Gear required for NSO: (This gear will be brought together in one bag; all other items brought to NSO will be kept separate).

* Undershirts, white, crew neck (2)
* Underwear, briefs (6 pair)
* Sports bras, females only (3)
* White socks, ankle length (6 Pair)
* Running shoes, not cross trainers or hightops
* Towel, white
* Washcloth, white (2)
* Shower shoes
* Hygiene Gear
  + Toothbrush
  + Razor
  + Soap
  + Nail Clippers
  + Sunscreen
  + Hand Sanitizer
* Bobby Pins or Hair Colored Clips and Hair Spray (Female Only)
* Foot care products, as needed
* Kiwi (or similar brand) shoe polish kit (to include brush, dauber, and polish)
* Small iron
* Lint roller
* Sewing kit, to include scissors
* Ruler, 12 inches
* Hangers (4)
* Black ball point pens (1 pkg)
* Combination padlock
* White athletic tape, 1 inch (1 roll)
* Laundry bag
* Cloth marker, black
* Proper Civilian Attire:
  + Men:
    - Collared shirt
    - Khaki trousers (jeans and baggy trousers strictly prohibited)
    - Leather Belt
    - Black dress socks
    - Black leather dress shoes
  + Women:
    - Blouse
    - Leather Belt
    - Khaki slacks
    - Black dress socks
    - Comfortable black leather dress shoes (high heels prohibited)
* **Do not bring knives, multi-tools, weapons of any kind, cell phones, or any electronic devices.**
* **Avoid bringing luggage that is excessively large in size.**
* **Mark all gear with your last name prior to arrival.**
* **Notify staff of any required medications and/or allergies.**