

University of Memphis NROTC - Fall 2025 New Student
Orientation (NSO)
Packing List & Preparation Guidance

Welcome to the University of Memphis Naval Reserve Officers Training Corps (NROTC) program. Congratulations on taking this significant step toward becoming a commissioned officer in the United States Navy or Marine Corps. The upcoming New Student Orientation (NSO), scheduled for August 17-23, 2025, is designed to introduce you to the standards, expectations, and camaraderie of our Company.

1) Purpose of NSO

NSO serves as an intensive introduction to the NROTC program, focusing on physical training, military customs, academic preparedness, and leadership development. Throughout the week, you will engage in various activities that require discipline, teamwork, and resilience.

2) Uniforms and Gear

While some incoming midshipmen may have attended training, such as NSI, and possess issued uniforms, others may not. To ensure uniformity and preparedness:

- a. PT Gear: All 4/C Midshipmen who have not attended NSI will be issued physical training (PT) gear upon arrival. Daily PT sessions are integral to NSO; therefore, appropriate attire is mandatory.
- b. Other Uniforms: No additional uniforms will be issued during NSO. Midshipmen with previously issued uniforms shall bring them.

3) Packing List Overview

The following packing list outlines the essential items you are expected to bring for the duration of NSO.

Item	Quantity	Notes
Identification & Documentation		

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Photo Identification (e.g., Driver's License, Passport)	1	Required for verification purposes
Medical Documentation	1	Any necessary medical records or forms
Clothing & Uniforms		
Running Shoes	1-2 pair	For daily physical training sessions
Navy/USMC PTU	3 sets	
Navy Options: Blue Polo	1-2	
Marine Options: Red Polo	1-2	
Khaki Pants	2 pair	
Dress Casual Shoes	1 pair	
Shower Shoes	1 pair	For use in dorm communal shower
Bath Towel	2	Daily hygiene*
Proper Civilian Attire	4-day supply	For liberty periods after dismissal; should be appropriate and modest
Athletic Socks	7 pairs	White, ankle-length preferred
Sports Bras (for females)	7	
Underwear	7 pairs	Daily use
White Undershirts	3	White, crew neck
NWU Type III/MCCUU	2 sets	Expected from NSI
Hygiene & Personal Care		
Toiletries (toothbrush, toothpaste, soap, shampoo, deodorant, razor, etc.)	Sufficient supply for 6 days	Travel-sized items recommended
Sunscreen	1	SPF 30 or higher

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Eyeglasses with Strap (if applicable)	As needed	Contact lenses permitted only during graduation ceremony and liberty
Feminine Hygiene Products (for females)	Sufficient supply	Personal preference
Miscellaneous Items		
Water Bottle (durable and reusable)	1	32 oz capacity recommended
Laundry Bag	1	Mesh or cloth material
Lock (Combination or Key)	1	For securing personal items
Small Notepad and Pen/Pencil	1 each	For taking notes during sessions
Shoe Shine Kit	1	Includes polish, brush, and cloth
Optional Items		
Religious Materials	As needed	Bible, prayer book, etc.
Small Flashlight	1	Battery-powered
Wristwatch (non-smartwatch)	1	For timekeeping; digital or analog acceptable

Notes

- 1) PT Gear: All 4/C Midshipmen will be issued physical training gear upon arrival. No other uniforms will be provided during NSO. Participants with previously issued uniforms may bring them; however, they are not required for participation.
- 2) Labeling: Ensure all personal items are labeled with your name to prevent loss.
- 3) Footwear: It's recommended that all footwear be broken in prior to NSO to avoid discomfort or injury.
- 4) Prohibited Items: Do not bring weapons, tobacco products, alcohol, or any items that could be considered contraband