

Orientation Gear List

*All students should arrive in slacks or khaki trousers w/belt, polo shirt, and casual shoes.

All navy students should arrive with a military haircut or hair fashioned in accordance with midshipmen regulations. All Marine option male and female students should arrive with a haircut or hair fashioned in accordance with Marine grooming standards. Mustaches are not authorized for freshman orientation. See regulations below

- 1 combination lock
- Note-taking paper
- 1 pocket size notebook
- 2 pencils
- 2 ballpoint black ink pens
- 1 highlighter
- 1 Permanent black marker
- 1 black or white binder containing Freshman Orientation Knowledge Book (See notes below)
- 1 black plain backpack (See notes below for regulations)
- 1 mesh laundry bag (Must be able to write name on bag)
- 1 can Barbisol shave cream (This will be used for dress shoe preparation)
- 1 black shoe polish, brush, cleaning cloth
- 1 set twin-size bedding or sleeping bag, pillow and pillow case
- 2 Towels (plain, bath-size)
- 5 pair white running socks
- 1 pair running/athletic shoes
- 5 white t-shirts (crew neck, short-sleeved)
- 1 bathing suit
 - Females – conservative mostly black, navy blue or grey one piece swim suit
 - Males – conservative mostly black, navy blue or grey swim trunks
- Undergarments for 5 days
- Males – athletic supporter or cotton briefs
- Females – sports bras for 4 days of Physical Training. (black, navy, or grey)
 - Shampoo, hair ties, bobby pins, gel, and hairspray (*Females must be able to put hair up in a bun or have hair short enough to fall above their collar. Bangs must be pinned back and/or out of face so as not to show under their uniform covers.*)
- Personal hygiene items in a travel size hygiene bag
 - Soap
 - Toothbrush w/case & toothpaste
 - Razor w/shaving cream (or electric razor)
 - Foot powder
 - Deodorant (non-aerosol)
 - Shower shoes/Black Flip-flops
 - Sunscreen
 - Bug spray
 - Small bag of laundry soap “pods” or “packs” (You may choose the brand of your choice. The bag must have at least 10 pods but no more than 25 pods. For example, “ Tide Pods Detergent” carries a small 14 count bag)
- Navy Options
 - Social Security Card (original)
 - Birth Certificate (original)

- Marine Options
 - Social Security Card (original)
 - Birth Certificate (original)
 - ACT/SAT scores official transcripts
 - Minor Traffic Incidents (tickets/court documentation)
 - Non-Traffic Arrest Incidents (court documentation)

- Orientation Costs
 - \$55.00 for **ALL Freshman** to be used to provide meals and laundry
 - + \$44.50 for **NAVY Options** for unit shirts and miscellaneous unit costs (TOTAL: **\$99.50**)
 - or
 - + \$42.50 for **MARINE Options** for unit shirts and miscellaneous unit costs (TOTAL: **\$97.50**)

Please ensure checks are specifically made payable to “USF NROTC Battalion Activities Fund”

Notes:

Freshman Orientation Knowledge Book: Students are required to visit the battalion website, download and print the “*NROTC Knowledge Packet*”, “*Chain of Command, Battalion Structure, Customs and Courtesies*”, “*Fitness and Health*”, “*Leadership Principles and Traits*”, “*Study Habits and Cleanliness*”, and “*Proper Wear and Care for Uniforms*”. This information is mandatory in order to complete required training evolutions. Students should hole-punch and organize the knowledge book in the order it is listed above. Please visit <http://www.usf.edu/undergrad/naval-rotc/freshman-orientation-knowledge-book.aspx>

Plain black backpack: Backpacks should be black, conservative in nature with minimal logo representation (manufacture tags/logos in subdued colors no larger than 5 inches long by 2 inches wide)

Marine grooming standards in accordance with MCO 1020.34

<http://www.marcorsyscom.usmc.mil/sites/mcub/library/MCUR/URCh1.htm#UR1004>

- a. No eccentricities in the manner of wearing head, facial, or body hair will be permitted. If applied, dyes, tints, bleaches and frostings which result in natural colors are authorized. The hair color must complement the person's complexion tone. Color changes that detract from a professional image are prohibited. Fingernails will be kept clean and neatly trimmed so as not to interfere with performance of duty, detract from military image or present a safety hazard. Nail polish for male Marines is not allowed. Nail polish as it applies to female Marines will fall under standards in subparagraph 1004.5.c(5). (ALMAR [256/96](#))

- b. Men will be well groomed at all times and will abide by the following:
 - (1) Hair will be neat and closely trimmed. The hair may be clipped at the edges of the side and back; will be evenly graduated from zero length at the hairline in the lower portion of the head to the upper portion of the head; and will not be over 3 inches in length fully extended on the upper portion of the head; the back and sides of the head below the hairline may be shaved to remove body hair. Sideburns will not extend below the top of the orifice of the ear, as indicated by the line A-A' in figures 1-1 and 1-2. Sideburns will not be styled to taper or flare. The length of an individual hair of the sideburn will not exceed 1/8 inch when fully extended.

 - (2) Head hair will be styled so as not to interfere with the proper wear of uniform headgear. Hair which protrudes from beneath properly worn headgear in an unsightly manner is considered excessive, regardless of length.

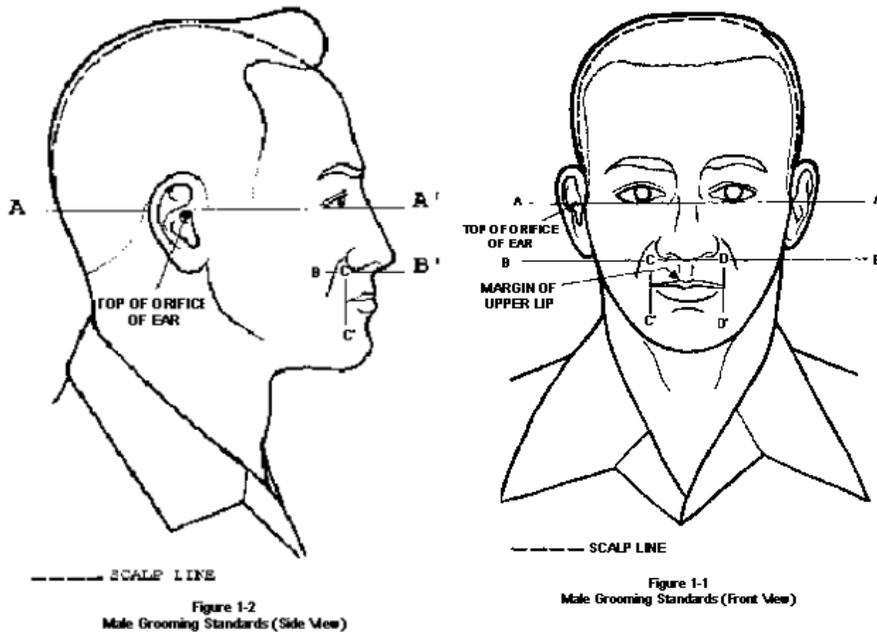
(3) No male Marine will be required to have his hair clipped to the scalp except while he is undergoing recruit training or when such action is prescribed by a medical officer. This does not prohibit a male Marine from having his hair clipped to the scalp if he so desires.

(4) Members of the Selected Marine Corps Reserve will comply with these regulations, except that wigs are authorized for periods of inactive duty for training. If worn, wigs will comply with the above grooming regulations.

(5) The face will be clean shaven. Mustaches are not authorized for freshman orientation.

(6) Except for a mustache, eyebrows, and eyelashes; hair may be grown on the face only when a medical officer has determined that shaving is temporarily harmful to the individual's health. In these cases, the current edition of MCO 6310.1 applies.

(7) No male Marine will be required to have his chest hair clipped except that which is so long as to protrude in an unsightly manner above the collar of the long sleeve khaki shirt. Figure 1-1.--Male Grooming Standards (Front View) Figure 1-2.--Male Grooming Standards (Side View).



c. The requirement for hair regulations is to maintain uniformity within a military population. Women's hairstyles require non-eccentric styles. Female Marines will be well groomed at all times and when in uniform will abide by the following:

(1) Hair may touch the collar, but will not fall below the collar's lower edge. Hair that would fall naturally below the collar's lower edge will be neatly and inconspicuously fastened or pinned. During physical training periods in which physical training clothing is worn, hair will be allowed to fall naturally, without being fastened or pinned. This does not apply when conducting physical training in the utility uniform.

(2) Hair will be styled so as not to interfere with the proper wear of the uniform headgear. All headgear will fit snugly and comfortably around the largest part of the head without distortion or excessive gaps. Hairstyles which do not allow the headgear to be worn in this manner are prohibited.

(3) Faddish and exaggerated styles to include shaved portions of the scalp other than the neckline, designs cut in the hair, unsecured ponytails and styles which are distinctly unbalanced or lopsided are prohibited. Multiple braiding is authorized. If hair extensions are used in the braiding of the hair, the extensions must have the same general appearance as the individual's natural hair. Braided hairstyles will be conservative, and conform to other guidelines listed herein.

(4) Barrettes, combs, rubber bands, etc. are authorized, if concealed by the hair. Inconspicuous hair pins and bobby pins, if required, are authorized. Hair nets will not be worn unless authorized for a specific type of duty. Wigs, if worn in uniform, must look natural and conform to the above regulations.

Navy option regulations in accordance with battalion grooming standards:

a. Men

(1) Keep hair neat, clean and well groomed. Hair above the ears and around the neck shall be tapered from the lower natural hairline upwards at least 3/4 inch and outward not greater than 3/4 inch to blend with hairstyle. Hair on the back of the neck must not touch the collar. Hair shall be no longer than four inches and may not touch the ears, collar, extend below eyebrows when headgear is removed, show under front edge of headgear, or interfere with properly wearing military headgear.

(2) The bulk of the hair shall not exceed approximately two inches. Bulk is defined as the distance that the mass of hair protrudes from the scalp. Hair coloring must look natural and complement the individual. Faddish styles and outrageous multicolored hair are not authorized.

(3) The unique quality and texture of curled, kinked, waved, and straight hair are recognized, and in some cases the 3/4 inch taper at the back of the neck may be difficult to attain. In those cases hair must present a graduated appearance and may combine the taper with a line at the back of the neck. One (cut, clipped or shaved) natural, narrow, fore and aft part is authorized.

(4) Varying hairstyles, including afro, are permitted if these styles meet the criteria of maximum length and bulk, tapered neck and sides, and do not interfere with properly wearing military headgear. Plaited or braided hair shall not be worn while in uniform or in a duty status.

(5) Keep sideburns neatly trimmed and tailored in the same manner as the haircut. Sideburns shall not extend below a point level with the middle of the ear, shall be of even width (not flared) and shall end with a clean shaven horizontal line. "Muttonchops", "ship's captain", or similar grooming modes are not authorized.

(6) Beards. The face shall be clean shaven unless a shaving waiver is authorized by the Commanding Officer. Mustaches are not authorized for freshman orientation.

(7) No male Midshipman may be required to have his hair clipped to the scalp while participating in the NROTC program.

b. Women

(1) Hairstyles shall not be outrageously multicolored or faddish, to include shaved portions of the scalp (other than the neckline), or have designs cut or braided into the hair. Hair coloring must look natural and complement the individual. Haircuts and styles shall present a balanced appearance. Lopsided and extremely asymmetrical styles are not authorized. Ponytails, pigtails, widely spaced individual hanging locks, and braids which protrude from the head, are not authorized. Multiple braids are authorized. Braided hairstyles shall be conservative and conform to the guidelines listed

herein. When a hairstyle of multiple braids is worn, braids shall be of uniform dimension, small in diameter (approx. 1/4 inch), and tightly interwoven to present a neat, professional, well-groomed appearance.

(2) Foreign material (i.e., beads, decorative items) shall not be braided into the hair. Short hair may be braided in symmetrical fore and aft rows (corn rowing) which minimize scalp exposure. Corn row ends shall not protrude from the head, and shall be secured only with inconspicuous rubber bands that match the color of the hair. Appropriateness of a hairstyle shall also be judged by its appearance when headgear is worn.

(3) All headgear shall fit snugly and comfortably around the largest part of the head without distortion or excessive gaps. Hair shall not show from under the front of the brim of the combination hat, garrison, or command ball caps. Hairstyles which do not allow headgear to be worn in this manner, or which interfere with the proper wear of protective masks or equipment are prohibited.

(4) When in uniform, the hair may touch, but not fall below a horizontal line level with the lower edge of the back of the collar. With jumper uniforms, hair may extend a maximum of 1-1/2 inches below the top of the jumper collar. Long hair, including braids, which fall below the lower edge of the collar shall be neatly and inconspicuously fastened, pinned, or secured to the head. No portion of the bulk of the hair as measured from the scalp will exceed approximately 2 inches. A maximum of two small barrettes/combs/ clips, similar to hair color, may be used in the hair.

(5) Additional bobby pins or rubber bands matching hair color may be used to hold hair in place, if necessary. Fabric elastics and colored rubber bands/pins are not authorized. Hair ornaments shall not present a safety or Foreign Object Damage (FOD) hazard. Hair nets shall not be worn unless authorized for a specific type of duty.

(6) Wigs or hairpieces meeting women's grooming standards are authorized for wear by personnel while in uniform or duty status.

(7) Shaved heads, high-and-tights and extreme or faddish hairstyles are not authorized for females. Female officers should always present themselves as women. Females must be careful not to get an extremely short or male style haircut. Hair color should complement the skin tone of the Midshipman.

(8) Afro, natural, bouffant, and other similar hairstyles, which do not interfere with the proper wearing of the headgear, are authorized if the bulk of the hair does not exceed two inches.