



# U.S. NAVAL SEA CADET CORPS



## KENTUCKY DIVISION

Armed Forces Reserve Center / 151 Opportunity Way / Lexington, KY 40511  
www.kentuckydivision.org

### 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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INST Jason Didelot, NSCC	Executive Officer	859.307.6887	XO@kentuckydivision.org
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INST Thomas Tuttle, NSCC	Operations Officer	859.278.1363	OPS@kentuckydivision.org
INST Nicole Ballinger, NSCC	Public Affairs Officer	502.333.5322	PR@kentuckydivision.org

**Uniform of the Day:** See Seabag List

<b>Drill Hours:</b>	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

##### Saturday, 19 SEP 2015

0745	Lexington area cadets meet at Reserve Center gate
0800	Depart Lexington
0915	All cadets report to Active Heroes Retreat
1000	Community Service
1200	Lunch
1230	Community Service
1400	Muster / travel to camp site (Camp Crooked Lake)
1430	Set up camp
1530	Afternoon training activity
1730	Dinner
1830	Clean & secure from chow
1900	Evening training activity
2200	Lights out

##### Sunday, 20 SEP 2015

0615	Reveille
0630	PT
0715	Morning Colors
0720	Change into BDUs
0730	Breakfast
0815	Clean & secure from chow
0845	Travel to activity areas
0900	Group 1: COPE Challenge Course
	Group 2: Shooting Range
1115	Lunch
1145	Clean & secure from chow / return to activity areas
1200	Group 1: Shooting Range
	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

\*\*\* See attached Seabag List. \*\*\*

# 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.