

MAKE LIFE AT BOOT CAMP EASIER

THINGS TO KNOW BEFORE YOU GO

SAILORS CREED

- STUDY TIP: VISUALIZE SYMBOLS TO HELP REMEMBER EACH SECTION**
-  I AM A UNITED STATES SAILOR.
 -  I WILL SUPPORT AND DEFEND THE CONSTITUTION OF THE UNITED STATES OF AMERICA AND I WILL OBEY THE ORDERS OF THOSE APPOINTED OVER ME.
 -  I REPRESENT THE FIGHTING SPIRIT OF THE NAVY AND THOSE WHO HAVE GONE BEFORE ME TO DEFEND FREEDOM AND DEMOCRACY AROUND THE WORLD.
 -  I PROUDLY SERVE MY COUNTRY'S NAVY COMBAT TEAM WITH HONOR, COURAGE, AND COMMITMENT.
 -  I AM COMMITTED TO EXCELLENCE AND THE FAIR TREATMENT OF ALL.

RECOGNIZE

RATE INSIGNIA OF ENLISTED MEMBERS

E-1		SEAMAN RECRUIT
E-2		SEAMAN APPRENTICE
E-3		SEAMAN
E-4		PETTY OFFICER THIRD CLASS
E-5		PETTY OFFICER SECOND CLASS
E-6		PETTY OFFICER FIRST CLASS
E-7		CHIEF PETTY OFFICER
E-8		SENIOR CHIEF PETTY OFFICER
E-9		MASTER CHIEF PETTY OFFICER

RANK INSIGNIA OF COMMISSIONED OFFICERS AND WARRANT OFFICERS

O-1		ENSIGN
O-2		LIEUTENANT JUNIOR GRADE
O-3		LIEUTENANT
O-4		LIEUTENANT COMMANDER
O-5		COMMANDER
O-6		CAPTAIN
O-7		REAR ADMIRAL LOWER HALF
O-8		REAR ADMIRAL UPPER HALF
O-9		VICE ADMIRAL
O-10		ADMIRAL
W-2		CHIEF WARRANT OFFICER TWO
W-3		CHIEF WARRANT OFFICER THREE
W-4		CHIEF WARRANT OFFICER FOUR
W-5		CHIEF WARRANT OFFICER FIVE

RECRUIT TRAINING COMMAND CHAIN OF COMMAND

- PRESIDENT OF THE UNITED STATES
- SECRETARY OF DEFENSE (SECDEF)
- SECRETARY OF THE NAVY (SECNAV)
- CHIEF OF NAVAL OPERATIONS (CNO)
- MASTER CHIEF PETTY OFFICER OF THE NAVY (MCPON)
- CHIEF OF NAVAL PERSONNEL (CNP)
- CNP FLEET MASTER CHIEF PETTY OFFICER
- COMMANDER, NAVAL EDUCATION & TRAINING COMMAND (CNETC)
- NETC FORCE MASTER CHIEF PETTY OFFICER
- COMMANDER, NAVAL SERVICE TRAINING COMMAND (CNSTC)
- NSTC COMMAND MASTER CHIEF PETTY OFFICER
- COMMANDING OFFICER, RECRUIT TRAINING COMMAND (RTC)
- EXECUTIVE OFFICER, RECRUIT TRAINING COMMAND
- MILITARY TRAINING DIRECTOR (MTD)
- MTD LEADING CHIEF PETTY OFFICER
- FLEET COMMANDER
- FLEET LEADING CHIEF PETTY OFFICER
- SHIP'S OFFICER
- SHIP'S LEADING CHIEF PETTY OFFICER
- RECRUIT DIVISION COMMANDER (THREE PER DIVISION)

GET PHYSICAL

BASELINE PHYSICAL FITNESS ASSESSMENT

THE MINIMUM REQUIREMENTS TO BEGIN BASIC TRAINING

FINAL PHYSICAL FITNESS ASSESSMENT

THE MINIMUM REQUIREMENTS TO GRADUATE

	AGE			
MALE				
♂	17-19	46	54	16:10
	20-24	42	54	16:10
FEMALE				
♀	17-19	20	54	18:37
	20-24	17	50	18:37

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

PHONETIC ALPHABET

A ALFA	B BRAVO	C CHARLIE	D DELTA
E ECHO	F FOXTROT	G GOLF	H HOTEL
I INDIA	J JULIET	K KILO	L LIMA
M MIKE	N NOVEMBER	O OSCAR	P PAPA
Q QUEBEC	R ROMEO	S SIERRA	T TANGO
U UNIFORM	V VICTOR	W WHISKEY	X X-RAY
	Y YANKEE	Z ZULU	

THE 11 GENERAL ORDERS OF A SENTRY

- 1 To take charge of this post and all government property in view.
- 2 To walk my post in a military manner, keeping always on the alert and observing everything that takes place within sight or hearing.
- 3 To report all violations of orders I am instructed to enforce.
- 4 To repeat all calls from posts more distant from the Guardhouse than my own.
- 5 To quit my post only when properly relieved.
- 6 To receive, obey, and pass on to the sentry who relieves me all orders from the Commanding Officer, Command Duty Officer, Officer of the Deck, and Officers and Petty Officers of the Watch only.
- 7 To talk to no one except in the line of duty.
- 8 To give the alarm in case of fire or disorder.
- 9 To call the Officer of the Deck in any case not covered by instructions.
- 10 To salute all officers and colors and standards not cased.
- 11 To be especially watchful at night, and during the time for challenging, to challenge all persons on or near my post, and to allow no one to pass without proper authority.

CORE VALUES

AMERICA'S
NAVY
FORGED BY THE SEA

**HONOR.
COURAGE.
COMMITMENT.**



Refer to START Guide for more information.