

Important Information

for the

Class of 2030



UNITED STATES NAVAL ACADEMY

25 June 2026



Congratulations on your appointment and upcoming induction to the United States Naval Academy! By accepting your appointment, you have embarked on a challenging crucible in pursuit of service and personal excellence. Your selection to the Naval Academy proves that you have the talent to succeed here, but only you can prove that you have the motivation, discipline, and grit to persevere.



On Induction Day, you will commence the initial phase of a demanding, but intensely rewarding four-year course of instruction designed to prepare you to one day lead Sailors and Marines. Plebe Year is designed to accomplish the necessary transition from civilian to the military way of life. It is traditionally tough; this is not by accident, but by design. It requires midshipmen to perform under pressure, to respond instantly and reflexively to orders, and to meet the highest standards of honor, courage, and commitment. Please follow the directions carefully in the following packet to ensure you are prepared to meet the challenges of life at the Naval Academy upon reporting this summer. You must show up on induction day healthy, physically fit and within our strict standards, and ready to meet the demands of our rigorous training program.

Since 1845 the Naval Academy has shaped leaders who would sail every sea, storm every beach, and face every danger in service to our great Nation. Our graduates have served with distinction in the Navy and Marine Corps and in command, business, and government. Today, the United States Navy and Marine Corps are the most powerful in the world, and they must remain so to ensure our freedom. To remain strong, we must continue to be led by highly skilled and dedicated warfighters of character. Four years from now, the Naval Academy Class of 2030 will begin to shape their legacy in the Navy and Marine Corps. The Naval Academy stands ready to prepare you for your future responsibilities, and by your highly competitive selection to attend, you have demonstrated you have what it takes.

Once again, congratulations. I look forward to welcoming you this summer, and I greatly respect your desire to serve something greater than self. I look forward to serving alongside you.

Go Navy – Semper Fi,

M. J. BORGSCHULTE
Lieutenant General, U.S. Marine Corps
66th Superintendent

The Permit to Report Package

The Naval Academy Commitment

Congratulations on accepting your appointment to the United States Naval Academy! We're excited for you to report to Annapolis and begin your experiential leadership and educational journey that will prepare you to be an ethical and capable warfighter in just 47 months!

Training begins now. If you wait passively until Induction Day, you will already be behind. Plebe Summer will be physically demanding, and you must start preparing your body now. Initial success and even reputations are built on one's ability to stay with the team and participate in all events. While some injury is inevitable, diligent preparation will greatly put the odds in your favor.

You will be expected to adhere to our standards immediately. This includes the Naval Core Values of Honor, Courage, and Commitment, as well as treating everyone with dignity and respect. We provide training and when necessary, remediation, but the burden is on you to meet our behavioral and performance standards right away.

Your admission signifies that you have the requisite skills and capability to graduate and commission, but that does not mean it will be easy. USNA is a crucible, meant to challenge you morally, mentally, and physically, and you will almost certainly experience some type of failure. As the saying goes, "smooth seas don't make skilled sailors." **Your ability to overcome adversity is a key factor in your success.**

Beginning with the end in mind, nearly all of you will be assigned to either serve as Surface Warfare Officers, Navy Pilots or Flight Officers, Submarine Officers, or Marines. A few Midshipmen will be assigned to Information Warfare Line, Special Warfare (Navy SEALs) and Special Operations (Explosive Ordnance Disposal). **You are not like other college students.** Shortly after graduation, the consequences of your decisions and actions have the potential to be far more significant than those of your civilian peers. You must be clear eyed about this on I-Day.

This electronic Permit to Report (PTR) package contains numerous items of important and useful information, some of which require your immediate attention. **Read the PTR in its entirety**, and we recommend you print this document. The PTR checklist outlines all required and optional forms with section locators to aid you to find necessary documents. Ensure you follow all directions closely.

The list below is structured in "Sections," from immediate action items to supplemental information. Many items will include due dates which will be listed in both the PTR and the checklist. Many sections include instructional documents that you must read before completing the corresponding form. Again, read all instructions in their entirety before completing and submitting forms, documents, and questionnaires.

Once again, congratulations, and we look forward to preparing you for the Oath of Office Ceremony on the early evening Thursday, June 25, 2026, when you officially become a midshipman!

Section I: Immediate Action Items. Tells you what mandatory forms/assessments you must complete immediately.

Section II: Action Items Due Before I-Day. Tells you what forms, documents, or surveys are required to be submitted before I-Day. Please note that many items also require physical copies that must be turned in on I-Day as well; therefore, do NOT place these items in your personal bag; we recommend placing all documents in a folder that you will hand-carry throughout your induction process. The due date for an action item is listed in the corresponding section. These items are mandatory.

Section III: Action Items Required on I-Day. Tells you what forms and items you must bring with you on I-Day. All forms must be printed and brought with you when you check-in on I-Day. Do NOT place these items in your personal bag; we recommend placing all documents in a folder that you will hand-carry throughout your induction process. These items are mandatory unless noted otherwise.

Section IV: Optional Action Items. Tells you what forms you may complete as they pertain to your specific situation. These forms are optional. Each item has various due dates and forms of submission. Read the directions carefully and submit before the deadlines.

Section V: Additional Information. Important information to know prior to reporting for I-Day.

Section VI: Induction Day and Plebe Summer Information. Includes information and recommendations for Induction Day and Plebe Summer, including how to get around, what to bring for Plebe Summer, etc.

Section VII - Keys to Success for Plebe Summer. This section discusses three key components that define warrior toughness that ultimately lead to success in Plebe Summer and your time at the Naval Academy: Mind, Body, and Soul

**NOTE: Access to the the PTR package and all forms can be found on the USNA Permit to Report webpage at:
<https://www.usna.edu/PermitToReport/index.php>**

Section I - Immediate Action Items

The items below require immediate action and shall be completed upon receipt of this package. These items are mandatory. Recovering from missing or inaccurate information will detract from Plebe Summer training.

Complete items 1 through 5 listed below and take appropriate action without delay. If you receive your Permit to Report email after the required due dates, please return all items as quickly as possible. Please read all directions and explanations for each form carefully before beginning to fill it out. Use a **black** ballpoint pen to complete each form.

1. Admissions Acceptance Documents

When you accepted your offer of appointment, you were asked to submit:

- a. Proof of Citizenship
- b. Police Record Check
- c. Body Alterations Form
- d. USNA Accession Screening Form
- e. Medical Readiness Form

*NOTE: If you choose to **decline your appointment**, you must email nomapps@usna.edu and decline your offer immediately.*

If you have not already done so, please ensure that the information is uploaded into your **Candidate Information System (CIS) Portal** (your online application portal) as soon as possible. See below for additional information:

a. Proof of Citizenship

- i. Any one of the following can serve as proof of citizenship. Only originals, original copies from the issuing authority, notarized copies, or a certified true copy will be accepted. If a passport is going to be used, please upload a notarized copy rather than the original.
 - United States Birth Certificate
 - United States Passport
 - Certificate of Naturalization
 - Certificate of Citizenship
 - Consular Report of Birth Abroad
- ii. If you have any questions regarding proof of citizenship (what type of documentation is required in your particular case or to confirm receipt) please contact nomapps@usna.edu.

b. Police Record Check

- i. **All candidates accepting their appointment to the Naval Academy are required to obtain a routine police record check from their local police department prior to reporting to the Academy on I-Day.** To ensure a thorough police record check, you should determine all jurisdictions in which you have lived during the last five years, including your city or town police department, sheriff or constable's office, school law enforcement office, and the jurisdiction where you work or go to school, if it is different from where you reside. The police record check is for all violations of the law, including minor traffic and non-traffic violations. If you were charged with a misdemeanor or felony, a copy of the court record is required.
- ii. If your law enforcement office has a policy preventing the release of this information, ask them to provide a statement of their policy in lieu of the police record check. You must also submit a signed statement indicating whether or not you have any violations of the law.
- iii. If you have any questions regarding the police record check (unable to complete it prior to I-Day or assistance needed in obtaining the information requested), please contact nomapps@usna.edu.

c. Body Alteration Form

- i. Pre-existing body alterations (tattoos, brands, and/or body piercings) shall meet ALL requirements on the Body Alteration Form in the CIS Portal. Navy regulations prohibit tattoos that are prejudicial to good order, discipline, morale, or are of a nature that brings discredit upon the Naval Service. For example, tattoos that are obscene, sexually explicit, or that advocate or symbolize sex, racial, religious, ethnic or national origin

discrimination or gang affiliation, supremacist or extremist groups, or drug use are strictly prohibited. **All accepted candidates shall fill out and upload the Body Alteration Form on your CIS portal.**

- ii. ALL pre-existing body alterations must be reviewed by the Body Alteration Review Board for compliance with the Naval Academy policy. Body alterations will be (1) deemed to be within Naval Academy regulations, (2) deemed to be outside Naval Academy regulations but granted a waiver for admission, or (3) deemed to be outside Naval Academy regulations and ordered to be removed/covered up to be granted admission. Removals and cover ups are done at the candidate's expense.
- iii. The Naval Academy permits members of the Brigade of Midshipmen or members of the Naval Academy Preparatory School (NAPS) to acquire body alterations while at USNA and at NAPS that comply with Naval Academy body alteration regulations.
- iv. **Violating these body alteration policies or application requirements may result in disqualification from consideration for an appointment. Any candidate who arrives on I-Day with a tattoo that is out of regulation may be subject to undergo body alteration treatment or removal. Failure to agree to removal or alteration terms will result in disenrollment.**

2. Academic Requirements

- a. Read the document: "Vice Provost for Academic Affairs Welcome Letter"
- b. Read the document: "Information about the USNA Class of 2030 Academic Background System (ABS)" and complete the following:
 - i. **Academic Background System (ABS) Questionnaires**

NOTE: The only immediate action items within this section are the ABS Questionnaires. All questionnaires must be completed prior to reporting for I-Day.

3. Size Survey for Gear Issue

- a. Complete [Plebe Summer Size Survey](#) (using link provided)
- b. Your responses allow our team to ensure we have the correct sizes and adequate inventory to outfit you and your classmates efficiently on I-Day. (You will need your Candidate ID number to access the survey.)

4. Changes in Health Status

If you have had any change in your health since your DoDMERB examination, or that is not reflected in your application materials, you must notify us immediately. Areas of particular concern are any surgeries, orthopedic injuries (broken bones or joint injuries), head injuries, hospitalization, vision changes, loss of consciousness, heat injury, heat exhaustion, or heat stroke, depression, anxiety, suicidal thoughts, and any condition that might preclude your full participation in our rigorous athletic program. If your condition does not meet standards, you will be considered for a medical waiver. You must provide complete and accurate health information to the Naval Academy, as this information is critical to our admission/appointment decisions. **Failure to disclose health information (including mental health), if later discovered, could result in disciplinary or administrative action for fraudulent appointment.** Please note that on Induction Day, each candidate will be asked whether there is any medical, mental health, or other disqualifying information that has not been previously disclosed, and will be required to sign an affidavit certifying that he or she has fully disclosed all information. Therefore, it is in your best interest to disclose such information as soon as possible. Should you have changes to your status or wish to correct any discrepancies with your information, please reach out to admissionsmedical@usna.edu to arrange a discussion with the Admissions Office.

5. Social Security

If you do not already have a Social Security card, you must obtain one promptly. All candidates reporting to USNA for admission must have in their possession a Social Security card so wages may be credited to their accounts.



Section II - Action Items Due Before I-Day

*The items below require completion and submission before the stated deadline. If delivering items by mail, please ensure you submit early enough to reach the applicable office before the deadline. Please note that many items also require physical copies to be brought with you on I-Day. **Do NOT place them in your personal bag.** We recommend placing all documents in a folder that you will hand-carry throughout your induction process. These items are mandatory unless noted otherwise. Recovering from missing or inaccurate information will detract from Plebe Summer training.*

Complete items 1 through 3 listed below and take appropriate action before the required deadline. If you receive your Permit to Report Letter after the required due dates, please return all items as quickly as possible. Please read all directions and explanations for each form carefully before beginning to fill it out. Use a **black** ballpoint pen to complete each form.

1. Medical Forms

Please completely read through the instructions for each form prior to completing. Mailing addresses are located in each section. Ensure you verify where to send copies and how many to bring with you on I-Day.

a. Complete Patient Registration Form

- i.** Due by: **14 MAY 2026.**
- ii.** **Bring ONE** copy on I-Day
- iii.** **Mail ONE** copy to:
Medical Records
Naval Health Clinic
695 Kincaid Road
Annapolis, MD 21402

b. Immunizations

- i.** **Complete Routine Immunization Screening Form: Adult (DD Form 3111)**
 - 1.** Due By: **14 MAY 2026**
 - 2.** **Bring ONE** copy on I-Day
 - 3.** **Mail ONE** copy to:
Medical Records
Naval Health Clinic
695 Kincaid Road
Annapolis, MD 21402
 - 4.** The COVID-19 vaccine is not required but offered to all incoming candidates on I-Day, if requested.
- ii.** Read the document: "Record of Immunization Form Information" and complete the form below:
 - 1.** **Complete Immunization Record for United States Naval Academy Appointees**
 - a.** Due By: **14 MAY 2026**
 - b.** **Bring TWO** copies on I-Day
 - c.** **Mail ONE** copy to:
Medical Records
Naval Health Clinic
695 Kincaid Road
Annapolis, MD 21402
- iii.** If you have questions about any vaccines, please visit <http://www.cdc.gov/vaccines> to review the CDC's Vaccine Information Sheets for each vaccination. It is expected that you will review the vaccine information sheets before your arrival. If desired, applicants will also have access to a binder of vaccine information sheets on I-Day.
- iv.** Any required vaccines not given before I-Day will be given on I-Day or during Plebe Summer at no cost to the student. Some things to be aware of regarding vaccinations:
 - 1.** Tdap is required every 10 years after age 11.
 - 2.** One dose of Meningococcal conjugate vaccine (Menactra or Menveo) is required after age 16 and within the past 5 years. If your provider does not have those vaccines, please do not accept a substitute vaccination.

3. Meningococcal B vaccine (Bexsero or Trumenba) is also required for all Midshipmen. If you receive this before arrival at USNA, our preference is Bexsero because it follows our schedule, but we will continue Trumenba if you started it prior to arrival.
 4. Oral Adenovirus (4/7) vaccination is given to all incoming Plebes on arrival at USNA on I-Day. This vaccine cannot be given by your healthcare provider because it is approved for military use only. Please review <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/adenovirus.html> (or search AdenovirusVIS). A urine pregnancy test will be done on I-Day for all females before giving the vaccine due to strict Adenovirus administration requirements. **We recommend full hydration on arrival to allow urine collection.**
 5. HPV vaccination is highly recommended for all Midshipmen. We will start or continue the HPV9 vaccine for all men and women after arrival, unless you specifically refuse the vaccine.
 6. A documented Mantoux Tuberculin Skin Test (PPD) or QuantiFERON®-TB Gold must have been performed after Jan 1 of this year. If you opt for a PPD, please ensure that the provider documents this reading in millimeters. If the documentation you provide does not include the number of millimeters when it is read, you will be required to repeat the test. A negative test result should be recorded as 0 mm. If you received the Quantiferon (blood test) for tuberculosis, please attach the results to your vaccination form (and bring 2 copies with you). If you have a positive test, please bring copies of the evaluation done by your provider, including the X-ray report, if available, to I-Day. We will have a provider review that evaluation to ensure that it was appropriate and complete.
- v. If you are seeking a medical waiver for an immunization, please consult BUMEDINST 6230.15B and submit a request to admissionsmedical@usna.edu no later than 14 MAY 2026. Requests for religious accommodations are set forth in Section IV, paragraph 2 of this PTR.

NOTE: Please do not contact the Admissions Office or Midshipmen Personnel Office with questions about immunizations, as they will not be able to answer those questions. All immunizations other than HPV are required, unless a religious accommodation or medical waiver is requested and approved.

c. HIV Testing

Blood samples drawn during I-Day will be tested for antibodies to the Human Immunodeficiency Virus (HIV), the agent responsible for the Acquired Immune Deficiency Syndrome (AIDS). Strict confidentiality will be observed in any such case.

d. Optometry

- i. **Complete U.S. Naval Academy Candidate Glasses Prescription Form**
 1. Only candidates who wear glasses or contact lenses (including part-time use) need to complete this form. If you do not wear glasses or contact lenses, do **NOT** fill out or return this form.
 2. Due By: **14 MAY 2026**
 3. **Bring ONE** copy on I-Day
 4. Email to: USN.PlebeGlasses@health.mil or FAX to 410-293-1131
 - a. Use the subject line, "Plebe Glasses Order", **PDF files only** (no photos or Word docs)
 5. The form is required to order military glasses (civilian glasses and contact lenses are not authorized during Plebe Summer). Complete all sections for candidate information and frame size. Your eye care provider must fill out and sign the eyeglass prescription information section. If you or your eye care provider has any questions, please contact the Naval Health Clinic Annapolis Optometry Clinic at 410-293-3617.
- ii. To safeguard the health and career potential of our incoming Midshipmen, the following rules shall be enforced: Do not undergo corrective vision surgery (e.g., PRK, LASEK, LASIK, ICL) as this may be disqualifying and may not be waived at entry.
- iii. During Plebe Summer:
 1. No contact lenses are authorized during Plebe Summer.
 2. No civilian glasses will be permitted.
 3. Military-issued glasses and spectacle straps will be provided on I-Day based upon your submission of the "U.S. Naval Academy Candidate Glasses Prescription Form". **However, you should bring two pairs of your most recently prescribed glasses, a supply of contact lenses (if you wear them) for use after the summer, and paper copies of your most recent glasses/contact lens prescriptions.**
 4. No eccentric glasses are permitted in uniform.

5. Be advised that tinted or lenses that become tinted with sunlight are not permitted during military parades, military training, and inspections; these should not be your primary glasses.
- iv. **Color Vision Screening**
1. On I-Day, you will be tested to see if you meet admission standards AND commissioning standards for all warfare specialties.
 2. If you do not meet admission standards, a waiver must be requested (if not already granted) on I-Day as a limited number are given per class year.
 3. For commissioning standards, the number of plates identified will determine service selection if already meeting admission standards.

e. **Dental**

At this point in the application process, you need to be aware that the USNA Office of Admissions assumes that all new Midshipmen will arrive at Annapolis with excellent medical and dental health, ready to immediately start an extremely rigorous Plebe Summer and academic Fourth-Class year. We intend to ensure you complete all requirements during Plebe Summer without medical or dental conditions that require time away from your duties.

The Dental Department will provide all general and specialty dental care required during your four years at the Academy. It is **strongly suggested** however, that each prospective Midshipman have a **complete dental examination performed by his/her family dentist well before reporting** to have any acute dental conditions addressed before reporting, including an examination of the third molar (wisdom tooth). Examples of acute dental conditions include any cavities, tooth decay, or tooth damage that require restoration. Candidates to U.S. Service Academies who have been advised by their dental provider to have their wisdom teeth removed should do so before arrival, ideally 8 weeks earlier for healing and recovery from any potential complications. Prospective Midshipmen who arrive on I-Day with symptoms from their wisdom teeth or with complications from wisdom teeth extractions may be denied admission.

If the prospective Midshipman is undergoing active orthodontic treatment, the Dental Department has an orthodontist available to continue care. A waiver to matriculate into the Academy with braces should have been completed during the application process. **If you plan to continue treatment at the Academy, you must have your waiver in hand upon arrival during I-Day.** Additionally, you must have **a copy of your initial treatment plan and all orthodontic records, including the latest copy of dental X-rays, to bring to your dental exam in the weeks following I-Day.** This is required to ensure smooth transfer and continuity of care. **If you do not have a waiver, braces must be removed prior to arrival on I-Day, with all associated composite removed.**

A dental screening examination will be conducted during Plebe Summer. It is highly recommended that you report to I-Day in good dental health. If you have any concerns about your dental status, include your full name and candidate number on all correspondence regarding your medical and dental status, and report all relevant information to admissionsmedical@usna.edu.

2. Drug and Alcohol Use

- a. The Navy and USNA have a strict policy regarding drug use and also take responsible alcohol use very seriously. This letter serves as information regarding the Naval Academy’s policy. Please read in its entirety and ensure you understand and comply with all directions.
 - i. Read the document: “Letter from the Commandant re: Navy’s Policy on Drug and Alcohol”
- b. **Complete Drug and Alcohol Misuse Statement of Understanding (OPNAV 5350/1)**
 - i. Due By: **14 MAY 2026**
 - ii. **Bring ONE** copy on I-Day
 - iii. Email to iday-2030-group@usna.edu
 1. Use the subject line, “Last Name, First Name: OPNAV 5350/1”, **PDF files only** (no photos or Word docs)
- c. **Review U.S. Naval Academy Drug and Alcohol Abuse Certificate - Marked “Sample”**
 - i. Review the enclosed form so you will be prepared to complete the form on I-Day. There is NO need to bring a copy with you, one will be provided for you.

3. Plebe Sponsor Program

- a. **Complete Plebe Sponsor Questionnaire**
 - i. Due By: **18 JUN 2026**

- ii. Email to **sponsor@usna.edu**
 - iii. You should have received an email from **sponsor@usnamail.usna.edu** to your personal email. Within that email, you will receive a **Plebe Sponsor Questionnaire**. The questionnaire must be completed regardless of whether you wish to participate in the program or not. If you do not receive the Plebe Sponsor Questionnaire please reach out to the sponsor office by email at **sponsor@usna.edu** or by phone 410-293-7031.
- b. The Plebe Sponsor Program provides members of the U.S. Naval Academy’s entering class an opportunity to develop and benefit from informal exchanges with civilian and military members in Annapolis and its adjacent communities. This program provides Midshipmen a home away from home during their first year at the Academy. Plebes typically visit with their sponsors on Saturdays when they have liberty. To encourage a give-and-take relationship, Plebes may invite their sponsors to sporting events and other activities at the Academy throughout the year.
 - c. The degree and length of involvement between sponsor and Midshipman is determined strictly by the relationship developed. The matching process is based on the Plebe’s preferences of special interests, home state, etc. as recorded on the Plebe Sponsor Questionnaire. On this questionnaire, Plebes may request a specific sponsor by listing the individual’s name, address, telephone number, and/or email. To be successful, the sponsor must meet all eligibility criteria and must also request the Plebe on a formal sponsor application. Eligible sponsors include Active Duty and retired military (E-6 and above or O-3 and above) as well as civilians; all applicants must be over the age of 28 and reside within a 45-mile radius of the Academy. Additionally, all sponsors must agree to attend a mandatory briefing held during the summer. Interested friends or family members should contact the Plebe Sponsor Coordinator with their name and address at **sponsor@usna.edu** no later than 13 July 2026 for all by name requests. Please direct questions about the Plebe Sponsor Program to the Plebe Sponsor Coordinator at **sponsor@usna.edu**.

4. Access to the U.S. Naval Academy Grounds

- a. Access procedures for the Naval Academy can and do change based on current events and local threat levels. We strive to make the Yard as accessible as possible for our USNA families while maintaining the highest level of safety and security for the Brigade of Midshipmen. There is no General Public Visitation during I-Day. All members of your family or friends 18 years of age or older who intend to accompany you onto the Yard or access the Yard on I-Day must submit an entry to the DBIDS Pre-Enrollment Program.
- b. Candidates are not required to submit an entry or possess a visitor pass for entry.
- c. Read the document: “Instructions for DBIDS Pre-Enrollment Program”
- d. Visitors **Submit** an entry to the DBIDS Pre-Enrollment Program for temporary visitor access
 - i. Due by: **01 JUN 2026**
 - ii. The candidate number must be entered in the “Purpose of Visit” section of the questionnaire to ensure authentication.
- e. **Complete Visitor Access Questionnaire**
 - i. Due by: **01 JUN 2026**
 - ii. DBIDS Pre-Enrollment Program submission required before completing the questionnaire.
- f. Passes for your guests will be available for pick up as early as Tuesday, 23 June, 2026. Please plan accordingly to allow sufficient time to collect passes prior to entering the Yard.
 - i. Each member of the party must be prepared to show a valid ID and show a copy of your Permit to Report Letter. Ensure all guests have a copy of your Permit to Report Letter.
 - ii. Pass pickup information will be communicated on the Plebe Summer webpage
- g. NSA Annapolis and USNA require REAL ID-compliant credentials for visitors, per the REAL ID Act. Visitors under the age of 18, who do not have a valid ID must be escorted by an adult with a valid form of identification.
 - i. Accepted IDs include:
 - 1. REAL ID Driver’s License/state ID (with star)

2. U.S. Passport
3. Enhanced Driver's License (MI, MN, NY, VT, WA)

NOTE: This does NOT affect credentialed personnel with accepted DoD Identifications (CAC, DBIDS, dependents, retirees, retiree dependents, etc.).



Section III - Action Items Required on I-Day

The items below require you to carry paperwork and belongings on your person on I-Day. Do NOT place these items in your personal bag. We recommend placing all documents in a folder that you will hand-carry throughout your induction process. Refer to each section and/or the checklist to verify the required number of copies you must bring with you. These items are mandatory unless noted otherwise. Recovering from missing or inaccurate information will detract from Plebe Summer training.

Complete items 1 through 5 listed below and take appropriate action. Please read all directions and explanations for each form carefully before beginning to fill it out. Use a **black** ballpoint pen to complete each form.

1. Permit to Report Letter

- a. This letter will be emailed to you from U.S. Naval Academy Admissions in June.
- b. **KEEP YOUR PERMIT TO REPORT LETTER** and **bring it with you when you report** to the Naval Academy on I-Day. Be prepared to show this upon entry.
- c. If you choose to **decline your appointment**, you must email **nomapps@usna.edu** and decline your offer immediately.

2. Administrative Preparations

- a. **Complete Agreement to Serve Form (USNA 1531/178 (12-20))**
 - i. Bring **THREE** copies on I-Day. It is highly recommended that you maintain the third copy in your personal records in a safe location.
 1. If you are under the age of 18, either one of your parents or legal guardians must also sign your agreement indicating understanding of its terms and consent to your action. The statutory obligations you assume upon entering the Naval Academy are clearly stated in the agreement.
 - ii. The agreement contains the statutory military service obligations which you incur by attending the Naval Academy. It also explains provisions under which you may be required to reimburse the government for the cost of education you received should you voluntarily, or because of misconduct, fail to meet these service obligations. Finally, it gives current Navy policies concerning the administrative handling of Midshipmen who fail to complete the Academy's course of instruction through resignation or separation for other reasons. Your signed Agreement to Serve constitutes an important personal commitment. You should read it carefully and be sure you understand it and its implications before signing.
- b. **Servicemember's Group Life Insurance (SGLI)**
 - i. Read the document: "Letter re: Servicemember's Group Life Insurance (SGLI)" and complete the form below:
 1. **Complete Servicemember's Group Life Insurance Election and Certificate Form**
 - a. **Bring ONE** copy on I-Day
- c. **Emergency Data Forms**
 - i. Read the document: "Instructions for Completing the Dependency Application/Record of Emergency Data (NAVPERS 1070/602)" and complete the forms below:
 1. **Dependency Application/Record of Emergency Data (NAVPERS 1070/602)**
 2. **Record of Emergency Data (DD Form 93)**
 - ii. **Bring ONE** copy of each form on I-Day
- d. **Complete Notice Regarding Maintenance of Private Medical Insurance**
 - i. **Bring ONE** copy on I-Day
 - ii. It is critical that you understand your entitlements to medical care should you become ill or injured.
- e. **National Security Clearance**
 - i. Read the document: "Instructions: Standard Form 86 (SF-86)" and complete the form:
 1. **Complete Questionnaire for National Security Positions (Standard Form 86)**
 - a. Print, complete the form to the best of your ability, **and bring on I-Day.**

- ii. Standard Form-86 is required to process you for a TOP SECRET clearance. You will need to provide specific information on the SF-86 worksheet to assist you in completing an online, computerized SF-86 during Plebe Summer. Make sure you answer all the questions accurately so that you do not delay your clearance. Please note that you will be required to complete security questionnaires throughout your Naval career, to include security screening requirements for specialized communities (e.g. submarines, cryptologic warfare, etc.); and you may potentially be subject to polygraph examinations in the future. Therefore, it is imperative that you are completely honest. **Failure to disclose pertinent information now (e.g. prior drug use or a significant mental health diagnosis), if later discovered, could negatively impact your security clearance eligibility, and could result in administrative or disciplinary action for fraudulent appointment.** Be sure to get the important information from your parents/guardians while filling this out as you will not have contact with them during Plebe Summer. If you have any questions concerning this form, please contact USNA Personnel Security at 410-293-5682/5681/5680.
- iii. Read the document: “Security FAQs Memorandum to Class of 2030”

NOTE: Dual citizenship is not automatically disqualifying for eligibility purposes of obtaining a SECRET clearance. You will not have to renounce your non-US citizenship; however, you will no longer be allowed to travel on non-US passports. By doing so, you could lose your clearance. Additionally, you do NOT need to turn over any non-US passports.

f. Items to Bring for Administrative I-Day Check-In:

- i. Required (applies to all):
 - 1. Social Security Card
 - 2. Birth Certificate
- ii. Required (applies to those who currently have it in their possession):
 - 1. Passport (Tourist/Personal)
 - 2. Common Access Card (Dependent/Contractor/Prior Military)

3. Disbursing Documents

Read all instructions carefully before completing each document.

- a. **Print Midshipman Disbursing Office Cover Sheet/Checklist**
 - i. Use this as a checklist to organize and easily locate Disbursing forms. This includes optional Disbursing forms in Section IV: Optional Items. You will turn in all forms together with this Disbursing packet on I-Day.
- b. Read the document: “SF 1199A – Direct Deposit Sign-Up Form Instructions” and complete the form below:
 - i. **Complete Direct Deposit Sign-Up Form (Standard Form 1199A)**
 - 1. **Bring ONE** copy on I-Day
 - 2. This form is required to process your direct deposit. You must have an active bank account recorded on this form PRIOR to arriving.
 - 3. If you applied and were approved for a Navy Federal Credit Union (NFCU) membership, NFCU will provide USNA with the Direct Deposit Sign-Up Form. If you have not received confirmation of NFCU membership, an alternate direct deposit account **MUST** be provided using the SF 1199A form above on I-Day.
- c. Read the document: “DD 2058 - State of Legal Residence Certificate Instructions” and complete the form below:
 - i. **Complete State of Legal Residence Certificate (DD Form 2058)**
 - 1. **Bring ONE** copy on I-Day
 - 2. This form is required for State tax payroll deductions.

NOTE: Optional Disbursing documents/forms in Section IV, if completed, must be added to the disbursing packet. Optional items will also be listed in the “Midshipman Disbursing Office Cover Sheet/Checklist”

4. Medical

- a. Medications
 - i. If you are taking medication prescribed by a physician, **you must bring it with you on I-Day.** The medication must be in a **labeled container** and you must bring a **note from the physician stating the**

medication name, the dosage, the dates the medication is intended to be taken, and the reason it was prescribed.

- ii. You will be evaluated and, if the medication is deemed to be appropriate, the condition will be documented in your health record and you will be authorized to continue using the medication. **Please bring approximately 20-30 days' worth of medication.** However, medication will be issued to you throughout Plebe Summer by the Brigade Medical Unit (BMU).
- iii. DO NOT bring over-the-counter (OTC) medications (e.g., Motrin, Tylenol, Tums, cold tablets), food supplements, or vitamins.
- iv. If you have any questions or concerns regarding your health status or medications, please contact **admissionsmedical@usna.edu**.

b. Dental

- i. If available, please bring a printed copy of your most recent dental panoramic x-ray with your full name and date of birth typed onto the page to expedite your dental in-processing.

5. **Social Media Profile Professionalism Information**

- a. Read the document: "Social Media Profile Professionalism Information" and update your social footprints in accordance with the included guidelines.
- b. **Bring ONE** copy on I-Day
- c. We live in a connected world and this can be for our benefit and, sometimes, to our detriment. Keep in mind that on I-Day, and every day after, your social media presence shall be in keeping with the standards and expectations of the Naval Academy. If you are concerned old photos pose a risk for you, you can consider removing them from your profiles/post history now.



Section IV - Optional Action Items

The items below are optional depending on your personal circumstances and/or preferences. Please note that some optional items have due dates prior to I-Day and/or require various forms of submission.

Complete items 1 through 8 listed below at your own discretion. If you receive your Permit to Report Letter after the required due dates, please return all items as quickly as possible. Please read all directions and explanations for each form carefully before beginning to fill it out. Use a **black** ballpoint pen to complete each form.

1. Disbursing Forms (Optional)

a. Request and Authorization for Midshipmen Accession Travel

- i.** Only for civilian candidates requesting travel reimbursement to USNA OR travel arranged/paid by the U.S. Government.
- ii.** Read the document: “USNA 4600/8 – Request and Authorization for Midshipmen Accession Travel Instructions” and complete the form below:
 - 1.** **Complete Request and Authorization for Midshipmen Accession Travel (USNA 4600/8)**
 - a.** **Bring ONE** copy on I-Day
 - b.** Email to longo@usna.edu, **PDF files only** (no photos or Word docs)
 - c.** Valid receipts are **REQUIRED** for reimbursement. Valid receipts include the name of traveler, dates of travel, summary of charges, and payment method. Airline miles, vouchers, rental vehicles, hotel stays, and meal receipts are **NOT** reimbursable.

b. Travel Voucher or Subvoucher

- i.** For any incoming midshipman who wishes to have their travel to USNA arranged by the U.S. government and/or be reimbursed for travel expenses.
- ii.** Read the document: “DD 1351-2 Travel Voucher or Subvoucher - Instructions” and complete the form below:
 - 1.** **Complete Travel Voucher or Subvoucher (DD Form 1351-2)**
 - a.** Print **one sided**, and bring **ONE** copy on I-Day
 - b.** Do **NOT** email these forms as they contain sensitive personal information.
 - c.** Bring Flight Itinerary, Copy of Ticket, and All Travel Receipts

2. Command Chaplain Letter & Religious Accommodation Questionnaire

- a.** Only complete the Religious Accommodation Questionnaire if you have dietary restrictions/needs and/or are requesting religious accommodations.
 - i.** Examples of religious accommodation requests include but are not limited to religious dietary needs, observances, apparel, and medical practices (to include vaccines).
 - ii.** Email to religious-exemption-group@usna.edu **prior** to I-Day

3. Midshipmen Development Center (MDC)

a. MDC Mission Letter, and Resources QR Code

- i.** Read the document “MDC Mission Letter, and Resources QR Code”
- ii.** The Midshipmen Development Center is providing you with links to a variety of resources and skills that, when intentionally practiced and utilized, will help you thrive during your Plebe Summer training and throughout your professional and personal life. The document we’ve provided contains a link/QR Code with access to these resources to review prior to arriving to USNA.

b. Parent Support Tools

- i.** Your parents will also benefit from similar tools to help support you through your training during Plebe Summer as well as throughout the course of your Brigade experience and career. Please print or send this second MDC letter to your primary caretakers. The information in

that handout will point them to resources we have selected and prepared for them in hopes of your caretakers being the best source of support possible.

4. United States Naval Academy News Release

- a. The news release form is used to notify your local news outlets of your induction into the Naval Academy and is entirely voluntary.
 - i. Read the document: “Instructions for Using the Enclosed Plebe Summer News Release” and complete the form below:
 - ii. **United States Naval Academy News Release**
- b. You may complete the form and submit it to the local news outlets of your choice. Do **NOT** return it to the Naval Academy.

5. Navy Federal Credit Union (NFCU)

- a. All Midshipmen will be paid by electronic direct deposit. As such, all Midshipmen are required to maintain a bank account to permit electronic direct deposit of their pay every month. Navy Federal Credit Union (NFCU) would like to take this opportunity to extend membership to you as an incoming Plebe. The forms below provide guidance and/or submission requirements to establish NFCU as your financial institution of choice.
 - i. Read the document: “Navy Federal Credit Union Plebe Welcome Letter”
 - ii. Read the document: “How to Transfer Funds to Your Midshipman”
- b. Want to join? If you are interested in having an account with the on-base credit union, please take the time to complete the “Navy Federal Naval Academy Membership Application” and “Direct Deposit Sign-Up Form (SF1199A)”. NFCU understands that you will not have your account number yet. NFCU will complete that section and submit your form to the Naval Academy Disbursing Office to establish your pay.
 - i. **Complete Navy Federal Naval Academy Membership Application**
 - ii. **Complete Direct Deposit Sign-Up Form (Standard Form 1199A)**
 1. Email to secure branch at: **MDOL-BOD@navyfederal.org**
- c. **Already a member?**
 - i. Great! Would you like your pay to come to your Navy Federal account? Just complete the “Direct Deposit Sign-Up Form”, and ensure you have **signed** the form.
- d. You are eligible to join! NFCU wants to thank you for allowing them the opportunity to be your financial institution of choice!

6. USNA Musical Activities Department

The Musical Activities Department is the primary source of Fine Arts education for the Brigade of Midshipmen. Throughout the Academy’s entire history, music has played a crucial role in the lives and development of Midshipmen who have found academic enrichment, leadership opportunities, inspiration, and camaraderie in the varied offerings. As ambassadors for the Naval Academy, Midshipmen perform for a wide variety of audiences, domestic and abroad, during their evolution to become future leaders in the Armed Forces and beyond. In addition to being exposed to military and world leaders, Midshipmen gain strength and confidence by performing for both senior officers and their classmates. Members are continually taught to strive to work together as an ensemble to create something that is greater than themselves, embracing the finest qualities the Naval Academy strives to engender in its future leaders.

Plebe Summer opportunities include participation in the **Drum & Bugle Corps** which provides musical support for the Plebe Regiment throughout the entire summer, and the Chapel Choirs which provide musical support at Sunday morning worship services. All other ensembles begin at the start of the fall semester. **Candidates will be provided the opportunity to audition at the start of Plebe Summer. Advance video auditions for the Drum & Bugle Corps are available immediately by contacting music@usna.edu or visiting www.usna.edu/music.*



Section V - Additional Information

The items below contain important information for your awareness. It is highly recommended that you read and understand each document. No action is required.

2. Alcohol and Drug Screening

- a. The Department of Defense, Navy, and Naval Academy regulations clearly prohibit the use of illegal drugs, including anabolic steroids, and wrongful use of any controlled substance. The National Defense Authorization Act mandates that appointees to all officer accession programs undergo testing for drug and alcohol use within 72 hours of being formally inducted.
 - i. You will be required to submit a urine specimen for drug testing and to undergo breathalyzer testing for recent alcohol ingestion. A confirmed positive result in either test or a refusal to undergo testing will result in immediate disqualification; no waivers are authorized.
- b. **Please note that Navy policy also prohibits the use of all tetrahydrocannabinol (THC) products, including, but not limited to, THC products which may be legal and commercially available, such as marijuana, hemp/cannabidiol (CBD), and Navy drug testing will identify the presence of such substances on I-Day.**
 - i. **ALNAV 035/23 clarifies the Navy's policy on the consumption of poppy seeds. Poppy seeds may be compromised with morphine and codeine, which can cause members to test positive during a routine urinalysis testing. Therefore, in accordance with policy guidelines, please refrain from any consumption of all food products and baked goods containing poppy seeds.**

NOTE: You are required to disclose any prior use of controlled substances, including the use of all THC products, prior to your induction on I-Day. After you take the oath on I-Day, you are subject to the Uniform Code of Military Justice. Failure to make required disclosures may result in punitive action and/or separation.

3. Height and Weight Standards

- a. Be aware that on the day you report for I-Day, you must be within the weight and body fat standards applied at your candidate medical examination or you will risk disqualification and not be permitted to enter the Class of 2030.
- b. The USNA maximum allowable body fat percentages are Male: 22% and Female: 33%. Candidates that weigh and measure above these standards will be evaluated, on a case by case basis, for an entry waiver.

4. Midshipmen Financial FAQ's - ACE, Scholarships, and ESAs

- a. Read the document: "Midshipmen Financial FAQs".

5. Tourist Passport Information: Join the Navy & see the world!

The Midshipmen summer training program offers the opportunity to travel to foreign ports during summer training cruises. A tourist passport is the preferred document for overseas travel and increases a Midshipman's opportunity to be assigned to overseas cruises and to travel abroad during summer training and leave periods. Additionally, a tourist passport will be beneficial after graduation while serving in the fleet. Overseas training is an effective and rewarding experience that contributes to a Midshipman's professional development and geo-political awareness.

The United States Naval Academy Summer Training Office has encouraged all reporting candidates to obtain or apply for a civilian passport prior to reporting to the Academy on I-Day. Additional information can be found on the web at http://travel.state.gov/passport/passport_1738.html and/or at your local post office.

6. Class of 2030 YouTube Channel

The link below is the official Class of 2030 YouTube channel. Periodically, and up until I-Day, videos will be uploaded to this channel to begin to prepare you for life as a midshipman candidate. Please subscribe so you are updated when new videos are posted.

https://youtube.com/playlist?list=PLo8IVP71bfPy9iJEPHWXqC4j5nahL_31A&si=Iqmyoa57yPIJlwgK

Section VI - Induction Day and Plebe Summer Information

This section discusses several critical pieces of information relating to Induction Day and Plebe Summer to understand prior to reporting for Plebe Summer. It is highly recommended that you read and understand each document. Some preparatory action is required.

Induction Day

Induction Day (I-Day) will be conducted on Thursday, 25 June, 2026.

Induction for students coming from NAPS, international students, and prior enlisted Sailors and Marines will occur the day prior on 24 June, 2026 (I-Day minus 1).

The Oath of Office Ceremony for all candidates will take place on Thursday, 25 June, 2026.

The emailed Permit to Report Letter from Admissions will tell you exactly what time to report to the Naval Academy to begin the daylong induction process. Report times are scheduled in 15-minute increments from 6:15 a.m. to 9:45 a.m. The important thing is to arrive in the Annapolis area with plenty of time to spare, making reasonable allowances in your plans for unexpected delays, including those caused by heavy I-Day traffic in Annapolis.

At your assigned reporting time on I-Day, you will be required to leave the company of relatives and friends to report to Alumni Hall to begin your induction processing. You will be able to visit with family/friends for approximately thirty minutes after the Oath of Office ceremony on I-Day. The next opportunity to visit with relatives and friends will be during Plebe Parents' Weekend, 6-9 August 2026.

Lodging and Transportation

- a. If you plan to arrive in the Annapolis area prior to I-Day, you should make your own arrangements for lodging. Unfortunately, no reimbursements can be made for the use of commercial lodging facilities. For information on lodging in the Annapolis area, please visit the USNA Travel Campus Program: <https://www.usnabsd.com/visit/hotel-accommodations/> or go to www.visitannapolis.org. If you wish, **candidates only may elect to spend only the night prior to I-Day in Bancroft Hall**, the Midshipmen's dormitory. Meals will not be provided prior to I-Day, but you will be permitted (and are encouraged) to go into town to get something to eat the night before I-Day.
- b. For those who will be arriving by air on 23 and 24 June, a complimentary shuttle service will be provided from Baltimore-Washington International Thurgood Marshall Airport (BWI) to USNA. The shuttle runs from 7:00 a.m. to 8:00 p.m. This service is **only for candidates**. We regret that we are unable to accommodate family members or friends on these shuttles. The shuttle will drop off candidates at Mitscher Hall Lobby. Candidates not electing to stay in Bancroft Hall may depart via Gate 1 to their accommodations. Should a candidate be unable to walk to their accommodations, rideshares may pick up candidates outside Gate 1 in the adjacent parking lot.
- c. If you would like to exercise either of these options please reach out to the I-Day coordinator via email at **iday-2030-group@usna.edu** using the subject line, "Last Name, First Name: Lodging and Shuttle".
 - i. Due by: **12 JUNE 2026**.
 - ii. In the body of the email include the following information as applicable:
 1. Candidate Name: (Last Name, First Name)
 2. Candidate Number:
 3. Cellphone Number:
 4. Flight information: (Airline, Flight Number, Arrival Time)
 5. Expected arrival time to USNA (if not taking shuttle):
 6. I would like to use the shuttle / I would like to reside in Bancroft on I-Day-1.
 - iii. If anyone arrives outside the shuttle hours, they may call Bancroft Hall Main Office to arrange pick up from one of our duty vehicles. The number to the Main Office is 410-293-5001.
 - iv. Report to Mitscher Hall Lobby between 7:00 a.m. to 8:00 p.m. for dormitory accommodations.

- d. Public transportation is available (either taxi, shuttle or rideshare) for transit to Annapolis. The cost is approximately \$80 from BWI Airport and approximately \$100 from Ronald Reagan National Airport or Dulles International Airport. This is refundable through your travel claim. Please bring all receipts with you.

NOTE: Public transportation vehicles (taxi, shuttle, or rideshare) are not authorized on base. They will pick up/drop off outside Gate 1 in the adjacent parking lot.

- e. I-Day transportation offerings and restrictions to include parking and shuttles will be communicated via the Naval Academy Plebe Summer webpage, <http://www.usna.edu/PlebeSummer/index.php>.

Be prepared for Induction

- Label all loose gear (bags, equipment, etc.) with “Last Name, First Name, Company”.
- Do NOT place required paperwork in your personal bag.
 - We recommend placing all documents in a folder that you will hand-carry throughout your induction process.
- Must know the following:
 - Social Security Number (SSN)
 - Date of Birth (DOB)
 - Home of Record (HOR): Address you were living at when you received your PTR
 - Parental Information: Full name, home address, phone number
- Come hydrated

What to Wear

Annapolis is hot and humid during the summer. We recommend that you report to the Naval Academy in lightweight khaki shorts, a short sleeve shirt or blouse, athletic shoes, and well hydrated. Candidates should not wear skirts, or shorts that have less than a 7-inch inseam. If you are reporting from NAPS, report in Service Dress Blues (SDBs), or from enlisted service, report in Service Dress Whites (USN) or Service Alphas (USMC). NAPS candidates will change into NAPS PT gear for the actual in-processing. Regulation Navy and Marine Corps PT gear will be authorized for all candidates reporting from the Fleet. You will be issued a summer working uniform and tennis shoes during I-Day.

What Items to Bring

- Enough money to last six weeks. Spending opportunities are limited to a few occasions over the summer. Recommend around \$100 in debit or credit. Please note, USNA is a cashless campus.
- An inexpensive scientific calculator for placement exams. Exams are taken the first few days of Plebe Summer.
- Athletic shoes for any sports in which you will participate (i.e. soccer cleats, basketball shoes, etc.).
- Athletic equipment for any sports in which you desire to participate (i.e. lacrosse stick, tennis racket, baseball glove). Do not bring heavy or bulky equipment such as weights, bicycles, or golf clubs.
- Cellular Phone and charging cable (**See Note 1 below**).
- Pictures, postcards, or other similar personal items, although these items must fit on a 2' x 2' corkboard.

***NOTE 1 (CELLULAR PHONES):** You are permitted to bring a cellular phone to facilitate calling home during specified times over the summer. When not being used, your cellular phone will be stored in a secure location (you will not be allowed to keep it in your room during Plebe Summer). If you don't bring a cell phone, you will be provided with access to one to make these calls.

What Clothes to Bring

Candidates should report with only minimal clothing in addition to the prescribed underclothing. All candidates will be issued nearly everything they will need for the duration of the summer, but candidates will be allowed to bring and utilize the following clothing as long as each meets Naval Academy uniform criteria:

- White jockey-style brief underwear (~18 briefs will be issued).
- White crew neck fitted cotton undershirts (~9 undershirts will be issued).
 - Undershirts will be worn under uniforms and need to be tight fitting.
- White V-neck fitted cotton undershirts (~15 undershirts will be issued).
 - Undershirts will be worn under uniforms and need to be tight fitting.
- White crew athletic socks (~22 pairs of socks will be issued on I-Day).
 - Tube socks need to reach just below mid-calf. Ankle socks will not be authorized for wear.
- Black or Navy Blue Compression “Spandex” Shorts (~6 shorts will be issued).
 - Shorts shall be worn underneath issued running shorts. While the issue will be enough for baseline laundry and workout schedule, it is advised to bring extra compression shorts in case of extraordinary circumstances.
- White sports bras of conservative style without multiple straps or designs (~11 sports bras will be issued to females).

While the issue will be enough for baseline laundry and workout schedule, it is advised to bring extra sports bras in case of extraordinary circumstances. **Ensure no logos are on the front of the bra that could be seen through a white shirt.**

- White or nude brassiere (NO regular bras will be issued to females on I-Day. Candidates are recommended to bring two) Plebes will have few opportunities to wear these over the summer; however it is recommended that regular bras be worn during uniform fittings.
- Running shoes (**See Note 2 below**).
- Toiletries - Plebes will have at least one visit to the Midshipmen Store over the summer to purchase necessary items. We encourage females to bring an additional three-week supply of feminine hygiene products.
 - razors and shaving cream (electrical grooming equipment is NOT authorized)
 - toothbrush and toothpaste
 - shampoo and liquid soap
 - hygiene products
 - black/navy blue swim cap, no logos (females, optional, but strongly encouraged)
- Females: Bring a single, one-gallon Ziploc bag containing hair products required to maintain hair within the regulations outlined below in the “Grooming Standards” section. We recognize there are a variety of hair types. Should you require more than a one-gallon Ziploc bag to maintain your hair within standards, we will approve the additional items on a case-by-case basis. Of note, there will be limited time for styling during Plebe Summer and candidates should plan accordingly.

***NOTE 2 (RUNNING SHOES):** All candidates will be issued running shoes on I-Day; however, candidates **SHALL** bring their own “broken-in” running shoes. Candidates will be authorized to wear these running shoes during physical training evolutions in order to cut down on medical injuries such as shin splints and blisters. Consult an athletic store that specializes in running to advise you on what running shoe is best for your foot type

Things you may not bring include:

- Stereo equipment, Clock radios
- Lamps
- Over-the-counter medication
- Civilian clothing other than what you are wearing on I-Day and the items listed above (**See Note 3 below**)
- Cosmetics and jewelry. The only exception is a religious medallion necklace whose chain is long enough to prevent it from showing with a crew neck t-shirt on while in uniform.
- Nail polish of any color
- Wrist watches will NOT be authorized for use over Plebe Summer (**See Note 4 below**)
- Snacks, drinks, or food of any kind

***NOTE 3 (CIVILIAN CLOTHES):** Fourth Class Midshipmen are not authorized to have civilian clothes at the Naval Academy, and the clothing that you report in for I-Day will be returned to you over Plebe Parents’ Weekend in order to return home with your parents.

***NOTE 4 (COSMETICS, JEWELRY, AND WATCHES):** All candidates are authorized to bring these items with them on I-Day. If you choose to bring them with you on I-Day, they will be inventoried along with your civilian clothing and stored for you over the summer in a secure location. It is recommended that you bring all of these items in a collapsible overnight bag labeled with your name.

CAUTION: Candidates are highly discouraged from bringing high value items to Plebe Summer.

Grooming Standards

Men’s Hair and Beards. Midshipmen are required to keep their hair neatly trimmed. Mustaches and beards are not permitted. All male Plebes will receive a “zero-blade” haircut on I-Day. There will be a total of four haircuts over the Plebe Summer schedule.

Women’s Hair. Female Plebes are not required to have a haircut above the chin; however, it is encouraged to facilitate a more efficient morning routine and meet grooming expectations given the fast-paced nature of Plebe Summer. Hair length, when worn down in uniform, may touch, but not fall below a horizontal line level with the lower edge of the back of the collar. Be mindful that those with long hair, including braids/locks, shall be neatly fastened, pinned, or secured to the head. Hair bulk (minus the bun) as measured from the scalp will not exceed 2 inches. The bulk of the bun shall not exceed 3 inches when measured from the scalp, and the diameter of the bun will not exceed or extend beyond the width of the back of the head. Loose ends must be tucked in and secured. Plebes will be authorized to use two small barrettes and small rubber bands, or small thin fabric elastic bands, similar to their natural hair color over the summer. While this list shall not be considered all inclusive, the following hairstyles are not authorized: pigtails, braids that are widely spaced and/or protrude from the head, styles with shaved portions of the scalp (other than the neckline), designs that are cut, braided or parted into the hair, lopsided and extremely asymmetrical hairstyles, as well as hair dyed using unnatural

colors. USNA recognizes the unique quality and texture of curled, waved, and straight hair. **A pictorial of Navy female hair standards is shown in the following link: <https://allhands.navy.mil/Features/Hair/>.**

In addition to the regulations specified above, it is important that you understand the limitation of the schedule for hair maintenance over Plebe Summer. USNA is unable to allocate time in the schedule to maintain complicated hairstyles. Plebes will be doing a large number of physical activities (i.e. swimming, obstacle courses, running, circuit training). Please make every effort to arrive with a hairstyle that can be managed in minimal time that will present a neat and professional military appearance.

Personal Swearing-In Ceremony Form

Following the formal Oath of Office Ceremony on I-Day, 25 June 2026, members of the Class of 2030 may conduct a "Personal Swearing-In Ceremony." During this optional event, a relative or close friend who is an active duty, reserve, or retired military member may administer the oath.

This ceremony is strictly ceremonial and can be conducted at any location on the Yard. The prescribed uniform is Navy Summer White or service equivalent; if a uniform is unavailable, appropriate civilian business attire is requested.

Reef Points

The annual handbook of the Brigade of Midshipmen will be issued to you on Induction Day. During the course of Plebe Summer, you will be required to commit portions of it to memory and be familiar with all of its contents.

When reporting for I-Day, Plebes will be expected to know VERBATIM the Mission of the United States Naval Academy, the administrative chain of command, the Honor Concept, the first two paragraphs of the Midshipman Ethos, and the first three General Orders of a Sentry.

The Mission of the Naval Academy

To develop Midshipmen morally, mentally and physically and to imbue them with the highest ideals of duty, honor, and loyalty in order to graduate leaders who are dedicated to a career of naval service and have potential for future development in mind and character to assume the highest responsibilities of command, citizenship and government.

Your Administrative Chain of Command:

Commander in Chief: President Donald J Trump

Secretary of War : The Honorable Peter B Hegseth

Acting Secretary of Navy: The Honorable Hung Cao

Chief of Naval Operations: Admiral Daryl L Caudle, USN

Superintendent of USNA: Lieutenant General Michael J Borgschulte, USMC

Interim Commandant of Midshipmen: Captain Austin M. Jackson, USN

First Three General Orders of a Sentry:

First: To take charge of this post and all government property in view.

Second: To walk my post in a military manner, keeping always alert and observing everything that takes place within sight or hearing.

Third: To report all violations of orders I am instructed to enforce.

The Honor Concept

Midshipmen are persons of integrity:

We stand for that which is right.

We tell the truth and ensure that the full truth is known.

We do not lie.

We embrace fairness in all actions. We ensure that work submitted as our own is our own, and that assistance received from any source is authorized and properly documented.

We do not cheat.

We respect the property of others and ensure that others are able to benefit from the use of their own property.

We do not steal.

Midshipman Ethos

My fellow Midshipmen and I are united by our oath to defend the Constitution and by the sacred trust placed in us by the American people. I will earn this trust.

I align my actions with the values of honor, courage, and commitment. I recognize the strength of my team, and am committed to the fair treatment of all. I hold myself and others accountable to the highest standard. I will embody integrity.

I intentionally seek challenges to forge my character, owning my failures and improving each day. I exercise moral, mental, and physical discipline today, so that I will be prepared to lead on the battlefields of tomorrow.

I will earn this trust, embody integrity, and stand ready to lead throughout conflict.

Plebe Summer

Plebe Summer's orientation program is fast-paced and begins the four years of military training you will receive at Annapolis in preparation for your commissioning as an officer. Upon arrival, you will begin your military indoctrination at USNA. You will march and wear a uniform your very first day.

Your military training throughout the summer will be under the close supervision of selected First and Second Class Midshipmen, commissioned officers, and senior enlisted service members. The basic military training unit is a squad. Each squad is made up of about seven to eight Plebes. You will be assigned to a squad, and since the development of teamwork is a vital aspect of your training program, you will be expected to participate fully in all activities of your military unit.

Plebe Summer is a very intense environment. Stress is a deliberate part of the program. You will march, swim, sail, be trained, and tested in physical fitness, fire both a pistol and a rifle, compete in athletics, and go to classes, all as a member of your military unit.

You will experience both success and failure. It is not uncommon for some individuals to question themselves when placed in a stressful environment. Your successes will be rewarded with commendations, and your failures will result in constructive feedback and guidance. Through it all, you must maintain a healthy perspective and learn from your experiences. If you work hard and maintain a sense of humility, Plebe Summer will be a rewarding experience you will never forget.

If you make the decision to leave, you can expect to be interviewed by several commissioned officers to make sure your decision is a sound one and not based on short-term emotions. They will be well-equipped to discuss the Naval Academy after Plebe Summer and the difficulty of adjusting to military life. If you still desire to resign, your letter of resignation will be forwarded to the Officer-in-Charge of Plebe Summer, and it should take approximately ten working days to process separation from that point. A final note regarding Plebe Summer: Your abrupt entry into a new way of life, featuring the mental stress and physical exertion of a military environment, may lead to temporary physiological changes. For example, eating habits and bodily functions will probably change. Once you have adjusted to your new way of life, mental and physical reactions should return to normal. Our medical personnel are available to assist you with this and any other questions or problems you may have while at the Academy.

Plebe Summer Completion Criteria

At the conclusion of Plebe Summer, Plebes are required to have met a clearly delineated, rigorous, but fair standard, in both the professional and physical mission, in order to ensure they are prepared to join the Brigade of Midshipmen. Plebes who fail to demonstrate satisfactory performance during Plebe Summer will be held accountable and may be recommended for separation from the Naval Academy.

Mailing Address for Midshipmen

Plebes are able to receive mail during Plebe Summer. The proper format is:

MIDN John L. Doe
USNA Class of 2030
X Company, XX Platoon
Annapolis, MD 21412

You will learn your Company designators prior to I-Day. After Plebe Summer, you will receive a P.O. Box number for use in receiving mail. The only zip code midshipmen can receive mail to is **21412**.

Email

You will be assigned an email address upon the completion of Plebe Summer. This email address will remain the same during your four years here. During Plebe Summer training, you are not allowed to send or receive emails.



Section VII - Keys to Success for Plebe Summer

This section discusses three key components that define warrior toughness that ultimately lead to success during Plebe Summer and your time at the Naval Academy: Mind, Body, and Soul. The Naval Academy provides many resources that focus on building and developing these core aspects of a well-rounded leader.

1. MIND

Many of these keys to success follow the Naval Academy's "Warrior Toughness" Program—helping you succeed in your personal mind, body, and soul with three key tools: resilience, grit/hardiness, and mindfulness. Developing the mind acts as one of three pillars to developing your warrior toughness and focuses on mental stamina and skill.

The Midshipmen Development Center is here to provide the keys to success in shaping your mind prior to Plebe Summer. In the Action Items section, they have provided you helpful tools, knowledge, and skills that will enhance your performance and make you "always ready" for the tasks ahead.

The tools are a variety of readings and links that, when the skills are intentionally practiced and utilized, will help you thrive during your Plebe Summer training and throughout your professional and personal life. These resources are:

1. Growing from Adversity
2. Fueling During Exercise
3. Introduction to Mindfulness
4. How to Prevent Homesickness
5. Five Fixes to Facing Failure
6. Social Support during Plebe Summer
7. Quick Focus Meditation Video
8. Navy SEAL Breathing Technique (Recalibration) Video
9. How to Handle Stress Video

After reviewing the resources and devising a plan for implementing them, follow the MDC's link/QR Code to a short self-reflection exercise. You will conduct similar exercises through daily journals during Plebe Summer, so this will be good practice. Studies have been performed on other successful military officer candidates and each of these exercises are known to boost your mind's resilience and performance through stressful situations.

2. BODY

Developing midshipmen physically is one of the three core missions of the Naval Academy and another pillar to strengthening your warrior toughness. To ensure that you are physically prepared for Plebe Summer, you are encouraged to start a program designed to help develop cardiovascular endurance and upper body and core strength. We have provided you with a sample program and a workout plan titled: *Plebe Summer Training Plan* on the PE Department website at the following web address: <https://usna.edu/PEDept/workouts.php>.

Print the workout table and post it in your living area or on your fridge! Have your family and friends help keep you on track! Prior to I-Day, this is one of the most consequential areas of preparation. Being physically fit prior to entry will reduce your risk of injury, and injuries affect the pace of your professional development. Don't fall behind!

Listed below are a few examples of some of the physical requirements of Plebe Summer to help you prepare for the types of activities in which you will be participating:

- 90 minutes, five days per week of strenuous physical calisthenics to increase cardio-respiratory fitness, muscular strength, and endurance, flexibility and confidence.
- Runs up to 4.5 miles at a 8-9-minute per mile pace, interval, and sprint training.
- Obstacle and endurance courses that test balancing, leaping, climbing, and team building skills.
- Hand-to-Hand training that incorporates martial arts, boxing, and wrestling.
- Climbing Wall training that involves upper body muscular strength and endurance, team building, and acclimatization to heights.

Do not leave all of your preparation to the last minute, as you may end up sidelined with a preventable injury during Plebe Summer. It is imperative that you begin the recommended exercise routine, or one similar to it, NOW! Some common

injuries historically seen during Plebe Summer, such as shin splints and minor foot, leg, and back injuries related to being out of shape, can be prevented by your preparation beforehand.

Upon arrival, a Physical Readiness Test (PRT) will be administered to determine whether a Midshipman meets the minimum standards of physical fitness for Plebe physical training. Failure to pass this test will result in assignment to a remedial program. At the end of Plebe Summer and during each semester, each Midshipman is required to pass the USNA PRT. The test consists of two minutes of push-up, a timed isometric plank-hold position, followed by a timed 1.5 mile run. Passing the PRT every semester is a requirement for service at the Naval Academy. Failure to pass the PRT may result in separation from the Naval Academy.

For your information, the maximum (and minimum) scores for the PRT are as follows:

- **Female:** Push-ups: 48 (39), Plank: 3:10 (2:30), 1.5 mile run: 9:47 (13:15)
- **Male:** Push-ups: 87 (71), Plank: 3:20 (2:40), 1.5 mile run: 8:30 (10:30)

Upon reporting for Plebe Summer, you should be able to swim a minimum of 100 yards utilizing any stroke and tread water for 15 minutes. Failure to complete these tasks will result in assignment to the swim remedial program. Show up in shape, bring comfortable shoes, and most importantly... **Stick with the program!**

More information on the USNA Swim Requirements can be found on this website:

<https://www.usna.edu/PEDept/curriculum.php>

3. SOUL

The last pillar of warrior toughness, Soul, focuses on moral toughness and the ability to withstand adversity when pressure is placed on one's moral code. The Naval Academy offers many courses and training to help Midshipmen discover their moral fiber and align it with the tenants of duty and service. In addition, the Command Religious Program offers a wide variety of worship services, religious education programs, pastoral counseling, and other activities that are available for your moral, spiritual, and religious enrichment throughout Plebe Summer and the rest of your four years as a Midshipman. Nine chaplains - all experienced Naval Officers - are assigned to the Naval Academy. These chaplains represent five Protestant denominations, the Roman Catholic Church, the Jewish faith, and the Islamic faith. The chaplains' mission is to care for everyone by providing ministry to members of their own faith groups, facilitating the free exercise of religion for other faith groups, and providing confidential counseling for all Midshipmen.

For Midshipmen who are interested, worship services and other devotional activities are built into the Plebe Summer routine. There are three Protestant worship services and one Catholic Mass on Sundays along with specific opportunities for Friday worship and fellowship among Jewish Midshipmen, Islamic Midshipmen, and members of the Church of Jesus Christ of Latter-Day Saints, Seventh Day Adventists, and adherents of the Orthodox, Hindu, and Buddhist faith groups. Please note that the unique training environment of Plebe Summer requires that parents do not interact with Plebes during Plebe Summer worship services with the exception of Plebe Parents' Weekend. Candidates are allowed to bring a copy of their chosen Holy Scripture (e.g. Bible, Quran, etc.). Your Naval Academy chaplains welcome you to Annapolis and look forward to assisting you in your moral and spiritual development.



Section VIII - Parent Information

This section discusses expectations of parents and highlights opportunities available to incoming Parents on I-Day and beyond.

Welcome Letter to Parents from the Plebe Summer Officer in Charge

Dear Parents of the Class of 2030,

Congratulations! Your son or daughter's appointment to the U.S. Naval Academy is a testament to their character, discipline, and potential development into a highly capable naval officer. You undoubtedly helped them up to this point, and your support is still required, but we view Induction Day and Plebe Summer as milestones that should mark a turning point in how your support is provided.

The journey from civilian (or prior enlisted service) to Midshipman is intentionally rigorous and stands as a crucible test prior to the start of the academic year. To help them succeed, we ask for your partnership in embracing the following expectations.

1. Supporting Your Midshipman's Journey to the Fleet

When the Class of 2030 marches into Bancroft Hall (after the Oath of Office and a short time with families to say goodbye for the summer), a profound and deliberate transformation begins. We understand the temptation to potentially remain in Annapolis or return frequently to catch a glimpse of your Midshipman during their first few weeks, but this "extra" presence is actually detrimental (as Plebes have told us). In support of their focused development, we ask that you give them space to stand independently in their new world as a midshipman, as the Yard is their world for the Plebe Summer.

- **Morning PT and Formations:** *While the sight of the Class of 2030 training on Rip Miller Field or Stribling Walk is impressive, we strongly discourage parents from "sideline spectating." When a Plebe spots their family during a grueling evolution, it often breaks their focus and shifts attention away from their squad and back to the comfort of home.*
- **The Naval Academy Chapel:** *Sunday services are a time for reflection and camaraderie with their classmates. While the Chapel is a public space, having parents "pop in" to surprise their Plebe can be incredibly disruptive to their emotional calibration. They are learning to find strength in their shipmates; seeing you in the pews before they are ready can make the return to Bancroft Hall significantly more difficult. We have unfortunately found parents meeting up with their Plebes in the restrooms, which violates direct orders to the Plebes.*
- **The "Bancroft Bubble":** *Your Midshipman needs to learn to navigate the pressures of "Mother B" without a safety net. Every time a parent intervenes or appears on the perimeter, it slows the process of the Plebe leaning on their fellow Midshipmen—the people who will eventually be their brothers and sisters-in-arms in the Fleet.*

Quality Communication over "Hovering"

The best way to support your Plebe is through **letters**. A letter can be read, tucked into a pocket, and revisited during a tough night. A surprise appearance at a formation, however, creates an emotional "spike" that can lead to homesickness and a lapse in focus.

By staying off the Yard until you're invited back for Plebe Parents' Weekend, you are sending a powerful message to your midshipman: *"You can do this on your own. You are doing this on your own" and you are providing them the space necessary to do so.*

Medical Care and Privacy: The "Need to Know"

One of the most significant shifts for parents occurs in the realm of healthcare. Because your Midshipmen are now active-duty members of the U.S. Navy, their medical information is protected by federal law (HIPAA) and military regulations and utmost safety is paramount.

- **Communication Regarding Injuries:** *In the event of a minor illness or training injury—such as heat exhaustion, blisters, limited vomiting, or sprains—the Academy will not contact you. Additionally, during Plebe Summer midshipmen may be taken to the Anne Arundel Medical Center Emergency Room for precautionary visits; if the potential concern is rapidly mitigated, you will likely not be contacted. Your Midshipman is expected to manage their own care and recovery through the chain of command. If they choose to call or write to you about an injury, that is at their discretion.*
- **The "No News is Good News" Rule:** *Rest assured that in the rare event of a truly serious, life-threatening emergency, the Naval Academy will follow its protocol to notify the Primary Next of Kin. If you have not been contacted by the Academy, you can assume your Midshipman is fit for duty or receiving appropriate medical care.*
- **World-Class Care:** *The health and safety of the Brigade is our highest priority. Your Plebes have access to premier medical professionals at the **Brigade Medical Unit** and, if necessary, the **Walter Reed National Military Medical Center**. They are in the hands of some of the best military physicians and corpsmen in the world. If an outside referral is needed for further speciality care, referrals will be processed by our medical care coordinator:*
- **Empowering the Midshipman:** *We ask that you encourage your Plebe to "seek care early" if they are struggling. Sometimes Plebes hide injuries because they don't want to fall behind their company. Your role is to remind them that a leader takes care of their "equipment"—and in this case, that means their own physical health.*

We recognize that this transition is just as much a challenge for you as it is for them. Thank you for trusting the Commandant's team and the Midshipmen Detailers with their development. Together, we will watch them transform into the future leaders our nation requires.

Very respectfully,

CAPT B.J. Farrell

Plebe Summer Officer in Charge

Parent Information

A link to the **full Naval Academy Business Services Division (NABSD) Plebe Parents Guide** will be provided on the Naval Academy Plebe Summer web page: <http://www.usna.edu/PlebeSummer/index.php>.

We recommend and request that all parents join USNA's official "USNA and Sponsor Family Connection" at https://usna.campusesp.com/users/sign_up. Once your parents join, please be sure to have them join the "Class of 2030" community and any other community of interest to them (USNA news, sports, performing arts, etc.). This platform is managed directly by USNA staff, and by having your parents join they will have direct access to information that will support you as a midshipman and your 47-month journey to graduation and commissioning.



Specifically, they will have access to:

- Helpful logistical information to ensure a smooth Induction Day, Plebe Parents' Weekend, and future USNA visits.
- The "Honor, Courage and Commitment Parent and Sponsor Family Development Series" webinars that will equip your parents with skills and information to support your development as a midshipman.
- Official discussion groups with other Plebe Parents that are moderated by USNA staff members to ensure accuracy of information.
- Class-specific and Brigade-wide information to keep them "in the know" so they can be an active participant in helping you through the midshipman process via all the leadership and character building lessons you will experience at USNA and during your summer training.

Parent Activities on I-Day

While you will be fully engaged in the I-Day schedule, your parents and family members will have several opportunities to participate in activities designed to familiarize them with life at the Naval Academy.

Families are invited to enjoy complimentary tours showcasing the many services provided by Naval Academy Business Services to support you as an incoming Plebe. Tours depart every 15 minutes, with check-in conveniently located near Alumni Hall.

After the tour, families should head to the I-Day Expo in Dahlgren Hall—a must-stop destination on I-Day! There, they can relax, cool off from the summer heat, connect with other parents, meet local vendors who support the Brigade, and learn about the 22+ services Naval Academy Business Services provides across the Yard. Add in great food options and a chance to meet the NABSD team, and Dahlgren Hall quickly becomes the perfect home base for the day.

*NOTE: A detailed schedule can be found on the Naval Academy Plebe Summer web page at:
<http://www.usna.edu/PlebeSummer/idav.php>.*

The senior leadership of USNA meets daily to monitor the fluid situation and makes adjustments as necessary. If/when there are instructions established affecting the Class of 2030 and/or Induction Day, we will be sure to disseminate the information as quickly as possible.

Care Packages

“Care package” is a Midshipman term for goodies from home and is a very effective morale booster. However, during the controlled training environment of Plebe Summer, the sending of junk foods to a plebe is highly discouraged. Please provide the following guidelines to anyone who will be sending care packages:

- Please limit the size of the shipping container to no larger than a shoe box. All food should be shipped in an airtight container.
- All items should be single serving and non-perishable. There are no refrigerators available in Bancroft Hall for food storage.
- No medications, vitamins, or nutritional supplements are allowed.
- Junk food is highly discouraged during Plebe Summer.
- The regimen of Plebe Summer is a controlled training environment and requires adherence to a healthy diet. Due to health concerns and storage limitations, excess junk food that cannot be stored or consumed immediately will be disposed of.
- Please ensure NO HEMP seeds are on the ingredient list.
- Permitted Care Package companies that deliver directly on the Yard: <https://www.usnabsd.com/care-packages/>
- Some suggestions for things to include in care packages:
 - Individually wrapped granola bars or energy bars.
 - Powdered sports drink mixes, **NO CAFFEINE OR ITEMS WITH CAFFEINE IN THEIR INGREDIENTS.**
 - Letters from home.

Parent Resources - Helpful webpages

- <https://navalacademytourism.com/>
Information to assist parents getting around the Naval Academy grounds for visits
- <https://navalacademytourism.com/shop>.
Shop the Midshipmen Store, Navy Online and USNA Gift Shop
- <https://www.usnabsd.com/visit/for-parents/>
Care Packages / Approved Photographers / Catering Support / Dining / Shopping / Services on the Yard
- <https://www.plebesummer.com/>
Optional Plebe Summer Photo Program
- <https://www.usna.edu/quicklinks/parents.php>
USNA Parents Quinklinks Page
- <https://www.visitannapolis.org/>
Visiting Annapolis: Local destination information

USNA Alumni Association & Foundation

Please read the “USNA Alumni Association Parent Welcome Letter” and the “Parent Letter Regarding USNA Parents Clubs” that have been included in the forms provided for information regarding the support offered by the USNA Alumni Association and Foundation.

Contacting Midshipmen in an Emergency

For all emergency or urgent messages, parents should contact the Bancroft Hall Main Office at 410-293-5001/5002. The Officer of the Watch will ensure all necessary actions are taken.

The American Red Cross serves as the official, verified link between families and the military during emergencies. The Naval Academy requires an official American Red Cross emergency (AMCROSS) message to authorize emergency leave for events like a death or critical illness in the immediate family. To initiate the process:

- Submit a Request: Visit the Red Cross Emergency Communication portal or call 1-877-272-7337.
- Provide Details: You will need the Midshipman's full name, Social Security Number, and the contact information for the hospital or funeral home for verification.
- Notification: Once submitted, the Red Cross verifies the emergency and notifies USNA directly so the Chain of Command can begin the leave process, if appropriate.

Plebe Parents' Weekend

Your family is invited to visit with you during our four-day Plebe Parents' Weekend, **6-9 August 2026**. The weekend's special program of events offers your parents a unique opportunity to have a close look at the Annapolis environment and to see for themselves how well you are developing as a Midshipman. This will be the first time since I-Day that plebes will be allowed to have visitors.

The Plebe Parents' Weekend Schedule can be found on or after 1 June 2026 on the Naval Academy Web page <https://www.usna.edu/PlebeParentsWeekend/>

