



## VAQ-134 Carrier Deployment Guide



Revision "B" 30MAY11

## **Table of contents**

- 1. Shipboard Do's and Don'ts**
- 2. Sea Bag inventory**
- 3. Current Uniform NAVADMIN Links**
- 4. List of recommended items for the ship**
- 5. Shipboard Accommodations**
- 6. Civilian clothing guidance**
- 7. Ship phone card info**
- 8. Berthing standardization in preparation for INSURV**
- 9. Uniforms (straight from CVN-70's Uniform LOI)**
- 10. Smoking areas on the ship**

(1)

## **SHIPBOARD DO'S AND DON'TS**

### **Do's**

- Do have a positive attitude. If you start out with a negative outlook towards the ship you are just making things harder on yourself.
- Do ask questions, you can never know enough.
- Do keep your head on a swivel, there are so many things going on that you can't afford to be complacent.
- Do follow someone around the ship that has been before.
- Do explore the ship and learn your way around, just stay out of restricted areas.
- Do yield to rank at ladder wells, p-ways, and hatches.
- Do network. Talk to people on the ship. Find out about what other ratings do. Learn what makes the ship run.
- Do wear your cover in the hangar bay while in port but not at sea. Remember if you're wearing a cover you have to salute.
- Do take your time opening hatches, if you rush and grab a handle your hand could get smashed by someone on the other side trying to open it as well.
- Do keep your Berthing clean!
- Do clean up after yourself.
- Do put your dirty laundry in the Bins right away, don't let it sit in your rack and stink up the berthing!
- Do shower daily, it doesn't matter what you did that day.
- Do travel to and from the head and berthing in proper attire, shower shoes, PT shorts and Shirt at a minimum.

- Do get to your muster location for **Man Over Board** as quick as possible when it is called. **Remember UP and Forward if you're on the Starboard side and DOWN and AFT if you're on the Port side.** This is for General Quarters and Man overboard. **Expect a Man Over Board drill soon after getting underway. Muster WILL be in person for all Personnel.**
- Do know more than one way to get to your General Quarters and Man overboard muster location, you might not always be able to go the way you know.
- Do use a Sea bag to pack for the ship. It's easy to put in your rack or locker. A suit case or other type of bag won't have a place to be stored on the ship.
- Do keep hydrated, get a drink from every scuttlebutt that you see.
- Do wash your hands any time you can. Germs spread rapidly on the ship. Help prevent the spread.
- Do use the hand sanitizer provided in the chow lines. If you don't you could end up with Gastroenteritis.
- Do participate in cleaning stations. Don't get caught just sitting around.
- Do participate in FOD walk down. All hands will attend FOD walk downs when they are called away. If it is on the flight deck ensure you have a proper flight deck uniform if required.
- Do Pre-op your float coat daily! Use only your Float coat!
- Do try and quit smoking. Don't expect to go smoke after GQ or man overboard, you will not be allowed to stand in a line for the smoke pit for 3 hours. There is work to be done.
- Do pay attention and pick up your feet when walking, it's easy to trip over knee knockers.
- Do get any electronic device that has an electric cord safety checked! If it doesn't have the inspection tag it will be confiscated during an inspection.

- Do render the proper request when boarding or leaving the ship. Request permission to come aboard/ or go ashore are the only acceptable requests.
- Do take advantage of NCPACE or other college opportunities while on deployment. They can help you pass the time and take your mind off of the day to day grind.
- Do PT, take advantage of all the gyms on the ship.
- Do lock up your lockers after you get what you opened it for.
- Do Watch out for Tail hooks during your movement on the flight deck, each aircraft is different so take some time and learn where each is located.
- **Don'ts**
- Don't count on internet connectivity. There is no Wifi on the ship. There are hours where you will be able to use the internet if it is up. Learn the term River city.
- Don't email, call with, put on a website (facebook or similar sites) the ships schedule, capabilities, status, manning, location, destination, port calls. If you do you are risking the life of everyone on the ship. If someone asks you this info while at a port call do not give them info. Politely tell them you can't talk about that or you don't know.
- Don't count on talking to your friends and family every day.
- Don't count on the ships phones to work. Calling cards are available but calls cost over \$1 a minute.(see calling card info on last page.)
- Don't sleep in your rack in uniform.
- Don't leave anything out that you don't want stolen. It will disappear.
- Don't be loud during quiet hours In port or at Sea.
- Don't use a berthing as a P-way to get to the other side of the ship.
- Don't wear flip flop type shower shoes going up or down ladder wells during Man over board because you will cause a medical emergency!
- Don't slide down ladder wells.

- Don't argue with ship personnel. If there is a disagreement talk to your LPO and let them handle the issue. It is not your place to argue about things. Don't burn your bridges.
- Don't walk on Blue tile or use ladder wells for E-7 and above.
- Don't block Hatches, you never know when someone will try to come through the hatch.
- Don't cross the Foul line on the flight deck during recoveries.
- Don't walk in rotor/prop arcs, even if the aircraft isn't running. It's a good habit to always stay away from these areas.
- Don't hang out in the bomb farm or LOX area.
- Don't use clear flash light lenses on the flight deck at night. Use the approved color for your job.
- Don't go on the flight deck if you're not required to be there. If you want to see what is going happening on the flight deck go to Vultures row.
- Don't lean on or sit anywhere on the flight deck!
- Don't cross between a Plane captain and the Aircraft or a yellow shirt directing an aircraft.
- Don't jump from the flight deck to the catwalks. You could injure yourself or trip and fall overboard.
- Don't horse play on the flight deck. It is already dangerous enough, plus you could earn yourself a trip to see the Air Boss. (you don't want to see this guy on bad terms)
- Don't put your lock keys under your mattress or pillow, everyone knows this trick so your lock on your rack/locker will be pointless.
- Don't keep any valuables under your mattress, they will get stolen.
- Don't use Flash photography on the Flight deck.
- Don't use the rack combo compartment to store valuables.

## Male Sea Bag Requirements

DESCRIPTION	QTY on Hand	QTY Required	SIZE	QTY Needed
NWU Blouse w/ applicable rank/insignia/name tapes		4		
NWU Pants w/ name tapes		4		
NWU 8-Point Cover w/ applicable rank		2		
NWU 9-inch all-leather steel-toed safety boot		1 pair		
NWU Blousing straps		2 pair		
NWU All-weather Parka w/ applicable rank		1		
NWU All-weather Parka liner		1		
Service Uniform khaki shirt w/ applicable rank		2		
Service Uniform navy pants		2		
Service Uniform garrison cap w/ applicable rank		1		
P/T Shirt		2		
P/T Shorts		2		
P/T Shoes		1 pair		
Bag, Duffel		1	N/A	
T-Shirts Blue 100% cotton		8		
T-Shirts White		8		
Underwear		8		
Socks, Black		6	N/A	
Towels		4	N/A	
Belt, Black, Sliver Tip		2	N/A	
Belt, White, Silver Tip		3	N/A	
Buckle, Silver		2	N/A	
Cap, Ballcap NAVY		2	N/A	
Cap, Knit, Blue		1	N/A	
Coat, All Weather w/ applicable rank		1		
Coveralls, w/ applicable name/rank/insignia		2		
Gloves, Leather, Black		1		
Hat, White, Service		3		
Jumper, Svc, Drs, Blue w/ applicable rank/insignia		1		

Jumper, Svc, Drs, White w/ applicable rank/insignia		2		
Neckerchief		1	N/A	
Overcoat, Peacoat w/ applicable rank		1		
Shoes, Black, Dress		1		
Mock Turtleneck		1		
Trouser, Drs. White, CNT		2		
Trouser, Svc, Drs, Blue		1		

Female Sea Bag Requirements				
DESCRIPTION	QTY on Hand	QTY Required	SIZE	QTY Needed
NWU Blouse w/ applicable rank/insignia/name tapes		4		
NWU Pants w/ name tapes		4		
NWU 8-Point Cover w/ applicable rank		2		
NWU 9-inch all-leather steel-toed safety boot		1 pair		
NWU Blousing straps		2 pair		
NWU All-weather Parka w/ applicable rank		1		
NWU All-weather Parka liner		1		
Service Uniform khaki shirt w/ applicable rank		2		
Service Uniform navy pants		2		
Service Uniform garrison cap w/ applicable rank		1		
P/T Shirt		2		
P/T Shorts		2		
P/T Shoes		1 pair		
Bag, Duffel		1	N/A	
T-Shirts Blue 100% cotton		8		
T-Shirts White		8		
Hosiery, Nylon		As Needed		
Lingerie		As Needed		
Socks, Black		5	N/A	
Towels		4	N/A	
Belt, Black, Silver Tip		2	N/A	
Belt, White, Silver Tip		3	N/A	
Buckle, Silver		2	N/A	
Cap, Ballcap NAVY		2	N/A	

Cap, Knit, Blue		1	N/A	
Coat, All Weather w/ applicable rank		1		
Coveralls, w/ applicable name/rank/insignia		2		
Gloves, Leather, Black		1		
Cap, Combination, w/ 2 crowns		1		
Coat, Svc, Drs, Blue w/ applicable rank/insignia		1		
Jumper, Svc, Drs, White w/ applicable rank/insignia		2		
Neckerchief/ Neck Tab		1 ea	N/A	
Overcoat, Peacoat w/ applicable rank		1		
Shoes, Black, Dress		1		
Mock Turtleneck		1		
Trouser, Drs. White, CNT		2		
Trouser, Svc, Drs, Blue		1		

**(3)**

**Current Uniform NAVADMINS**

- [NAVADMIN 118/10](#)  
 [NAVADMIN 116/10](#)  
 [NAVADMIN 058/10](#)  
 [NAVADMIN 042/10](#)  
[NAVADMIN 020/10](#)  
 [NAVADMIN 015/10](#)  
 [NAVADMIN 304/09](#)  
 [NAVADMIN 271/09](#)  
[NAVADMIN 188/09](#)  
 [NAVADMIN 186/09](#)  
 [NAVADMIN 149/09](#)  
 [NAVADMIN 051/09](#)

You can find the above NAVADMINS at <http://www.npc.navy.mil/CommandSupport/USNavyUniforms/>

**(4)**

**Recommended Health and comfort items for the Ship**

1. Ditty bags (mesh bags) for socks and skivvies. (small size)
2. Safety pins to hold ditty bags closed (Large size)
3. Plastic Soap holder
4. Plastic Tooth Brush holder
5. Tooth brushes
6. Extra soap/ Shampoo/ Tooth paste (items 6 thru 11 are sold in the ships store but can be expensive.)
7. Razor +extra blades
8. Shaving cream

9. Deodorant
10. Chapstick
11. Q-tips
12. Toilet paper (1 roll in case the head is out)
13. Hair brush/ comb
14. Shower bag
15. Wash Cloths
16. Extra under shirts, socks, skivvies. Laundry can be delayed sometimes.
17. Shower Shoes.
18. Laundry soap for self service laundry
19. Black permanent marker to mark clothing, and personal items
20. Extra batteries for any personal electronic devices (rechargeable saves \$)
21. Alarm clock
22. Nail Clippers
23. PADLOCK x2 Combination locks preferred
24. Water bottle/ coffee mug with closable lid
25. Flashlight/ Book light
26. Book/E-book
27. Appropriate civilian clothing for port calls Collared Shirts, Khaki Pants/ Jeans without rips and holes, Closed toe shoes, Belt
28. Small first aid kit
29. Address book with addresses, phone numbers, and email addresses of the people you want to keep in contact with.
30. Passport (if you have one)
31. ID Card
32. IPod/MP3 Player
33. Playing cards
34. Camera
35. Small back pack (for liberty in port)
36. Note Book
37. Pen/pencil/White stencil pen
38. Envelopes
39. Stamps
40. Gloves (leather for Flight deck issued by supply)
41. Gloves (any type for in port)
42. Civilian Jacket
43. Extra PT gear shirts/ shorts
44. Watch
45. Small family photo album

46. Sweat pants and shirt
47. Advancement Exam study material
48. Medications
49. Rain Gear

### **Female specific items**

1. Feminine Products
2. Extra Bras
3. Hair elastics
4. Hair clips

### **Doc's Recommended items**

1. Flintstone or chewable daily vitamins. Ship WILL compromise your immune system, these help immensely.
2. Some form of cough drops or chloraseptic spray. This alone will cut the crud by a few days.
3. Purel hand sanitizer



(5)



This is the amount of space you will have on the ship. Your storage is your rack and a stand up locker.

Remember 1oz equals 1 pound when carried on your back! You have limited room. Use only a sea bag to pack what you are bringing on the ship. 1 sea bag, 1 garment bag, 1 small back pack. You **CAN NOT** bring foot lockers, suit cases, or large back packs, there is no place to store these items on the ship. You will not store them in your work centers because work centers will be crowded as is.

## (6)

Civilian attire will present a neat, conservative appearance. Clothing will be loose-fitting and concealing. Neither males nor females shall wear shirts or blouses of sheer fabric that could be considered revealing. In concert with Arabic cultural standards, shorts are prohibited in public except when actively engaged in jogging or other sporting events. (Cutoffs and tank tops are examples of apparel not to be worn in public as liberty attire.) Shirts or ball caps with military, political, religious, heavy-metal music, or illegal drug themes or logos shall not be worn. Conservative, clean denim pants (jeans) are generally acceptable for liberty; however, personnel should be advised that some hotels and clubs expect patrons to dress more formally (e.g., coat and tie) and that hotel security personnel will not allow access to the such clubs unless personnel are properly attired. Traditional host-nation attire male attire (thobe and guttra) shall not be worn by U.S. military personnel. Traditional host-nation female attire (abaya) shall not be worn by U.S. military personnel except in areas where such attire is required, which include Riyadh and Al Kharj, Saudi Arabia. Female travelers to those areas should check with their host points of contact to determine if an abaya is required.

Remember if you have a question ask it. Your chain of command will gladly explain what to expect. There is a lot of experience in the command, we can't tell you if you don't ask.

## (7)

### Phone Card Info

**Calling from sea:** If you're calling from a Navy ship or Coast Guard vessel, be sure to use an AT&T Global PrePaid Card available through NEXCOM or your ship's store. These cards, as well as an AT&T Calling Card with the Global Military Saver Plus Plan, offer the best rates for ship-to-shore calls using [AT&T Direct Ocean Service](#).

The AT&T Global PrePaid Card denomination is \$20, and there are no surcharges per call. The cards can be purchased at your exchange, USO Centers, on-base vending machines, ship stores, and other selected locations. Not all cards and denominations are available at each location; call your location exchange for availability. Also, any individual or organization can now order an AT&T Global PrePaid Card online through the Navy Exchange Service Command, [navy-nex.com](http://navy-nex.com); just click the "Phone Cards" link under the CUSTOMER SERVICE tab at the top.

**PLEASE NOTE** that AT&T Global PrePaid Cards purchased from AAFES exchanges, and AT&T Worldwide PrePaid Cards purchased from NEXCOM exchanges will NOT work for ship-to-shore calling. Only the \$20 AT&T Global PrePaid Card for Ship-to-Shore can be used with [AT&T Direct Ocean Service](#) for ship-to-shore calling; to purchase, call your location exchange for availability.

## (8)

### EXECUTIVE OFFICER'S MEMORANDUM #09-10

**Every enlisted Sailor will be assigned one rack and one stand up locker.**

**(9)**

**Shipboard uniform from ships LOI**

(Officer & CPO) NWU, Navy-approved coveralls, Marine Camouflage utilities, FULL flight deck uniforms, or flight gear, as appropriate. Long-sleeved working khaki allowed within the ship only.

(E-6 and below) NWU, Navy-approved coveralls, Marine Camouflage utilities, or FULL flight deck uniforms, as appropriate.

\*\*\*Additional guidance on flight deck uniforms...only authorized flight deck trousers are the khaki BDU's for E-7 and above & BLUE BDU's (not NWU) for E-6 and below.

CVN 77 Stickers See Admin for your CVN 77 Sticker for your ID. You will need this to get on board the ship.

1. All personnel utilizing the smoke areas are responsible for their cleanliness.
2. Only one cigarette per person per visit.
3. Butt kits are for butts only. No trash is to be left in the smoking area.
4. Each area will be posted with the maximum number of smokers; this includes all Military, Civilian, and Visitors.
5. E-7 and above have head of the line privileges, alternating with E-6 and below.
6. All Military personnel using the smoking areas must be in uniform while the ship is underway.
7. No food is to be brought into the smoking areas.
8. Maintain the material condition of the space.
9. The senior smoker present is responsible for smoking area cleanliness and the personal behavior of all smokers present.
10. Any violations of these rules could result in the securing of all smoking areas and disciplinary action.