras (females)	1	White mesh laundry bag

During in-processing, cadets will be issued RECRUIT ball cap covers, PT shirts, white towels, linens, blanket, and pillow. Do not pack these items!

Email or call the COTC with your PT shirt size (s, m, l, xl, or xxl)

**Items NOT to be taken to or packed for training:** nylon socks for daily wear, firearms, knives, tobacco and tobacco products, food or drink, gum, mouthwash, matches, lighters, personal or family photographs, expensive items, jewelry including watches (only ID tags or one chain with a religious medallion that can be worn unseen while in uniform are permitted) , liquid shoe polish, any hygiene product in an aerosol can, over-the-counter medications or medications not in a prescription bottle, playing cards, dice, games, or pornographic materials. Recruit Training cadets will not have PX privileges. Cadets at Recruit Training are not allowed to possess money, electronic devices of any kind, or civilian clothes. If you are not riding with a parent, make a phone call home indicating safe arrival **prior** to check-in. Please send money and electronics home with your ride to training if at all possible.

## IMPORTANT NOTES ACCOMPANYING SEA BAG PACKING LIST

The following information below relates to the required sea bag requirements. All uniforms should be prepared according to NSCC Regulations with appropriate flashes, name tapes, etc.

1. Except for what is worn when reporting, **no other civilian clothing items are authorized.**
2. Camelbacks are not authorized in lieu of canteen and web gear.
3. **Civilian eyeglasses and contact lenses are not permitted at Recruit Training. Fax or email the COTC your eyeglass prescription faxed or emailed to us by 16 June 2010. Be certain that the eyeglass prescription includes the pupil optic distance (PD) measurement.**
4. Recruits will have limited storage space during training, as all items except dress uniforms will be stowed in a foot locker.
5. Recruits must limit hygiene kits to antiperspirant/deodorant, tooth brush, tooth paste, bar of soap in soap dish holder (**no body wash or gels**), disposable razors for shaving, and non-aerosol shaving cream. Females should pack necessary feminine hygiene products and supplies to manage hair. Do not pack any Tylenol, aspirin, or other over-the-counter medications. Do not pack Q-tips or mouthwash. Any necessary over-the-counter medicines will be on hand in sufficient quantities during training and administered subject to the directions in the cadet service record. Cadets taking prescription medication should declare the medications to staff and surrender those upon in-processing.
6. All clothing items must be stenciled with cadet ownership markings (last name and last four digits of ID number) prior to the start of training. This is especially important for underwear, undershirts, socks, PT shorts, and laundry bag. Iron-on labels are acceptable on these personal items.
7. The Dress White Uniform should be hung on hangers and brought to training in a Navy issue blue garment bag if one is issued and available. Include the neckerchief and dress white cover in that garment bag. **Recruits can save time at training by having the dress whites dry-cleaned and pressed prior to training.** Be certain to request military creases and note the special creases required on the dress white trousers. Trousers that need to be hemmed should be hemmed prior to training.

***Besides the sea bag list, the most important things to bring with you to training are enthusiasm and a never-say-quit attitude. The staff will teach you what you need to know to be a Recruit Training Graduate.***