

# SAILORIZATION AT BASIC TRAINING

## WHAT TO EXPECT

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### Processing Days (P-Days)

Physical, mental, and dental exams, paperwork, a thorough drug screening, boot camp daily routine expectations, baseline Physical Fitness Assessment, and the "Moment of Truth"—the last chance to admit to any errors or omissions on applications.

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### Training—Week 1

Basic Naval Orientation courses to include first aid, Navy ship and aircraft identification, watchstanding, M9 pistol fundamentals, survival at sea training with the initial swim assessment and initial toughness training.

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### Training—Week 2

Uniform and grooming standards, enlisted rate and officer rank recognition, naval history, anti-terrorism/force protection training, inspections, and the first academic test.

### Training—Week 3

Weapons handing, M9 firing procedures, basic seamanship training with hands on line handling laboratory, and additional toughness training.

### Training—Week 4

Chemical, biological and radiological protection training, basic damage control, emergency breathing devices, and the M9 live fire qualification.

### Training—Week 5

Second academic test, fire fighting procedures, inspections, and fire fighting practical laboratory.

### Training—Week 6

Hands on firefighting and line handling practice, damage control training, and toughness continuation training.

### Week 7

Recruit liberty brief, final inspections, and preparations for final week.

### Week 8

Final toughness training, a grueling 12 hour final exercise called "Battle Stations", and graduation.

### What's Next?

Completion of Basic Military Training awards Sailors with 9 college credits, accredited through the American Council on Education. Following graduation, Sailors will be granted liberty to go off-base during the day before reporting for "A" school—the beginning of technical training in their selected field. Only the individual and his/her supervisor will know their specific liberty schedule.

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**\$ = PAY DAY**  
-TWICE A MONTH  
-DIRECT DEPOSIT

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Open a new bank account at basic training, or bring these items to use an existing account.

### NEED TO BRING:

- Completed Direct Deposit Signup Form, Standard Form 1199A. The bank will need to fill in section 3 of the 1199A prior to your departure
- Checkbook and/or ATM card for the account

## PACK YOUR BAGS

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### MUST HAVES

- Social Security card
- Acceptable form of photo ID
- Second form of ID (does not need to include a photo)

- Completed Direct Deposit Sign-Up (Standard Form 1199A), or set up an account once at basic training
- Checkbook and/or ATM card of direct deposit account

- Warm clothes (October – April)

### IF APPLICABLE

- Marriage certificate

- Divorce decree

- Copies of Dependent birth certificates

- Immunization records

- Permanent resident card (for non-citizens)

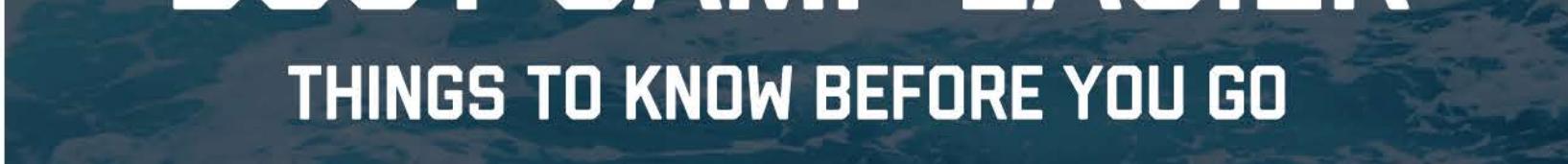
### OK TO BRING

- Cell phone for first phone call (will then be placed in box or sent home)
- Wrist watch (analog only)
- Wedding ring
- Religious medallion
- Writing material
- Pocket-sized religious text
- Small address book
- Hairbrush, pick, or comb
- Pre-paid phone cards
- One pair of prescription glasses or reading glasses
- A small amount of cash
- Prescription medications with identifying prescription label

### FEMALES

- Feminine sanitary items (2 weeks worth)
- Conservative cosmetics—one of each: face powder, blush, lipstick, eye shadow, mascara

- Barrettes/small elastic hair bands (must match hair)



### DID YOU KNOW?

Male recruits in processing have their hair cut very short. Accordingly, men's hair length is often seen by other recruits as a measure of tenure.

**FEMALE RECRUITS ARE NOT REQUIRED TO CUT THEIR HAIR.**

## GET PHYSICAL

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### BASELINE PHYSICAL FITNESS ASSESSMENT

#### THE MINIMUM REQUIREMENTS TO BEGIN BASIC TRAINING

### FINAL PHYSICAL FITNESS ASSESSMENT

#### THE MINIMUM REQUIREMENTS TO GRADUATE



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2 minutes given for both push-ups and curl-ups. Run is 1.5 miles.



## MAKE LIFE AT BOOT CAMP EASIER

### THINGS TO KNOW BEFORE YOU GO

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- SAILOR'S CREED

- NAVY RANKS & RECOGNITION

- CHAIN OF COMMAND

- PHYSICAL REQUIREMENTS TO JOIN THE NAVY

- PHONETIC ALPHABET

- 11 GENERAL ORDERS

- NAVY CORE VALUES

- BLUE JACKET MANUAL

