



DEPARTMENT OF THE NAVY

CORTRAMID WEST
NAVAL STATION SAN DIEGO – DRY SIDE
BUILDING 3203 ROOM C103 COPP HALL
SAN DIEGO CA 92136

IN REPLY REFER TO:
1533
Ser/002
15 Apr 19

From: Officer-in-Charge, CORTRAMID West 2019
To: CORTRAMID West Midshipmen

Subj: WELCOME ABOARD TO CORTRAMID WEST

1. Welcome to San Diego, California, and Career Orientation and Training for Midshipmen (CORTRAMID) West 2019!

2. CORTRAMID is designed to provide you with a broad introduction to the major warfare communities within the Naval service and expose you to life on active duty. For many of you, this will be your first exposure to the Fleet. During your month onboard, you will experience operational Navy and Marine Corps units and missions, meet other midshipmen from around the nation, and enjoy infrastructure and facilities found on typical Naval bases. Broken down into weekly increments with each community, the specific goals of CORTRAMID are:

a. To familiarize you with the missions, tasks, equipment, and career development ladder within the various warfare areas.

b. To help you make an informed decision about future career options.

c. To emphasize the importance of military courtesy, smartness, discipline and physical fitness.

d. To reinforce leadership training through practical application of basic leadership.

3. The CORTRAMID West staff consists of Navy and Marine Corps active duty and civilian personnel from NROTC units across the country, all of whom are dedicated to helping you achieve your CORTRAMID training objectives. Working with regional fleet commanders, we will provide you with a valuable training experience. Because of the fluid nature of Fleet operations, you may experience delays, cancellations, and rescheduling of events. This is entirely normal although frustrating, and we will endeavor to minimize these occurrences. Your positive attitude, professionalism and resourcefulness will go a long way

in mitigating these challenges and are demonstrative of a well-prepared junior officer.

4. Although I am confident we will provide you with a great training experience while you are assigned to CORTRAMID West, I encourage you to take charge and add to your own training plan during this first encounter with the Fleet. Although the professionals assigned to these units are standing by to assist you in your exposure during training evolutions, you can do a lot to enhance your personal and professional experience. Ask to see as many ships and aircraft as possible, sit down with junior officers and talk about their individual experiences, thoroughly tour and ask to conn the ship or submarine if underway, and participate in as much training as possible such as man-overboard evolutions or drills. Maximize your time and enjoy this once in a lifetime opportunity!

5. While you are assigned to CORTRAMID West, you will be expected to conduct yourselves with utmost professionalism. You are on active duty and as such, are subject to U.S. Navy Regulations (NAVREGS), the Uniform Code of Military Justice (UCMJ), and the lawful orders of the Officer-in-Charge and his staff. You are obliged to follow all rules, regulations, UCMJ statutes, particularly regarding fraternization, sexual misconduct, underage use of alcohol, forgery (fake IDs), your behavior on liberty, and other misconduct. If you are not familiar with the UCMJ or Navy Regulations, read them now. Furthermore, while assigned, you will be evaluated for your overall performance and potential for service as a commissioned officer. Explicit expectations of performance are contained in this package, but you will have no difficulties provided you are well-versed on standards of conduct and performance while assigned, follow all regulations and instructions, exhibit professionalism in and out of uniform, and show up to each evolution on time - ready to train. These are simple rules to follow to ensure that your experience onboard will be a great one!

6. When not undergoing training, you will have some free time to explore and enjoy San Diego and Southern California. San Diego is a wonderful city with world-class beaches and attractions and known as "America's Finest City," it lives up to this reputation. Many San Diego area attractions are free to military personnel in uniform with military ID cards. Contact your Company Officers or the staff MWR Officer for more information. While San Diego is an exciting and beautiful city with many great attractions, it's not perfect, so ensure you

read this information packet closely and pay attention during the Welcome Aboard/Orientation briefs to familiarize yourself with areas that are off limits, establishments to avoid, and local crime. Being informed is the single best way to ensure your liberty in this great city will be fantastic!

7. Again, welcome aboard! Thoroughly familiarize yourself with the information contained herein but above all, stand tall, look sharp, and be proud! You have been selected to participate in this superb training opportunity so make the best of it! Congratulations!

A handwritten signature in black ink, appearing to read 'M. B. Riley', with a large, sweeping flourish extending to the left and a smaller flourish to the right.

M. B. RILEY

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CORTRAMID WEST 2019 ORGANIZATION AND INFORMATION

1. Overview. During your month assigned, you will be introduced to many aspects of Naval warfare at various ashore training sites, aboard warships and aircraft, and in the field. You will be provided with technical and professional information in a meaningful and constructive manner. A lot of effort and focus has been put into your training. However, be aware that U.S. Naval forces are currently tasked with numerous, real world commitments that may force an unintended reprioritization of some of your training. Moreover, as I'm sure you are aware, other constraints may impose limitations on your ability to fly or sail in our Navy's premier assets. Take advantage of opportunities you are presented and do your best to familiarize yourself with the communities presented. Ask questions and gain a working familiarity of the capabilities of our Naval forces and career opportunities that lie ahead for you.

2. CORTRAMID West Staff. The CORTRAMID West Staff central office is located in Building 3203, Copp Hall, at Naval Station San Diego (room number will be provided upon check-in). The staff is comprised of the following personnel:

Officer in Charge (OIC)	CAPT Riley
Marine Week Officer in Charge (OIC)	Col Kostic
Assistant Officer in Charge	CDR Brodeen
Operations	LT Bunting
Transportation	Mr. Hoskins
Supply/Logistics	Mr. Etchison
Supply/Transportation Assistant	TBD
Administration	Mr. Crawford
Administrative Support	Mr. Lipko
Administrative Support	Ms. Walker
Submarine Coordinator	LT Sweeney
Aviation Coordinator	LT Strong
Surface Coordinator	LT Grenier
Drug & Alcohol Program Advisor (DAPA)	NB San Diego DAPA
Sexual Assault Prevention & Response (SAPR)	NB San Diego SAPR
Equal Opportunity Manager (CMEO)	NB San Diego CMEO
A Company Officer	LT Shopland
A Assistant Company Officer	ENS (TBD)
B Company Officer	LT DiGiannurio
B Assistant Company Officer	ENS (TBD)

C Company Officer	LT Cartagena
C Assistant Company Officer	ENS (TBD)
D Company Officer	LT Thompson
D Assistant Company Officer	ENS (TBD)
E Company Officer	LT Rosado
E Assistant Company Officer	ENS (TBD)
F Company Officer	LT Gerald
F Assistant Company Officer	ENS (TBD)
G Company Officer	LT Allvord
G Assistant Company Officer	ENS (TBD)
H Company Officer	LT Corea
H Assistant Company Officer	ENS (TBD)

3. Midshipman Organization/Chain of Command. There are eight companies of midshipmen, each divided into two platoons (approximately 35 midshipmen each) with three squads each (approximately 11-12 midshipmen). Each company will have a midshipman company commander, executive officer, company adjutant, two platoon leaders, and six squad leaders. The squad leader will serve as mustering petty officer and mail petty officer. Midshipmen will be rotated through leadership billets periodically and will be briefed on their duties by the company officer. Take this opportunity to lead and assist in the execution of the training plan. The midshipman company commander (supported by his or her staff) will have the following specific duties and responsibilities:

- a. Be familiar with and promulgate each day's training schedule and pass any additional word as necessary.
- b. Conduct reveille for members of the company each weekday morning. Submit muster reports to the company officer.
- c. Assemble and muster his/her company following breakfast and lunch, and prior to departure from any training site. Submit muster reports to the company officer.
- d. Organize the company into teams for athletics and other events.
- e. Ensure his/her company is in the proper uniform for each training event.

In short, your midshipman chain of command is as follows:

CAPT Riley
CDR Brodeen
Company Officer
MIDN Company Commander
MIDN Platoon Leader
MIDN Squad Leader

Your Marine Week midshipman chain of command is as follows:

Col Kostic
Maj Cunningham
Commander of Troops
Platoon Commander
MIDN Platoon Leader
MIDN Squad Leader

4. Company Rotation Plan. During training, you will rotate across all four primary warfare communities in accordance with the following schedule (see also p. 28):

	Week 1	Week 2	Week 3	Week 4
Marine	A Company B Company	G Company H Company	E Company F Company	C Company D Company
Aviation	C Company D Company	A Company B Company	G Company H Company	E Company F Company
Submarine	E Company F Company	C Company D Company	A Company B Company	G Company H Company
Surface	G Company H Company	E Company F Company	C Company D Company	A Company B Company

5. Arrival. Unless authorized to travel via POV (see Paragraph 3.g under in the PERSONAL CONDUCT AND LIBERTY section), you will fly into San Diego International Airport and report to the USO (across the Skybridge at the east end of Terminal 2). To streamline check-in at the USO, it is highly recommended that you download **The USO** mobile app and create an account prior to arrival.

6. Berthing. You will be provided with safe and secure lodging on base during training. Although the accommodations seem like a hotel, it remains a military facility with unique rules and regulations. Enjoy your stay but abide by the Combined Bachelor Housing (CBH) information and regulations covered in the CBH

Welcome Aboard pamphlet. All midshipmen are responsible for information contained therein. Some general guidelines to follow:

- a. Room swapping is not authorized.
- b. Protect your valuables. Lock them up when leaving.
- c. Housekeepers are not provided to clean up after you but to remove trash, change linen, replace towels, etc. They will not clean excessively disheveled rooms or rooms with lockers open. If found in this condition, they will lock the room to prevent your access and notify the Chain of Command. To prevent this, secure and put away all personal gear and leave your rooms in neat condition to make housekeeping easy. Respect the housekeeping staff.
- d. You are responsible for doing your own laundry.
- e. Phones in the rooms can accept incoming local and long distance phone calls but outgoing calls are limited to room-to-room only. You are responsible for any charges levied.
- f. Lock your doors and safeguard your key. Lockers will be locked when you are not in your room. Valuables must be secured at all times. Some NGIS rooms have in-room safes provided.
- g. Dress while in the CBH lobby area is the prescribed uniform-of-the-day, or appropriate civilian attire. The definition of appropriate civilian attire is provided in paragraph 11.
- h. Immediately report any discrepancies in the berthing facilities to the CBH Desk Watch. If the problem is not resolved, inform your company commander.
- i. You are financially responsible for any lost, stolen, damaged, or soiled CBH items.
- j. Do not use room towels/wash cloths to polish your boots.
- k. Do not take your bath towel to the beach.
- l. NO OVERNIGHT GUESTS IN YOUR ROOM.

7. Messing. Messing aboard ships and at other sites has been arranged. Information about this will be included in the Plan of the Week.

Access procedures for midshipmen ashore in base galleys include presentation of your military ID, signing your name and social security number (Last 4), and then proceeding through the line.

During CORTRAMID West, midshipmen are not required to pay for messing at any galley. If you are asked to pay at any galley notify the CORTRAMID staff or your company officer immediately. Uniform or appropriate civilian attire may be worn to meals ashore in the galley. PT Gear is not authorized in the galley.

8. CORTRAMID Staff Duty Officer (SDO). An officer from the CORTRAMID staff will be on duty after hours each day. During normal working hours, the watch is maintained at the CORTRAMID West office on the first floor of Copp Hall.

9. Training Schedule/Plan of the Week. The training schedule and/or Plan of the Week will be published on Thursdays covering the next week. Your midshipman chain of command will inform you in advance about your training events. The weekly and daily schedule will be posted in the Donnelly Hall Lobby and at Copp Hall.

10. Operational Considerations. Every effort has been made to make your orientation productive and meaningful. However, there may be instances when changes to the schedule occur due to circumstances beyond our control. You will be advised as early as possible of any changes to your training schedule.

11. Uniforms. **MIDSHIPMEN SHALL REPORT TO CORTRAMID WEST IN THE SUMMER WHITE UNIFORM.** Midshipmen from those units that do not issue summer white uniforms shall report in a unit polo shirt and other appropriate civilian attire. Midshipmen are expected to report with all items listed in the table on pages 26-27 of this Welcome Aboard letter titled "3rd Class Summer Cruise (CORTRAMID West 2019) Sea Bag Inventory". Those items listed as "Opt" are optional, although highly recommended. Your Company Officer will be conducting a sea bag inspection upon your arrival. You shall purchase any missing items immediately, from the Navy Exchange at your own expense. It is HIGHLY recommended you perform a sea bag inspection using the requirements on the pages 26-27 of this document and address ANY shortages with your unit advisor and Supply Tech before you go on summer break.

Uniform requirements for the various evolutions will be listed in the Plan of the Week. The uniform for most training events will be Navy Working Uniform (NWU) for Navy Option and Woodland MARPATs for Marine Option. It is imperative that you report aboard with all required items in your sea bag in order to have a productive training evolution.

Note: a Camelbak-type water system has been added to the list of required items. Several units provide them during the academic year for PT, or even issue them for the entire 4 years. If your Supply Technician is unable to issue you one, then bring your personal one, if you have one. If you do not have one, then one will be provided to you during Marine Week only. Do not forget your mouth-guard. This has been the most forgotten item from previous years. If forgotten, you will be required to purchase one from the NEX prior to Marine Week.

12. Civilian Attire. The following is guidance concerning the wearing of civilian attire:

a. Appropriate civilian attire may be worn when entering or leaving the base, at all Navy Exchange facilities, CBH, mess halls, special services facilities and off base.

b. Instead of describing what is explicitly appropriate, it may be useful to define what **is not** considered appropriate civilian attire: tank-top shirts, shirts with offensive/derogatory signs/words, white or blue undershirts worn as outer garments, sagging pants or shorts, cut-offs, tops which display a bare midriff (unless physically at the beach), shower shoes as worn as footwear, and items of military clothing. Males may not wear earrings on any military installation at any time. The wearing of tasteful collared shirts (including "Polo" style shirts) are considered appropriate. If your trousers have belt loops, you shall wear a belt. If your shirt is designed to be tucked in, it shall be tucked in.

c. PT gear is certainly appropriate when actively engaged in physical training. A CORTRAMID PFA will be conducted on 25 May in your service PT Uniform. Tank tops and athletic bras may be worn when actively engaged in individual PT but are not authorized for casual wear on or off base, or at the galley. The use of headphones is strictly prohibited while walking or jogging on base.

d. Civilian casual clothes and appropriate beach attire may be worn to the picnic on Saturday, 25 May.

13. Mail and Overnight Delivery Services. "Mail Call" will be held each evening at the CBH. Your mailing address for this training period is:

Postal Address (Regular Mail):

Midshipman Jane E. Doe, USNR
CORTRAMID West 2019 (___ Company)
Regional Navy Mail Center
3985 Cummings Rd Code 442
San Diego, CA 92136-4442

Note: the cut off time for having mail sent to you is the Friday of the 3rd week, 14 June, so that it can arrive and be distributed before you leave on the final day. Any mail that arrives after your departure will be returned to sender.

14. Sick Call. Sick call will be held each weekday morning at the first formation of the day or at 0700 (whichever comes first). Your company officer will provide you with your medical record prior to going to sick call. On weekends or outside of normal working hours, contact the staff duty officer to arrange transportation to a medical facility.

15. Religious Services. For area church information consult the CBH Welcome Aboard pamphlet.

16. Transportation. Bus and van transportation will be provided to all scheduled events. Detailed schedules and routes will be promulgated through the midshipman company chain of command.

17. Base Services and Facilities (NEX, etc.). Base services and facilities are available for your use while assigned. Have your military ID card and a copy of your orders available if asked to provide them. A list of services/facilities on Naval Base San Diego is provided later in this letter.

18. Timeliness. The responsibility of moving over 500 midshipmen is a tremendous task and we need your help in ensuring that it goes smoothly. Ensure you are well versed in the daily movement plan and are on time, on target for every event without exception! Reading the Plan of the Week will assist you in this task.

19. Notebooks. Carry paper and a pen at all times while undergoing training for taking notes.

20. Exams. Final exams and university coursework shall be completed by all MIDN prior to CORTRAMID West. In the past, some students have arrived without completing their finals, or have incomplete coursework. CORTRAMID staff will not proctor exams. Should your finals conclude during CORTRAMID West, you shall arrange to take them prior to departure, or will be reassigned to CORTRAMID East.

21. ID Cards. All MIDN must bring their Military ID Common Access Cards (CAC) with you from your unit, as they are required for base access, and many of the events on CORTRAMID. You will not be able to obtain a new CAC Card once in San Diego.

PERSONAL CONDUCT AND LIBERTY

While onboard CORTRAMID West, you are subject to the Uniform Code of Military Justice (UCMJ). You shall conduct yourself professionally at all times. You are being assessed for your suitability for commissioning. Take this opportunity to demonstrate our core values of Honor, Courage, and Commitment. Do your best to exhibit personal and professional excellence in everything you do. The general guidelines below are not all inclusive, but address some key points that you must be intimately familiar with.

1. Personal Conduct. You are on active duty in the service of your nation. As such, you are bound by laws, rules, and regulations that civilians are not subject to. While assigned, you are bound by U.S. Navy Regulations (NAVREGS), the UCMJ, and the lawful orders of the Officer-in-Charge and his staff.

a. Fraternization. Fraternalization is defined as unduly familiar contact that does not respect differences in rank and position, and is prohibited between midshipmen and enlisted and officer personnel. Fraternalization is a gender-neutral term and violations of this policy will not be tolerated. During training, social contact with officers or enlisted personnel you meet will occur. Keep in mind that there is a right way to engage with them in a professional manner that is mindful of your respective rank and position. Socializing in a manner that does not respect differences in rank or position is expressly forbidden. Do not test this policy by engaging in unlawful conduct with members of the enlisted and officer community.

b. Contact with members of the opposite gender. In order to preserve good order and discipline while onboard CORTRAMID West and to prevent any perception of impropriety, **midshipmen are not allowed to visit or host members of the opposite gender in quarters**. Midshipmen will be segregated within Donnelly Hall by gender; visitation by members of the opposite gender on individual decks is also prohibited. This policy does not prohibit meeting shipmates or members of the opposite gender for liberty, but meeting for liberty will occur outside individual quarters (example: meeting at CBH Quarterdeck or in CBH common).

c. Sexual harassment, assault, and prevention. As you have been taught at your individual units, misconduct of a sexual nature such as sexual harassment or assault is expressly forbidden and will not be tolerated at any time. The Department of Defense's definition of what constitutes sexual assault is

far more expansive when compared to that of almost any university or college. You will receive a brief during your Welcome Aboard/Orientation brief after you arrive on whom the SAPR and CMEO points of contact are on Naval Base San Diego. We will review definitions, references, and address any questions during that brief.

d. Drug and Alcohol Use and Abuse. Whether you are of legal age or not, CORTRAMID 2019 is **not** the time to use and/or abuse alcohol.

(1) **Alcohol in any CORTRAMID CBH or barracks facility at any time IS PROHIBITED, regardless of age, or CBH regulations for other personnel.** Do not misinterpret this policy. This includes any other base or installations to which you may travel during the course of your training.

(2) Contributing to underage drinking by a minor is against the UCMJ and California law. Doing so will result in disciplinary action, termination of training at CORTRAMID, and possible disenrollment.

(3) If you consume alcohol while underage, you will be held accountable for your actions and your training will be terminated. If you drink and drive, California laws and the implications to your future as a midshipman and Naval officer are very unforgiving. If arrested or reported for any alcohol related incident such as drunk and disorderly conduct, you will be held accountable in accordance with the UCMJ.

(6) Use or possession of marijuana is illegal by federal law. Although recreational usage of marijuana is tolerated in the state of California, its use or possession is banned on DoD installations and by service members.

(5) Just remember, be responsible. You will be held accountable for your actions.

2. Customs and Courtesies

a. We render salutes with pride! This includes saluting senior officers who are in or out of uniform (if known) and returning salutes you may receive. Do not cross the street to avoid a salute; do not look away; be proud, embrace tradition, and smartly render a crisp salute when in uniform! When in doubt, salute. Covers and saluting are not required inside the courtyard surrounded by the four Copp Hall buildings.

b. Greetings. It is courteous to render a pleasant greeting such as "Good Morning, Ma'am," or "Good Evening, Sir," when appropriate. Take time to recognize this courtesy.

3. Liberty

a. Restrictions on liberty are established to ensure mission accomplishment for all training events and to ensure 100% accountability of all personnel.

b. Curfews (check-in time) are established as follows unless otherwise directed:

(1) Friday and Saturday Night: 0000 (following morning)

(2) Sunday through Thursday: 2300

c. Midshipmen who begin Aviation Week on Monday shall attend the Aviation Physiology briefing and gear issue on the Sunday before Aviation Week. Your company officer will determine the time and location of the briefing.

d. Areas Designated Off Limits

(1) An area or establishment designated off-limits is done so to assure your safety. Violation of any off-limits policy is prohibited and punishable by the Uniform Code of Military Justice (UCMJ). You are required to be familiar with designated off-limits areas or establishments. Ignorance is not an excuse or defense.

(2) The Base Security Officer will provide the current "Off limits" list and brief all midshipmen during the Welcome Aboard/ Orientation brief prior to the first off base liberty. Any changes to the list will be published in the Plan of the Week. You will be required to carry this list with you on liberty. Read it and follow it!

(3) **MEXICO IS STRICTLY OFF-LIMITS.** This measure is not meant to be punitive. Continuing incidents south of the border involving military personnel have necessitated this restriction for your own safety.

e. Liberty Log. In all events, midshipmen are **required** to sign in/out for off base liberty. The log will be maintained by the Quarterdeck Watch in Donnelly Hall. Failure to sign in and

out will result in disciplinary action. Violators shall be subject to the UCMJ, Article 92.

f. Midshipmen with family/friends in the immediate area are not authorized to stay with them overnight during CORTRAMID.

g. Privately Owned Vehicles (POV) Policy. If authorized by your Unit Commanding Officer to drive to CORTRAMID West, your POV is authorized for liberty. A word on POV use onboard base:

(1) The following rules apply:

(A) **The POV must be registered in your name.**

(B) You must provide valid insurance in your name.

(C) You must present your ID, orders, proof of insurance, and driver's license if requested by the gate sentry.

(D) **If you are approved by your PNS, and choose to bring your POV in San Diego, you are required to inform your CORTRAMID chain of command.**

(E) You shall display a parking pass when utilizing the NGIS lots. A pass may be obtained from the front desk staff.

If you cannot meet all of these requirements, do not bring your car. Your car will not be allowed on base and you will be forced to park elsewhere (National City is not a good place to park).

(2) San Diego freeways can be confusing if unfamiliar with the area. A GPS device positioned low and to the left of your windshield is highly recommended.

h. Other Transportation. The San Diego Metropolitan Transit System is one option to explore the local area, with a tram stop just outside base. Some taxi services and ride sharing apps may have the option to be picked up on base, but most drivers do not have base access.

i. Alternate Vehicles. Short-term bicycle and scooter rental are available in the San Diego area. If you choose to ride these or other alternate vehicles, you must ride a helmet in accordance with the NSTC Decision Guidance Memorandum for Operating Alternate Vehicles (see OMM #017-19).

NAVAL BASE SAN DIEGO RECREATION FACILITIES

The following services and facilities are available for your use while at CORTRAMID West. All are within walking distance from your barracks. Remember to bring your ID card and a copy of your orders! Hours can change periodically so check the times listed at each individual place if you use them.

The information below is conveniently available through the **NavyLife San Diego** mobile app. The app is easy to use and highlights the events occurring on base and in the San Diego area.

Ye Olde Gym (Building 223): Full court basketball, racquetball and ping pong; free weights and strength training machines, lifecycles, rowing machines, treadmills and stair climbers. Free to you with your military ID.

Located on Norman Scott Road just to the left as you enter the front gate. Phone: (619) 556-7450

Mon - Fri: 0430-2130 Sat - Sun: 0800-1600

Admiral Prout Field House (Building 3279): Basketball courts, weight room, outdoor pool, sauna, men's and women's showers. Free to you with your military ID.

Take Norman Scott Road south one half mile, just beyond the Dental School. Phone: (619) 556-7443

Monday - Friday: 0500-2100 Saturday - Sunday: 0900-1400

Recyard (Building 221): One of the newest and finest liberty centers in the Navy. Pool tables, movies, and computers for use.

Phone: (619) 556-5085

Mon: 1200-2300 Tue - Thu: 1100-2300 Fri: 1100-2400

Sat: 0930-2400 Sun: 0930-2300

Admiral Robinson Rec Center (Building 3223): Bowling, billiards, café, game room. Two blocks south on Norman Scott Road.

Sun - Thu: 0900-2200 Fri - Sat: 0900-2400

Q-Mart: Navy Exchange convenience store across the street from Copp Hall. Food, uniform and personal items are available. Open 24 hours

Navy Exchange and Commissary Complex: Commissary, Exchange, fast food, barber, specialty stores and package store. Take Norman Scott Road north out the main gate and follow the footpath beyond the service station. A 10-minute walk from the barracks.

Exchange: Open daily, 0900-2100
Commissary: Open daily, 0730-2000

Naval Station Theater: Building 71, Pier 2. Free movies.
Phone: (619) 556-5568
First movie generally starts at 1750 or 1815 nightly; Saturday and Sunday matinees around 1300.

Additional information on Naval Station facilities is available at: <https://sandiego.navylifefsw.com>.

Introduction to Submarine Warfare Week

Training Objectives:

1. Indoctrinate midshipmen in the roles and missions of attack and fleet ballistic missile submarines.
2. Provide midshipmen with an appreciation of the duties of a junior officer in submarines and the career path of submarine officers.
3. Provide an introduction to shipboard damage control, as feasible.
4. Provide midshipmen, as feasible, two days at sea and one day of ashore training and orientation.

Schedule of Events. Each midshipman will rotate through most or all of the following facets of the Submarine Warfare community and its support elements:

- Commodore Brief
- Submarine Underway for 24 hours
- Submarine Ship Control Simulator
- Damage Control Wet Trainer
- Tour of Deep Submergence Unit
- ARCO Tour
- SSN Tour

Every attempt has been made to get all midshipmen underway on a submarine. Transit to, embarkation and debarkation from fleet units will be made by some combination of bus, aircraft and/or small boats.

Tug Safety. Submarine at sea periods will not always permit an embarkation and debarkation from a pier. Some of you may ride a tug to or from your submarine. You must wear a life jacket when embarked on the tug. Personnel transfers between tugs and submarines can be hazardous evolutions. Pay particular attention to directing personnel during these evolutions and once aboard the submarine. Do not loiter topside. Each midshipman will be allotted a sea sickness pill prior to embarkation. For normal embarkation, average transit time to the submarine is two and a half hours.

What to Bring for At Sea Period

- Navy Working Uniform
- Sneakers
- Towel
- Change of skivvies
- Personal Hygiene/Shaving kit (non-aerosol shaving cream)
- Parka Liner (Opt) for cold spaces onboard.
- Small amount of cash if you're interested in buying ship's store items; Ball Caps, buckles, or patches.

What not to Bring

- Mobile Phones, tablets, Bluetooth enabled device, laptops or any device with a camera
- Civilian clothes
- Brasso/shoe polish (atmospheric contaminant)
- Aerosols (atmospheric contaminant)
- Valuables (such as large amounts of cash, etc.)

If you are taking a prescription medication, bring the bottle including labeling with you and inform the ship's corpsman as soon as you come aboard.

What to Bring to Damage Control Trainer. You will be involved in stopping flooding in the Damage Control Trainer. A change of clothes will be required at the end of the session. No contact lenses are allowed in the trainer, so wear your glasses.

Introduction to Surface Warfare Week

Training Objectives:

1. Indoctrinate midshipmen in the missions of the surface forces of the Navy.
2. Familiarize midshipmen with the duties of a surface warfare junior officer and the career pattern of surface warfare officers.
3. Provide an introduction to shipboard damage control and fire-fighting, as feasible.
4. Provide midshipmen, as feasible, time at sea in a surface ship or ship's visits, which should consist of maximum hands-on exposure.

Goals. The goals of Surface Warfare Week are to familiarize midshipmen with the many facets of the modern surface fleet and to motivate midshipmen towards careers in surface warfare. These goals will be accomplished through a series of hands-on training events in both shipboard and simulated environments. Plans are to involve midshipmen in everything from nighttime Naval surface fire support to hands-on fire-fighting. All training will emphasize "doing" rather than "seeing." As such, midshipmen will learn more when they show a desire to participate. Midshipmen must remain fully engaged during this demanding week by participating and asking questions. Naval Base San Diego offers many terrific opportunities for training for those who ask, so if your expectations are not being met, inform the Surface Week coordinators immediately.

Schedule of Events. Each midshipman will rotate through most or all of the following facets of the Surface Warfare community and its support elements:

- Amphibious Ship or Cruiser/Destroyer Underway
- Navigation Seamanship and Ship Handling Simulator
- Fire Fighting Training
- Amphibious Warfare Familiarization
- Fleet Commander's Maritime Operations Center Tour
- Navy Center for Security Forces

Every attempt has been made to get all midshipmen underway on either a cruiser/destroyer (CRU/DES) or amphibious (AMPHIB) ship. Transit to, embarkation and debarkation from fleet units will be made by some combination of bus, helicopter and small boats.

Preparation and Safety. A medical screening will be conducted during your underway period by the ship corpsman as a safety precaution. Passing this is a requirement to participate in the fire-fighting training. Ensure you are well hydrated (urine is colorless or near colorless) in preparation for the fire-fighting training.

If you are prone to seasickness, or unsure, take motion sickness medicine several hours prior to an underway period. You will be reminded at the start of Surface week, and medicine will be made available for those that need it.

The uniform for all events in surface week will be Navy Working Uniform (NWU) or Woodland MARPATs. When going on underway trips, midshipmen should pack a small overnight bag with only the necessary items (toiletries, undergarments, etc.). Storage space aboard ship will be limited, so pack those items you will need to survive for up to 48 hours. The Navy is an inherently hazardous profession; when aboard ship, use your common sense and ask questions if you are unsure about where you should be or what you should be doing. A Midshipman Liaison Officer (MLO) will be assigned to each group. Listen to your MLO, as he or she is a fleet sailor who can answer your questions and keep you out of trouble. Be tactful and remember that the crew has a job to do while you are on board.

Take advantage of this terrific opportunity, have fun and ask questions!

Introduction to Aviation Warfare Week

Training Objectives:

1. Indoctrinate midshipmen in the concept, roles and mission of Naval aviation.
2. Provide midshipmen with an appreciation of the duties of a junior officer in Naval aviation and the career patterns of Naval aviators/Naval flight officers.
3. Provide midshipmen, as feasible, flight time in a fleet or training aircraft.

Goals. Provide each midshipman with an opportunity to observe and participate in various aspects of Naval Aviation.

Preparations. You will be given an aviation flight screening upon arrival. Be sure that your ears are cleaned thoroughly before the aviation flight screening as excessive build-up of wax in your ears may prevent you from being medically cleared. To clean the ears, wash the external ear with a cloth, but do not insert anything into the ear canal. Most cases of ear wax blockage respond to home treatments used to soften wax. You can try placing a few drops of mineral oil, baby oil, glycerin, or commercial drops in the ear. Detergent drops such as hydrogen peroxide or carbamide peroxide may also aid in the removal of wax. Do NOT use Q-tips to clean your ears. Most cleaning attempts with Q-tips involved merely push the wax deeper into the ear canal, causing a blockage that will prevent you from flying in Naval aircraft.

If you have been medically cleared following your flight screening and are at least a second-class swimmer, you will actively participate in water survival during the first day of Aviation Week. In addition to classroom lectures and practical applications in the water, you will be required to complete: a 25-yard breast stroke in swim suit, tread water 90 seconds in swim suit, drown-proof 90 seconds in swim suit, a 15 yard swim underwater in swim suit, a 25 yard breast stroke in flight gear, tread and/or drown-proof for 120 seconds in flight gear, and, while treading and/or drown-proofing, orally inflate LPU in flight gear. You shall wear uniform of the day when you show up. You must bring the following items with you in order to participate in the aviation physiology training: military ID card, aeromedical up-chit, bathing suit (females must have a conservative one-piece suit) and towel (recommend bringing a set

of dry undergarments). Contact lenses are permitted, but highly discouraged. If you wear contacts, bring a contact case for temporary storage. Goggles are not permitted. Do not bring any jewelry or valuables.

Assignment Criteria for Aviation Week. Assignment is based on the following factors:

1. Aeromedical up-chit signed by a flight surgeon.
2. Sickle Cell (HSS) and Hematocrit (HCT) test results. A missing or unsatisfactory HSS or HCT test result will only allow a "low altitude" assignment because of the physiological impact on blood cells when in a low-pressure (high altitude) environment. If you know you have this condition, speak up (in a confidential environment so as to protect medical privacy information)!
3. Successful completion of Aviation Water Survival, including 2nd Class swimmer qualification.
4. Successful completion of Aviation Physiology Training.
5. NROTC Swim Qualification: All midshipmen must be at least 3rd Class swim qualified to attend summer training, 2nd Class swim qualification is highly desirable for all prior to commencement of training. Swim qualifications will be used to further determine aircraft assignment.

Schedule of Events. Midshipmen will be assigned to a Naval Air Station North Island or Marine Corps Air Station Miramar Squadron during Aviation Week. You will need the following items at the squadron each day:

1. PT and shower gear: Squadrons have a regular PT schedule in which you should be prepared to participate each day.
2. Copies of your orders and military ID: Required for daily messing.
3. Flight suit with brown t-shirt (Navy option) or green t-shirt (Marine option), khaki Garrison cover w/insignia, and issued boots should be worn each day to the squadron. Limit jewelry to wedding band on no-fly days. No jewelry shall be worn on the flight line. Do not carry loose change or other small objects in your flight suit pockets. Flight suits will be issued to you.

4. Civilian clothing, swimsuit and towel, if desired, for potential Friday activities.

5. Glasses that correct your vision to 20/20 shall be worn during all flight events.

Introduction to Marine Week

Training Objectives:

1. Demonstrate to midshipmen the types of tactical knowledge, military skills and leadership qualities demanded of a Company Grade Officer in the Marine Corps.
2. Introduce midshipmen to the training environment of the Company Grade Officer in the Marine Corps.
3. Introduce midshipmen to the various career opportunities available to officers commissioned into the Marine Corps.
4. Provide midshipmen an opportunity to operate and/or become familiarized with the individual and crew-served weapons organic to the Marine infantry battalion.
5. Demonstrate the capabilities of equipment organic to the Marine Air-Ground Task Force (MAGTF).
6. Provide midshipmen with an exposure to the obstacle course, a graded event at Officer Candidates School.
7. Marine Week training will include the obstacle course, Military Operations in Urban Terrain, live fire of infantry battalion weapons, M9 shoot, fundamental tactics, techniques and procedures, and field hygiene and security operations.

Safety. A comprehensive safety brief will be provided to all midshipmen on the first day of Marine Week. Additionally, all exercises, training evolutions and physical fitness events will be preceded by a safety briefing. It is essential that all midshipmen are attentive to and adhere to all safety guidelines for each event.

Expectations

The Marine Week of CORTRAMID West 2019 is the next challenge you will face in a successive line of challenges prior to receiving a commission. You are encouraged to take away all that you can and learn as much as possible during your week with the Marines. DO NOT WASTE THIS OPPORTUNITY! This week will provide you with additional insight to assist you in making an informed decision about your future as an officer in the Navy/Marine Corps team.

The primary expectations of all midshipmen at Marine Week are two-fold. You are expected to conduct yourself as professionals and to adhere to and uphold the established standards. In order to achieve the maximum possible benefit and enjoyment from your participation in Marine Week, you must be fully prepared to be challenged, to apply yourself to the training, and to learn as much as possible in a short period of time. The most important key to your success in and enjoyment of Marine Week is your mental state of readiness and a positive attitude toward training: a positive and enthusiastic frame of mind is important. Your physical readiness will also play a significant role in your ability to make the most of Marine Week. Therefore, you must ensure you take advantage of any rest periods, you eat properly (including MREs), **constantly hydrate** and be attentive to any physical problems you encounter (sunburn, blisters, dehydration, etc.). Finally, you must take the initiative to be fully prepared for all evolutions by bringing all specified, required, or recommended gear or equipment for training. Additional detailed expectations will be provided to you in the Rules of the Road for Marine Week brief. In addition, midshipmen will spend a night in the field under the stars and are expected to follow proper procedures for living in a field environment.

Much of the Marine Corps' long history of success in combat is directly correlated to the training provided to Marines prior to combat operations. The Marine Week of CORTRAMID will strive to emphasize the training required to develop Company Grade Officers and to uphold the longstanding heritage of success of the Marine Corps. The more you sweat in peacetime, the less you bleed in war. Marine Week is designed to give midshipmen a glimpse of how the Marine Corps trains and fights using a combined arms approach to warfare with a focus on the roles and responsibilities of the Company Grade Officer. Midshipmen should bring all items listed in Table 10 to Marine Week.

Notes:

1. All personal hygiene items required will be permitted and should be brought by all midshipmen. This should include any personal feminine hygiene items required.
2. Bring prescription eyeglasses only (sports impact resistant preferred), contacts will get CS gas in your eyes.
3. **Midshipmen are authorized to bring small cameras and will be given specific guidance on when they will be allowed to take**

photographs. Due to the physical demands of training, midshipmen will be responsible for properly safeguarding this item from damage and/or loss.

4. Midshipmen will be living in field conditions and sleeping in squad bays at Camp Pendleton. Midshipmen will have a wall locker in order to secure their personal gear and organizational issued equipment. Midshipmen should ensure they leave no gear adrift at their CBH rooms while they are training at Marine Week.

Introduction to NSW/EOD Exposure Day

Training Objectives:

1. Introduce midshipmen to the mission of Naval Special Warfare (NSW) and Explosive Ordnance Disposal (EOD) communities.
2. Provide opportunities to meet and interact with NSW and EOD officers and sailors.
3. Display special equipment used by NSW and EOD communities.
4. Introduce interested midshipmen to the physical training regimen and evaluation conducted by NSW and EOD communities.

Expectations

NSW/EOD day is an opportunity for midshipmen to experience the different mission sets of the Naval Special Warfare and Explosive Ordnance Disposal communities. Those midshipmen who are seriously considering these communities for service selection are encouraged to attend the Physical Screening Test (PST) 24 May. This test is a requirement for 1/C summer cruise and selection into these communities. The test will consist of a 500 yard swim, push-ups, curl-ups, pull-ups and a 1.5 mile run (see MILPERSMAN 1220-410 for additional information and performance standards). This test is to give midshipmen a measurement of their physical fitness and what progress they must make before 1/C cruise when the test is graded. Following the PST will be a physical training session led by NSW instructors. This session will model what is seen during first phase of SEAL and EOD training. All interested midshipmen are directed to notify their Company Officers upon check in if they desire to participate in this optional evolution.

All midshipmen will attend the static display at Naval Amphibious Base Coronado. Navy SEALs, EOD Techs, and Navy Divers will be on hand with their vehicles, weapon systems, gear, and equipment to answer questions about their respective communities. Capitalize on this opportunity to understand what it takes to become an officer in these elite teams.

3RD CLASS SUMMER CRUISE (CORTRAMID WEST 2019) SEA BAG INVENTORY

Uniform Group	ITEM DESCRIPTION	Navy Option	Marine Option
CM	Bag, Duffel, NYLON Olive Drab	1	1
CM	Belt, Trousers Khaki Gold Tip Cotton	2	2
CM	Boots, Black Leather 9" Steel Toe (NWU)	1	0
CM	Boots, Tan U.S.M.C.	0	1
CM	Buckle, Brass (N.O. Male & Female Styles)	2	0
CM	Buckle, M.O Belt Brass (Camouflage)	0	1
CM	Buckle, M.O. Gold Plated USMC	0	1
CM	Cap, Combination white Cover & Gold Strap w/Appropriate Insignia	1	1
CM	Insignia, Collar - Class 3rd	1	0
CM	Insignia, Collar Device EGA USMC	0	1
CM	Insignia, Garrison Cap Fouled Anchor	1	0
CM	Insignia, Garrison EGA USMC	0	1
CM	Jacket Black Relaxed Fit	OPT	OPT
CM	Shoes, Dress White Oxford	1	1
CM	Socks, Cushion Nylon/Cotton Black & Tan Socks MC	6	6
CM	Socks, Dress Nylon white	1	1
CM	Undershirt Green	0	6
CM	Shoulder Boards, Hard 3 rd Class	1	1
CM	Name Tapes, MARPAT, Woodland (Name only - NO U.S. Marines on utilities)	0	4
MW	Trousers, MARPAT, Woodland	0	2
MW	Blouse, MARPAT, Woodland	0	2
MW	Cover (Cap), MARPAT, Woodland	0	2
SK	Cap, Garrison Khaki P/W (Worn with Flight Suits Provided)	1	1
SK	Name Tag Hard Plastic	1	1
SW	Belt, Slacks/Trousers White CNT	1	1
SW	Shirt White QTR Length CNT w/Epaulette	1	1
SW	Trousers/Slacks, white CNT	1	1
NWU	Blouse, NWU Type III	2	0
NWU	Cap, Eight Point NWU	1	0
NWU	Name Tapes (ID)	4	0

NWU	U.S. NAVY Service Tapes	2	0
NWU	Straps, Blousing	2	0
NWU	Trousers, Navy Working Uniform	2	0
NWU	Undershirt, Cotton, Brown, Crewneck	6	0
NWU	Parka Black Fleece Liner	1	0
PTM	Physical Training Uniform Short, USMC	0	2
PTM	Physical Training Uniform Sweatshirt, Marine	0	OPT
PTM	Physical Training Uniform Sweatpants, Marine	0	OPT
PTM	Physical Training Uniform Shirt, Navy	2	0
PTN	Physical Training Uniform Short, Navy	2	0
PTN	Pants Fitness Navy	OPT	0
PTN	Jacket Fitness Navy	OPT	0
PTN	Appropriate Civilian Attire for liberty	OPT	OPT
Unit	CamelBak, Water system	REC	REC
	Furnished at own expense:		
	Bag, Laundry	1	1
	Bag, Sock	1	1
	Bra, (Female) 4 should be sport type	6	6
	Flashlight	OPT	OPT
	Kit, Sewing	OPT	OPT
	Kit, Shoeshine	1	1
	Kit, Toiletry	1	1
	Lock, Combination	2	2
	Shoe, Gym (Running/Walking)	1	1
	Shoes, Shower	1	1
	Socks, Athletic	4	4
	Supporter Athletic (Male)	1	1
	Swim Suit	1	1
	Towel Bath (White)	2	2
	Underwear	1	1
	Washcloth, White	2	2
	Mouth Piece	1	1
	Sunscreen	1	1
	Fleece/Jacket/Sweater if no Parka Liner provided (SUB Week)	1	1

OPT = Optional REC = Highly Recommended

CORTRAMID West 2019 Training Calendar

CORTRAMID WEST 2019 TRAINING CALENDAR

		MAY											JUNE																				
Date		22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
CPY	Day	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
A	AM	CKN	INDOC	NSW/EOD	PRT	LIB	LIB	ENR/B	Marine Week			Flt gear	LIB	Swim/Phys	Aviation Week			LIB	LIB	Submarine Week				LIB	LIB	Surface Week				DEP			
	PM	CKN	INDOC	NSW/EOD	PRT	LIB	LIB		RTN/B			LIB	LIB																				
B	AM	CKN	INDOC	NSW/EOD	PRT	LIB	LIB	ENR/B	Marine Week			Flt gear	LIB	Swim/Phys	Aviation Week			LIB	LIB	Submarine Week				LIB	LIB	Surface Week				DEP			
	PM	CKN	INDOC	NSW/EOD	PRT	LIB	LIB		RTN/B			LIB	LIB																				
C	AM	CKN	INDOC	NSW/EOD	PRT	Flt gear	LIB	Swim/Phys	Aviation Week			LIB	LIB	Submarine Week				LIB	LIB	Surface Week				LIB	LIB	ENR/B	Marine Week			DEP			
	PM	CKN	INDOC	NSW/EOD	PRT	LIB	LIB																										RTN/B
D	AM	CKN	INDOC	NSW/EOD	PRT	Flt gear	LIB	Swim/Phys	Aviation Week			LIB	LIB	Submarine Week				LIB	LIB	Surface Week				LIB	LIB	ENR/B	Marine Week			DEP			
	PM	CKN	INDOC	NSW/EOD	PRT	LIB	LIB																										RTN/B
E	AM	CKN	INDOC	NSW/EOD	PRT	LIB	LIB	Submarine Week				LIB	LIB	Surface Week				LIB	LIB	ENR/B	Marine Week			Flt gear	LIB	Swim/Phys	Aviation Week			DEP			
	PM	CKN	INDOC	NSW/EOD	PRT	LIB	LIB																										
F	AM	CKN	INDOC	NSW/EOD	PRT	LIB	LIB	Submarine Week				LIB	LIB	Surface Week				LIB	LIB	ENR/B	Marine Week			Flt gear	LIB	Swim/Phys	Aviation Week			DEP			
	PM	CKN	INDOC	NSW/EOD	PRT	LIB	LIB																										
G	AM	CKN	INDOC	NSW/EOD	PRT	LIB	LIB	Surface Week				LIB	LIB	ENR/B	Marine Week			Flt gear	LIB	Swim/Phys	Aviation Week			LIB	LIB	Submarine Week				DEP			
	PM	CKN	INDOC	NSW/EOD	PRT	LIB	LIB																										
H	AM	CKN	INDOC	NSW/EOD	PRT	LIB	LIB	Surface Week				LIB	LIB	ENR/B	Marine Week			Flt gear	LIB	Swim/Phys	Aviation Week			LIB	LIB	Submarine Week				DEP			
	PM	CKN	INDOC	NSW/EOD	PRT	LIB	LIB																										

- | | | | | |
|---------|---|--|-----------|------------------------------------|
| CKN | CHECK IN | | ENR/B | ENROUTE VIA BUS |
| INDOC | INDOC BRIEFS AND MEDICAL SCREENING | | RTN/B | RETURN VIA BUS |
| PRT | PHYSICAL READINESS TEST | | Flt gear | FLIGHT GEAR ISSUE |
| LIB | LIBERTY | | Swim/Phys | AVIATION PHYSIOLOGY/WATER SURVIVAL |
| NSW/EOD | NAVY SPECIAL WARFARE/EXPLOSIVE ORDNANCE DISPOSAL EXPOSURE DAY | | | MWR SCHEDULED EVENT |