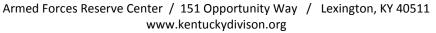


U.S. NAVAL SEA CADET CORPS

KENTUCKY DIVISION





PLAN OF THE DAY

The Plan of the Day is an official document of Kentucky Division. Its contents reflect current orders of the Commanding Officer and official unit announcements. All Division personnel are responsible for reading and understanding the information contained herein. Parents and guardians of cadets are encouraged to read the Plan of the Day and to make note of meeting days and special announcements that may affect personal schedules.

19-20 SEP 2015

UNIT STAFF

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Uniform of the Day: See Seabag List

Drill Hours: SAT – 0745: Lexington area cadets meet at Reserve Center gate/parking lot

SAT - 0915: Louisville area cadets meet at Active Heroes Retreat (exact location TBA)

SUN – 1700: Lexington area cadets return to Reserve Center gate/parking lot

DRILL SCHEDULE

<u>Saturday, 19 SEP 2015</u>		Sunday, 20 SEP 2015	
0745	Lexington area cadets meet at Reserve Center gate	0615	Reveille
0800	Depart Lexington	0630	PT /
0915	All cadets report to Active Heroes Retreat	0715	Morning Colors
1000	Community Service	0720	Change into BDUs
1200	Lunch	0730	Breakfast
1230	Community Service	0815	Clean & secure from chow
1400	Muster / travel to camp site (Camp Crooked Lake)	0845	Travel to activity areas
1430	Set up camp	0900	Group 1: COPE Challenge Course
1530	Afternoon training activity		Group 2: Shooting Range
1730	Dinner	1115	Lunch
1830	Clean & secure from chow	1145	Clean & secure from chow / return to activity areas
1900	Evening training activity	1200	Group 1: Shooting Range
2200	Lights out		Group 2: COPE Challenge Course
		1400	Secure from activities / return to camp
		1415	Breakdown / cleanup camp
		1515	Final Muster
		1530	Depart
		1700	Lexington area cadets return to Reserve Center

NOTES

SEABAG LIST

19-20 SEP 2015

UNIFORM OF THE DAY: BDUs

- Trousers
- Blouse (jacket) sleeves rolled
- Brown t-shirt
- Cover
- Black belt
- Black socks
- Boots
- Blousing straps
- Recruits: KYDIV t-shirt, blue utility pants, athletic shoes, blue cap

SEABAG LIST:

- \$10.00 for meals
- PT gear: yellow PT shirt, blue shorts/sweats, socks, athletic shoes
- Sleepwear: shorts or sweats, t-shirt
- 1 extra brown t-shirt (Recruits: extra navy blue t-shirt purchase at Walmart, Target, etc.)
- 2 extra pairs of black socks
- Underwear
- Hygiene kit: toothbrush, toothpaste, deodorant, shampoo, soap, etc.
- Towel
- Shower shoes/flip flops
- Work gloves
- Camelbak (or attachable water bottle)
- Mess Kit (durable plate, bowl, cup, utensils, drawstring mesh bag to hang dishes for drying)
- Tent: If you have a tent that you can bring, please let us know asap and how many it will sleep. If you don't have a tent, no worries. There will be room in other tents.
- Sleeping bag
- Sleeping pad (optional)
- Pillow
- Flashlight
- Sunscreen
- Insect repellent
- No contraband: electronics (video games, iPads, iPods, etc), knives, firearms, matches/lighters, tobacco of any kind, alcohol/drugs, food (unless cleared with an officer and stored in a vehicle absolutely no snacks in the tents!). Cell phones may be brought but MUST be left in the tent at all times. Cadets are not to be using cell phones during training. Any of these above listed items will be confiscated.

MEDICATIONS (both Rx and over-the-counter):

- All medications are to be given to the Medical Officer (INST Clark) upon arrival.
- Place in Ziploc bag labeled with cadet's name; insert instructions into bag (dosage, frequency).
- Medications must be in original container.