

# BEFORE ARRIVING AT CAPE MAY

## DOs

- Bring one pair of earrings for graduation that are 1/4" or less and either silver, gold, pearl or diamond (no larger than a pencil eraser).
- Bring carry-on size hair gel, shampoo, conditioner, body wash, and/or lotion that are 3.4 ounces or smaller and fit in one quart sized, resealable bag (TSA standards).
- Bring ALL undergarments (underwear and sports bras). The trip to the Exchange won't happen until several days after arrival so you will not be able to purchase any items until then.
- Bring a limited supply of makeup to be used for graduation ONLY. You are given the opportunity during on-base and off-base liberty to purchase any items you want, but all makeup must maintain a natural look.
- Bring the most comfortable and supportive sports bras that conform to the color guidance in the Helmsman, as you will wear them all day. You can bring one normal neutral color bra to wear on graduation.
- Bring enough cash to purchase necessary items at the Exchange. A debit card may be brought to training and there is an ATM if additional cash is needed.
- Bring at least 3 packs of birth control for your entire stay. Cape May Medical can assist you in case of a refill, but there is no guarantee that it will be the same brand. If you are not currently taking birth control, it is recommended that you do not start a new prescription within 3 months of training, as it typically takes 3 to 6 months to allow the hormones and your menstrual cycle to regulate. All medication can be stowed in a specific pocket in your issued backpack, which will be communicated to you during training.

## DON'Ts

- Don't have any nail polish on your fingernails or toenails.
- Don't arrive with an unnatural hair color. You will have to dye it back during training if so — an extra step that could have been prevented.



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HEALTH, GROOMING  
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**FOR WOMEN**



## MEDICAL EXAMINATIONS

### MEPS

You will go through a series of medical procedures such as a full-body physical examination. This includes a private visual inspection of your external genitalia with a female chaperone present if necessary. Additionally, you will be instructed to do certain body movements (range of motion, etc.) while in your bra and underwear. This will be conducted in a closed off, female only room.

### Cape May

After your arrival and throughout the course of training, a series of medical procedures (physical exams, immunizations, blood tests, etc.) will be performed. All females 20 years and 6 months or older need to have a Pap smear exam. This exam may be waived if you have had one completed within 3 years or less, but you must be able to provide the paperwork resulting from that exam.

## HYGIENE & GROOMING

### Grooming

- Your hair must be slicked back in a tight bun at the base of your neck. You may get your hair cut before arriving, but it is NOT recommended (longer hair is more controllable). If your hair exceeds the standard limit of 3 inches of bulk, however, it is suggested to trim some length. You won't have time to do the same hair care you may do at home so make sure that your hair is quickly manageable in order to save time.
- You will be issued a 12 oz. bottle of 2-in-1 shampoo and conditioner upon arrival. You will be permitted a quick trip through the Exchange to purchase additional supplies such as hair gel, but hair product variety is very limited. If your hair texture requires an alternate product, your training team will be able to assist you.
- You will be able to shave at boot camp and given access to razors in your first week of training.

### Hygiene

- Hygiene products are sold at the Exchange, but if there is a particular brand or product that you prefer, it is recommended that you bring your own and enough to last you at least THREE cycles. They can be stowed in your rucksack or on your person in the designated pockets of your issued operational dress uniform pants. Recommendations and instructions regarding the proper stowage of these items will be communicated to you during training.
- Feminine hygiene wipes are encouraged, especially if you use them already. You will be entering a high stress environment, which means bodies can experience changes such as vaginal infections as a result. Using these wipes can help prevent them. If you do start to have any GYN symptoms related to vaginal infections, the Cape May Medical Center will be able to help you.



## FACILITIES AT CAPE MAY

### Showers / Changing Areas

All of the shower and changing areas are open and gender specific, but there are no individual changing or shower areas while at training. Time given for showering is limited.

### Pool

If you happen to be on your menstrual cycle on a pool day, it is recommended to use tampons if you can use them (there are hygiene products provided at the gym if necessary). There are no repercussions if you do not use tampons, but you will NEED to inform your instructor beforehand and you will resume pool training at a later time.

