

## TSGB CRUISE PACKING LIST ROUGH DRAFT

- **This is by no means a final list; it is a SUGGESTED list, even though some items on this list are mandatory via other campus departments.** Everyone's packing may differ depending on what they choose to bring. Some may choose to bring less, more, or different items. What berthing you are in also may dictate what you choose to bring.
- References: <https://www.sea.edu/documents/enrolled/Packing.pdf>, <https://womenoffshore.org/going-offshore-packing-list/>
- Sites to help with gear buying: On Campus KeelHauler Stores, steepandcheap.com, Gear.com, Altrec.com, Campmor.com, Backcountry.com, Mountaingear.com, Sierratradingpost.com, Thrift Stores/Goodwill, and Borrow from shipmates, friends, & family
- Recommended Luggage: backpack, soft-sided duffel bag/sea bag

### PERSONAL EFFECTS-

- Driver's License
- Passport (will be collected before cruise by ship purser)
- TWIC Card
- Any additional licensing documentation (FCC GMDSS license, etc)
- Medical Insurance Card (school may have this copy)
- Credit Card/Debit Card
- Cash: recommended \$100 in misc. bills
- Merchant Mariner Credential with STWC Medical Certificate (if you have one, not required)

### UNIFORMS, PPE, & TOOLS OF THE TRADE

- Hard hat (blue for cadets)
- CSUMA Ball Cap(s)
- Entirety of Salt & Pepper uniform
  - 1 set
- White undershirts
  - Recommended 5 shirts
- Khaki uniform/ khaki coveralls
  - Recommended 1-2 sets
- Rain Jacket
  - Deck includes duck suit and rain jacket, engineer include rain jacket
- Uniform jacket
- Tropical Uniform
- Blue, labelled coveralls
  - Recommended 2 pairs deck, 3 pairs engine (flame retardant)
- 4-7 pairs of black, long socks for your steel-toed boots
- 1 or 2 large water bottles
- Hearing Protection (plugs, muffs)
- Steel-toed boots
- Safety glasses and safety goggles
- Impact gloves (2-3 sets)
- Pocket notebook (waterproof notebooks are great!)
- Knife conforming to uniform regulations
- Flashlight (intrinsically safe flashlights are always a good idea) (for deck cadets, having a flashlight that is colored red is good for night watch)
- For engineers: a crescent wrench and a screwdriver with interchangeable bits
- Wristwatch

### LINENS

- Bedding (cadet bunks are twin XL) including bottom/top sheet, pillow and pillowcase, blanket/comforter
- 2 towels
- Privacy sheet (like a sheet or towel to put over the front of your rack)

### TOILETRIES

- Toothpaste and toothbrush
- Floss
- Mouthwash (sealed)
- Hair brush/ comb
- Face wash
- Shampoo & conditioner
- Soap (bar or liquid)
- Shower caddy
- Deodorant
- Razor
- Shaving cream
- Lotion/Moisturizer
- Sunscreen
- Contact Solution, multiple extra pairs of contacts, glasses, extra set of glasses
- Nail Clipper/Nail File
- Shower shoes
- Dryer sheets (laundry detergent is provided by the ship)
- Hair ties/headband/bandana
- Feminine hygiene products
- Prescription medicine (Ensure you have enough filled for 2 months-90 days depending on your cruise schedule.)\*
- Over-the-counter medicine like Tylenol/Advil, Emergen-C, antacid tablets, motion sickness medication, melatonin, etc.
- Emergency medication you may need like insulin, EPI Pens

Notes:

- *If you have a monthly prescription and explain your work situation to your doctor, most doctors can change your prescription, to up to 3 refills at once, which should cover a full hitch's worth of medicine. This is typically covered by insurance so that you don't get charged for having to fill the prescription early/prior to your cruise.*
- *Ship hospital will have basic medicine easily available but sometimes it's nice to have your own basics like Advil, Melatonin, and cough drops on hand.*
- *Medications need proof of the original prescription and must be in the original prescription bottle – no mixing pills!*
- *It helps to have a few Ziploc bags aboard as well, just in case needed.*

## CLOTHES & SHOES

- |   |  |
|---|--|
| <input type="checkbox"/> 4-10 Pairs of underwear/boxers | <input type="checkbox"/> Pajamas/something to sleep in                                   |
| <input type="checkbox"/> 2 bras, 2 sports bras*         | <input type="checkbox"/> Closed toes shoes for use off of official duty (ex. boat shoes) |
| <input type="checkbox"/> Tennis shoes                   | <input type="checkbox"/> 2 pairs of athletic pants/shorts/yoga pants                     |
| <input type="checkbox"/> 1 Light jacket/hoodie/fleece   | <input type="checkbox"/> 2 pairs athletic socks  |
| <input type="checkbox"/> 2 T-shirts/work out tops       | <input type="checkbox"/> Liberty Attire (1 outfit recommended)                           |
| <input type="checkbox"/> Bathing suit                   |  |

### Notes:

- *It will be hot! Choose light-weight, loose clothing and/or athletic clothing to wear under your coveralls.*
- *Everything you bring to sea will be put to hard use. Clothes will get torn, stained, greasy, etc. Everything you bring should be comfortable & easy to move in. You will change your clothes much less frequently than you do on land.*
- *\*For engineers, the engine room onboard can reach temperatures of 120°F, so bras made of material like spandex or other synthetic materials may melt or bleed onto the undershirt. Cotton bras are recommended.*

## ELECTRONICS/WORK ITEMS

- |  |   |
|--|---|
| <input type="checkbox"/> Laptop and Charger  | <input type="checkbox"/> Power Strip/Surge protector            |
| <input type="checkbox"/> Ethernet Cable/Adapter (useful!)                                      | <input type="checkbox"/> Headphones                             |
| <input type="checkbox"/> Black pens and pencils, highlighters                                  | <input type="checkbox"/> USB storage stick, External Hard Drive |
| <input type="checkbox"/> Cell Phone and charger  | <input type="checkbox"/> Backpack                               |
| <input type="checkbox"/> Converter, if needed  |   |
| <input type="checkbox"/> Required materials for class depending on major and under/upper class |   |

## MISCELLANEOUS/ OPTIONAL ITEMS: This list is by no means mandatory. It may help to find out what berthing you are in and work with friends to consolidate optional items.

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|--|--|
| <input type="checkbox"/> Sunglasses (consider bringing extra pairs)  | <input type="checkbox"/> Protein Powders, hydration/electrolyte powders                              |
| <input type="checkbox"/> Non-perishable, non-melting snacks/candy (that aren't already available in Pirate's Cove) | <input type="checkbox"/> Playing cards, poker chips, travel-sized board games                        |
| <input type="checkbox"/> Pre-ground coffee and a way to make it (like a pour-over/Aeropress)                       | <input type="checkbox"/> Vitamins, supplements   |
| <input type="checkbox"/> Multitool   | <input type="checkbox"/> Power adapter   |
| <input type="checkbox"/> Foam Roller   | <input type="checkbox"/> Coffee cup; travel cups with a lid are great (put your name on the bottom!) |
| <input type="checkbox"/> Headlamp  | <input type="checkbox"/> Surfboard/wax/leash*  |
| <input type="checkbox"/> Books (FYI-ship has a library)/magazines  | <input type="checkbox"/> Fishing Equipment (seek additional guidance for what is/is not allowed)*    |
| <input type="checkbox"/> Magnets (with hooks) or Command-strip type hooks  | <input type="checkbox"/> iPod/iPad/Kindle/Tablet*  |
| <input type="checkbox"/> Battery alarm clock   | <input type="checkbox"/> Camera*   |
| <input type="checkbox"/> Camping chair/folding chair   |  |

### Notes:

- *\*Be aware of bringing valuables and large items with you. Ships are dangerous environments where bulky or expensive items can get damaged! They may not be even able to fit onboard.*
- *If interested in bring a guitar/instrument, be aware of what berthing you're in, suggestion on case-to-case basis only.*
- *It is a good idea to download movies/TV shows prior to embarking on cruise for entertainment during off-hours; external hard drives or large-capacity flashdrives are great for this!*