

MUG GUIDANCE



**REGIMENT OF CADETS
SUNY MARITIME
2025**



WELCOME ABOARD

Dear Future Cadet:

On behalf of the Regiment of Cadets and the Regimental Staff, we look forward to welcoming you to campus this fall. You are about to embark on a unique and rewarding experience that sets Maritime College apart from any other institution.

Maritime College is more than just a college—it's the Peninsula of Opportunity and Engine of Upward Mobility. With a 150-year legacy of preparing leaders in the global maritime sector, our Regiment has long been a model for shaping students into confident professionals. Whether you aspire to sail aboard merchant vessels, work in engineering or logistics, or lead in environmental or data science fields, the Regiment provides a strong foundation of character and competence that will serve you for a lifetime.

Starting Wednesday, August 13, 2025, you will begin the Indoctrination (INDOC) program—your first step into the structured and leadership-driven lifestyle of the Regiment. Please ensure that all uniform and INDOC fees are paid in full before arrival, and that all medical documentation is submitted by Friday, June 6 for review and processing. Incomplete medical or financial requirements may delay your start or affect your enrollment status.

The Mariner Under Guidance (MUG) Indoctrination is an immersive introduction to the regimental lifestyle—a living-learning environment that simulates the pace and responsibility of life at sea. INDOC is not a military bootcamp, but rather a leadership laboratory built to develop your self-discipline, time management, teamwork, and confidence. You will be introduced to shipboard life, seamanship fundamentals, and the customs and traditions of our maritime service. Our goal is to prepare you to thrive in a highly professional, collaborative setting that mirrors real-world expectations in the maritime and technical industries.

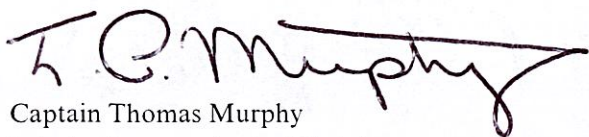
The Regiment of Cadets, combined with our rigorous academic programs, offers a one-of-a-kind experience. The path you've chosen is demanding, but it is also transformative. Throughout the academic year, during internships, and during Sea Term, cadets are expected to demonstrate accountability, leadership, and respect—for themselves and others.

Please use the enclosed documentation (Reporting Requirements) when packing for your move into Housing. Cadets in the Regiment have different packing requirements than students not pursuing the regimental lifestyle. You should clear all outstanding issues prior to reporting to INDOC so you can fully participate in the program. INDOC will culminate on Saturday, August 23, 2025, with a Graduation Ceremony at 1000 on Reinhart Field. This does not mean that your indoctrination to Maritime and the Regiment of Cadets is complete – instead, you will have completed the first step in your march toward your Maritime career.

It should be noted that except for emergencies, no cadet will be allowed visitors prior to the end of INDOC. Please inform your family/friends of this fact. In cases of emergency, my office may be contacted at 718-409-7442.

Once again, congratulations on your acceptance to the first and foremost Maritime College in the United States. You and your family should be proud of this achievement.

Very Respectfully,

A handwritten signature in dark ink, appearing to read "T. G. Murphy", with a stylized flourish at the end.

Captain Thomas Murphy
Interim Commandant of Cadets

TABLE OF CONTENTS

INDOC - LEADERSHIP DEVELOPMENT	4
REPORTING REQUIREMENTS	5
GROOMING STANDARDS	6
PERSONAL ACCOUNTABILITY	7
PHYSICAL FITNESS CONDITIONING PROGRAM	8
REQUIRED PAPERWORK & ITEMS	9
UNIFORM REQUIREMENTS	11
UNIFORM REQUIREMENTS	12
TWIC APPLICATION PROCESS	13
TWIC ENROLLMENT STEPS	14
INDOC - FREQUENTLY ASKED QUESTIONS	15
INDOC - FREQUENTLY ASKED QUESTIONS	16
INDOC - FREQUENTLY ASKED QUESTIONS	17
QUICK REFERENCE	18
DEPARTMENTAL DIRECTORY	19

“FIRST & FOREMOST”

INDOC - LEADERSHIP DEVELOPMENT - 4

Congratulations on your acceptance to SUNY Maritime College and your decision to participate in the Regiment of Cadets! You have decided to participate in a storied organization with over 150 years of rich seagoing experience. This process will shape you into a capable, prepared, professional individual who will be one of the leaders of the future.

As you approach your arrival at SUNY Maritime College in August, there are several aspects that you must begin tracking to ensure you enter the next stage of your life as prepared as possible.

INDOCTRINATION PERIOD

The Indoctrination Period, commonly called INDOC, is the orientation period for students who wish to participate in the Regiment of Cadets at SUNY Maritime College and pursue the academic programs attached to the license program. It is the initial training period that will rapidly lay the foundation for incoming MUGs in the following skills:

- a base level knowledge of shipboard operations as required of merchant mariners
- an understanding of SUNY Maritime College's history and traditions
- instruction on the processes encountered by students at SUNY Maritime College (registering for classes, checking grades, changing rooms, understanding the College Code of Conduct, etc.)
- instruction on the processes unique to the Regiment of Cadets (maintaining a uniform, following hair standards, keeping a clean room, etc.)
- an understanding of the Regimental Rules & Regulations, the rules that guide all cadets at SUNY Maritime College through their daily life on campus
- time management
- stress management
- personal accountability – for your decisions/actions
- adapting to changing conditions in a professional setting
- assimilating to a new culture that may be unfamiliar

During this 10-day period, you will be unable to access your personal telephone, unable to wear a watch, unable to leave campus, and unable to contact individuals who are not at the College at that moment. This is in place for you to have the most immersive experience in order to set you up for success as a member of the Regiment of Cadets, and to minimize distractions for both participants and staff, as this replicates the separation that mariners will all face while out at sea on ships. In the event of emergency, you will be able to quickly reach individuals who are not at Maritime College during INDOC. However, begin to prepare yourself emotionally and mentally for separation from social media and from friends and families for this orientation period.

Completion of INDOC is mandatory for all students wishing to participate in the Regiment of Cadets. Failure to complete the full training period may result in a deferral to next year's INDOC. Additionally, it will mean that you are unable to enroll in the majors and courses necessary to pursue the USCG License Program, along with deferring your membership in the Regiment of Cadets. Failure to complete INDOC will not remove you from the College; if you choose to stay following INDOC you may be enrolled as a traditional student. Following successful completion of INDOC, you will begin classes on August 24, 2025, as a Mariner Under Guidance (MUG) in the Regiment of Cadets.

REPORTING REQUIREMENTS - 5

Arrival: Wednesday, August 13, 2025

The new cadets in the Regiment – MUGs (Mariners Under Guidance) - will begin INDOC on this day. You will receive guidance from Student Housing regarding check-in to the dorms early that morning.

Please make sure to check the Maritime College website and adhere to the latest policy on vaccinations.

The INDOC fee must be paid in full prior to the new MUG being permitted to begin INDOC. The fee for all cadets is approximately \$880.00. This fee will be posted to your student account.

Once the Indoctrination program begins, you will not be permitted to have any visitors or electronic communications until Saturday, August 23, 2025 at noon. All personal matters should be attended to prior to arrival at the college. In cases of emergency, your parents or guardians may reach you through the Regimental Affairs Office at (718) 409-7442, or through University Police at (718) 409-7311 (after hours). If, for any reason, during the Indoctrination period parents must be contacted, they will be called by a member of the Regimental staff. If, for any reason, you are unable to participate in the entire period of Indoctrination, you will be deferred to the next Indoctrination period (August 2026).

We do not encourage you to bring large amounts of cash with you. All monetary arrangements should be made prior to your arrival. You may need some money for incidentals. In addition, the Ship's Store accepts major credit cards for all purchases except for cash advances, and an ATM is available on campus. Likewise, use of cell phones will not be permitted during Indoctrination and candidates are strongly encouraged to leave them home for the duration of the program.

The Code of Federal Regulations Title 46 requires that those participating in the Regiment be subject to a urinalysis testing program. During INDOC, all incoming MUGs will undergo urinalysis testing as part of the required 'pre-employment testing'. Those who fail this urinalysis testing will be dismissed from the Regiment and will be sent to the College's judicial system for adjudication.

*** Prior to arrival for Indoctrination, if you have been injured or developed any medical condition that may prohibit your participation in Indoctrination (e.g., broken bones, serious sprains, etc.) please contact Health Services at (718) 409-5424 to discuss limitations. Should you have any pre-existing medical conditions, please contact the Health Services prior to arrival to discuss documentation that may be required to clear you for participation in Indoctrination. Also note, if at any time during Indoctrination, you are placed on "light duty" (medical accommodations that do not allow full participation in required activities) for a period of 24 hours or more, may lead to your deferral to the next Indoctrination period (August 2026).

Completed physicals (U.S.C.G. 719K Forms) must be received by Health Services no later than 3 pm on Friday, June 6, in order to begin INDOC on Wednesday, August 13, 2025. Incomplete medical paperwork may lead to delays and could lead to your participation in INDOC being deferred to August 2026.

GROOMING STANDARDS - 6

Grooming standards for MUGs are as follows:

Male Cadets must arrive with (or will receive once INDOC starts) a close-cropped hair cut in accordance with the standards explained below. Women must arrive with their hair cut or styled above their collar, in accordance with the standards explained below. Since the INDOC routine is rigorous and demanding, hairstyles that do not require much attention and are easy to manage are key to maintaining a professional appearance and to managing your time. You may find it helpful to have your hair cut or styled before reporting to Maritime.

Grooming Standards for men will be neat, clean and present a groomed appearance at all times. For MUGs, hair above the ears and around the neck shall be tapered from the lower natural hairline upwards at least $\frac{1}{2}$ and outward not greater than $\frac{1}{2}$ " to blend with hairstyle. Hair on the back of the neck must not touch the collar. Hair shall be no longer than 2" in length and may not touch the ears, collar, extend below eyebrows when headgear is removed, show under front edge of headgear or interfere with properly wearing headgear. The bulk of the hair shall not exceed 1.5". Bulk is defined as the distance that the mass of hair protrudes from the scalp. For those who choose to wear crew cuts, the hair on top of the head must be at least $\frac{1}{16}$ " in length.

Grooming Standards for women with a short hairstyle, your hair may touch your collar, but must not fall below the bottom edge of your shirt collar. No hair may show under the front brim of any head gear (ball caps or uniform headgear) nor shall it extend below your eyebrows when headgear is removed. Hair may be worn layered or one length. Hair on the sides of the face may extend to the jawbone. Hair color must be a solid natural color. MUG females who choose to maintain their hair in a long style will wear it "up" (in a bun) when in uniform for safety reasons. In no case will the bulk or length of hair interfere with your training or the proper wearing of headgear. Loose hairs must be kept flush to the sides of the head. Hair may not be shaved to a defined line on the scalp. Hair ornaments, such as ribbons, head bands, and clips, will not be worn when in uniform. Pins, combs, cloth-covered elastic bands or barrettes similar in color to the individual's hair color may be worn, but shall not interfere with the wearing of military headgear.

These standards for haircuts may relax at the conclusion of INDOC.

Note: Exceptions to policy for uniforms and grooming standards require a written authorization (known as a 'chit') from the Commandant of Cadets.

PERSONAL ACCOUNTABILITY - 7

Several small changes can be made to your life now that will positively impact you and prepare you for INDOC. If you do these things now, you are already ahead of the curve for INDOC.

Start your days off right!

- When you awake in the morning, rise to a consistent alarm. At Maritime College, cadets/MUGs start their days at 6:30 AM (0630) every morning. Before you leave your room, make your bed, ensure that your room does not have gear adrift, and ensure it is in a presentable state for your return.

Reach out to others!

- Make it a habit of greeting people you see the day's greeting. Say "Good morning" and "Thank you" to the person holding the door open for you on your way into a store. Shake hands with a person when you meet them for the first time. Ask a cashier how they are doing as they ring up your purchase. Call your grandparents if you have them and ask what they are doing. Things like these points will acquaint you with the level of respect that is expected of all cadets at Maritime College.

Take notes!

- Carry a pen and paper with you at all times, or utilize the Notes app on your cell phone. You never know when you'll have to write down important information. Keeping notes positively reinforces your memory, as well. Additionally, start to journal and keep track of your thoughts. Having control of your ideas and your passions helps reinforce why you are here.

Create a schedule and stick to it!

- Learn to segment your day into blocks, and try to keep these blocks separate. This is how life operates at Maritime College, and this will allow you to understand your priorities better and not be overwhelmed by large amounts of work.

Follow the three keys to success at Maritime College!

- Be ready and on time for all scheduled engagements—formation, classes, watches, and appointments.
- Be engaged in all aspects of college life—from academics to athletics, clubs, and community activities.
- Be a good person and a valued teammate. Respect and support those around you—you're not just building a resume here, you're building character and lifelong connections.

DATES TO REMEMBER

September 26 through Sunday, September 28 - Tunnel to Towers Service Project

October 17 and Saturday, October 18 – Homecoming Weekend

ALL MUGs must remain on campus these weekends to participate in these two annual traditions.

PHYSICAL FITNESS CONDITIONING - 8

Physical fitness, to promote physical well-being, is an integral part of living a healthy lifestyle. During INDOC and as a member of the Regiment of Cadets, you will be required to demonstrate the physical skills that are required of merchant mariners aboard vessels. Maintaining a level of physical fitness in which you can successfully demonstrate these skills will be vital for your success as a merchant mariner, as these skills may save your life one day. These skills include:

- Being able to swim 50 yards without stopping
- Being able to tread water without assistance for at least 5 minutes
- Being able to push, pull, lift, and carry a load of at least 40 pounds
- Being able to intermittently stand on your feet for as much as 1 hours with minimal rest periods
- Being able to walk up 100 steps without stopping or assistance
- Being able to climb up a 20-foot ladder without stopping or assistance
- Being able to don a personal floatation device (life jacket) without assistance

If you arrive at the College on the first day of INDOC and you cannot demonstrate these physical skills, you will receive guided training to get you to a level of physical fitness in which you will be able to demonstrate the physical skills upon completion of the training. Understand that this training will be in addition to your course load as a student and in addition to your Regimental requirements as a cadet, so it is in your best interest to begin training now to get to this level of physical fitness.

Throughout your MUG year, you will be assessed on your physical fitness to ensure that you in good physical standing to stand watch and perform the duties of a merchant mariner. This test is called the Physical Readiness Test, or PRT.

The standards are as follows:

	Males	Females
Push-ups	51	24
Curl-ups	62	62
1.5 mile run	12:30	15:00

As you train with your classmates and maintain a healthy level of physical fitness, proper apparel will help facilitate this. Athletic sneakers are required for all cadets at INDOC. Sneakers must be black, white, or grey in color and must have a supportive, non-marking sole.

The following sneakers are not recommended and should not be worn to INDOC:

- Basketball sneakers
- Fashion sneakers
- Sneakers with collapsible or strap heels (i.e. Crocs)
- Sneakers that do not have laces (no slip-on sneakers)
- Sneakers that have molded soles (i.e. turf soccer cleats, track spikes, golf shoes, Heelys)

REQUIRED PAPERWORK & ITEMS - 9

Upon arrival to INDOC on August 13, 2025, you must have a valid Transportation Worker Identification Credential- TWIC (if you are an American citizen) and a valid passport. Failure to have these two documents in your possession upon arrival (or failure to have them valid through the dates indicated below) may result in deferral of your participation in INDOC to August 2026. If you currently do not have a valid passport or TWIC card, you should apply for them now.

Frequently check the SUNY Maritime College website for updates regarding your enrollment at the College. Additionally, check your email for any emails from the Admissions Department, Student Affairs, the Registrar, or the Regiment of Cadets. These will all give you updates on college processes that you may have to take part in.

ITEMS FOR INDOC & 4th CLASS YEAR

New Regimental students are **required** to bring the following items to Indoctrination:

1.All the items as listed in the “Uniform Requirements Package” which must be purchased from the Ship's Store.

2.In addition the following items are required for Indoctrination:

- o TWIC (valid through Dec 2026)*
- o Passport (valid through Dec 2026)*
- o Bath towels (quantity 2, white)
- o Combination locks (2)
- o Laundry detergent
- o Paper
- o Pens (ball point pens – Black)
- o Pillow
- o Pillow case (white)
- o Running shoes (sneakers – cross country or training)
- o Sleeping Bag
- o Shower shoes (flipflops)
- o Socks (gym, quantity 10, white)
- o Socks (dress, quantity 10, black)
- o T-shirts (crew neck,quantity 10, white)
- o Toiletries
- o Underwear (quantity 10)

***You MUST bring your TWIC and Passport with you to INDOC.**

No more than two sea bags and one footlocker will be allowed in the dorm room.

REQUIRED PAPERWORK & ITEMS - 10

The following recommended items are for use during the regular academic year:

- o Alarm Clock
- o Batteries
- o Bed linens (extra sheets, flat, extra-long, white)
- o Calculator
- o Computer or laptop, Printer
- o Gym bag
- o Shower Caddy
- o Surge protector (UL approved)
- o Trash bin
- o Desk lamp

Cleaning supplies and fans will already be pre-staged in the dorm rooms. Please do not bring these items with you.

Cadets who travel long distances are permitted to bring the items above (for use during the academic year) with them at the beginning of INDOC.

During INDOC, tobacco/vaping and the use of clocks, watches and electrical appliances/devices are prohibited. During the academic year, MUGs (4/C Cadets) are not permitted carpeting/rugs, or any furniture other than that provided by the college.

UNIFORM REQUIREMENTS - 11

The following items make up the cadet's entire uniform. They must be purchased through the Ship's Store and will be issued upon your arrival in August. A \$500.00 NON-REFUNDABLE deposit is due on JUNE 6, 2025 in order to begin processing your Uniform package w Uniform Package total is approximately \$4,300.00 (includes sales tax) must be paid on or before August 11, 2025. All prices are subject to change (Additional \$10.00 for each item 3XL or larger on sweatshirt & sweatpants)

****Although your uniform fee may be covered in your financial aid package or scholarship initially the student must pay this fee on or before August 11, 2025. Cadets utilizing Veteran's benefits should contact the Office of the Regiment for additional guidance. Please make checks payable to the "Ship's Store."**

Forms of Payment: Checks made out to Ship's Store, Credit Card (Visa, Master Card, American Express, or Discover)

For your convenience, you may call in or mail your payment:

Ship's Store, SUNY Maritime College, 6 Pennyfield Ave., Throggs Neck, NY 10465

Phone: 718-409-7342, Fax: 718-409-2868

Ship's Store Hours: Weekdays 9:00AM – 4:00PM

For specific uniform questions you may call the Maritime College Ship's Store: 718-409-7342.

UNIFORM REQUIREMENTS - 12

SEA BAG – GEAR ISSUANCE

ITEMS (NEEDING SIZING/TAILORING)	ITEMS (IN LUGGAGE BAG)	ITEMS (IN LUGGAGE BAG)
PT Shirt Size	Pins (Year Pin)	Eye Protection
PT Shorts Size	Pins (Anchor/Propeller)	Ear Protection
Maritime Blue Ball Cover	Pins (State Seal)	Black Backpack
Water Bottle	Shoulder Boards	MUG Book
Khaki Shirt	Bed Linens	MUG Knife*
Khaki Pants	Blanket	
Salt and Pepper S/S White Shirt	Pillow Case	
Salt and Pepper Dress Pants	Hard Nameplate	
Service Dress Blue Jacket	Velcro Nametape	
Service Dree Blue L/S White Shirt	Shoe Polish Kit	
Boiler Suit	Stencil Kit	
Pea Coat	Luggage Bag	
Eisenhower Jacket	Black Tie	
Work jacket/windbreaker	Female Neck Tab	
Black ¾ Zip Up	Tie Clip	
Steel Toe Boots	White Crew Neck Undershirts	
Bates Dress shoes	Shirt Stays	
Khaki Garrison Cover Size	Sea Bag	
Combination Cover Size	Gloves (leather)	
Belt Khaki Flat Size	Gloves (work)	
Belt Black Flat Size	Combo Cover Insignia	
	Combo Cover Insignia Backing	
	Combo Cover Yellow Band	
	Laceration Cap	
	Watch (Fleece) Cover	
	Belt Buckles (2x)	

TWIC APPLICATION PROCESS - 13

ALL INCOMING REGIMENTAL STUDENTS MUST HAVE TWIC TO START INDOC*

What is a TWIC – The Transportation Worker Identification Credential, TWIC, is required by the Maritime Transportation Security Act for personnel who need access to secure areas of the nation's maritime facilities and vessels. (including TRAINING SHIP EMPIRE STATE VII) and all mariners holding US Coast Guard issued credentials. Transportation Security Administration (TSA) will issue workers a tamper-resistant "Smart Card" containing the worker's full name, expiration date, digital photo and 2 biometric fingerprints to allow for a positive link between the card itself and the individual.

TWIC Enrollment website: <https://universalenroll.dhs.gov>

Cost – The cost of the TWIC card is \$125.25 per applicant and is valid for five years.

What documentation do I need to provide to apply for a TWIC? - Applicants must provide the appropriate documents in order to verify their identity.

List A: (need one)

- Unexpired US passport
- Unexpired Permanent Resident card or Unexpired Alien Registration Receipt Card with photograph
- Free and Secure Trade (FAST) Card
- Merchant Mariner Document (MMD)

List B:

(need two and one must be a government-issued photo ID):

- U.S. Certificate of Citizenship (N-560,561)
- U.S. Certificate of Naturalization (N-550 or 570)
- Driver's license or ID card issued by a state or outlying possession of the United States
- Original or certified copy of birth certificate issued by a state, county, municipal authority, or outlying possession of the United States bearing an official seal
- Voter's registration card
- Consular Report of Birth Abroad
- U.S. Military ID or U.S. Retired Military ID
- U.S. Military Dependent's Card
- Expired U.S. passport
- Native American Tribal Document
- U.S. Social Security card
- U.S. Citizen Card I-197
- U.S. Military Discharge Papers DD-214
- U.S. Department of Transportation (DOT) medical card
- Standards of Training Certification and Watch Keeping (STCW Certification)
- Certificate of Registry (COR)
- Merchant Mariner's License (MML)
- Civil marriage certificate

TWIC ENROLLMENT STEPS - 14

Personal privacy - The Transportation Security Administration (TSA) will send pertinent parts of the enrollment record to the FBI, as well as within the Department of Homeland Security(DHS), so that appropriate terrorist threat, criminal history, and immigration checks can be performed. TSA will review the results of the checks to determine if the person poses a security threat, and will notify the applicant of the results. When TSA determines that an applicant qualifies to receive a TWIC, a credential will be produced and sent to the enrollment center at which the applicant applied.

*Non US Citizens accepted into the Regimental Program are not eligible for a TWIC; upon successful completion of Indoctrination, Non US Citizens will work with DHS to complete this process.

Enrollment Steps

The enrollment process consists of the following steps: pre-enrollment, in-person visit, security threat assessment and notification of the results, and issuance of the TWIC to the applicant.

Currently it is expected to take 4 to 6 weeks from enrollment to receive your TWIC. Applying after July 1 may result in a delay in receiving your TWIC prior to INDOC.

Step One:

Pre-enrollment (You MUST Pre-Enroll) - Applicants pre-enroll online and enter all of the information required. TWIC Enrollment website- <https://universalenroll.dhs.gov>.

- Pre-Enrollment consists of **steps 1 - 10**; you must complete all 10 steps.
- For **Step 6**, in Employment Status, you must select "Pre-Employment/Unemployed" in the drop down and in Occupation or Trade you must select "Merchant Marine."
- For **Step 9**, to find the enrollment center nearest you, enter you home zip code. Be advised each enrollment has indicated hours of operation, plan accordingly.

Step Two:

- Make an appointment – Note you can select "walk in" as an option however scheduled appointments take priority.

Step Three:

Visit an Enrollment Center:

- Provide identification documentation (see page 1 for acceptable forms of ID)
- Pay the enrollment fee (\$125.25)
- Complete a TWIC application disclosure form
- Provide biographic information
- Be fingerprinted
- Sit for a digital photograph

Step Four:

TWIC Delivery Options - You have the option to have it mailed to a selected address or you can arrange to return to enrollment center to pick up your card. We strongly recommend the mailing option.

INDOC - FAQ'S - 15

The following are several frequently asked questions regarding INDOC and the 4/C Year. If you do not find an answer to your question(s), please email the Regiment of Cadets at asktheregiment@sunymaritime.edu for assistance.

1. How much does INDOC cost?

Answer – The cost of INDOC for all incoming cadets is approximately \$880.

2. What do I do if I have not received my passport or TWIC card?

Answer – If you have not been able to successfully receive your passport or TWIC, please arrive with a print out of receipts for applications for the passport and/or TWIC.

3. Do I bring my passport and TWIC with me?

Answer – Yes.

4. I have been unable to complete my United States Coast Guard 719K Health documents?

Answer – All incoming MUGs must have a completed USCG 719K to participate in INDOC. If you are having difficulty in completing this form, please contact healthservices@sunymaritime.edu for additional guidance.

5. Do I need to purchase a sea bag, as directed, for my personal gear?

Answer – Sea bags are a time-tested piece of equipment that provide ample space for personal and uniform gear. Sea bags are available for purchase from the Ship's Store and upon payment, it can be sent to your home for use. To contact the Ship's Store, please email shipstore@sunymaritime.edu

6. What does my MUG do if they do not feel well?

Answer – Any MUG who does not feel well should report to their cadet leadership or Regimental Officer. The MUG will then have the ability to meet with a member of our Health Services team for consultation.

INDOC - FAQ'S - 16

7. Can I send my MUG with water or snacks for INDOC?

Answer – No. No bottled water or snacks are permitted during INDOC. Ample food and water will be provided throughout INDOC. Snacks and water are permitted at the completion of INDOC.

8. What will the haircut standard be for arrival and during INDOC for Male MUGs?

Answer – Male MUGs may report with their hair already cut to the following standards: haircuts will be conservative in style and professional in appearance. Haircuts will not exceed 1 1/2 inch in bulk with a taper of no longer than 1/4 inches with an even fade. Sideburns will not fall below the center of the ear and will have a straight cut.

Barbers will be on site at the start of INDOC to ensure all haircuts are within regulations.

9. Will there be an INDOC graduation ceremony on Saturday, August 23, 2025?

Answer – Yes, there will be a Graduation Ceremony on Saturday August 23 at 1000 on Reinhart Field. This will mark the satisfactory completion of the initial phase of MUG training and indoctrination.

10. Do I have to cover tattoos while in uniform?

Answer – No.

11. Can I wear facial jewelry? (nose rings, etc.)

Answer – Facial jewelry is not authorized while in INDOC or anytime cadets are in uniform.

12. Will laundry and ironing equipment be available during INDOC?

Answer - To facilitate uniform maintenance and upkeep, laundry facilities are available in each dorm and irons and ironing boards are provided as part of their uniform package.

INDOC - FAQ'S - 17

13. If I need to contact my MUG during INDOC, who should I call?

Answer – in the case of an extreme emergency, you should call 718-409-7442.

14. If I still have questions, who should I contact?

Answer: Please send an email to asktheregiment@sunymaritime.edu. Your questions will be answered quickly.

QUICK REFERENCE - 18

INDOC 2025 – REGIMENT – QUICK REFERENCE SHEET

DATES OF INDOC 2025: WEDNESDAY, AUGUST 13, 2025 – SATURDAY, AUGUST 23, 2025

IMPORTANT DATES:

MAY 1, 2025: ENROLLMENT DEPOSIT DUE – FRESHMEN/TRANSFER

JUNE 6, 2025: SEA BAG DEPOSIT OF \$500.00 DUE TO SHIP'S STORE &

MEDICAL DOCUMENTATION – USCG 719K FORM SUBMIT TO: healthservices@sunymaritime.edu

JUNE 14 or 27, 2025: ATTEND ON CAMPUS PLACEMENT EXAMS

JULY 7 OR 8, 2025: ORIENTATION – SUMMER ORIENTATION

JULY 18, 2025: SUBMIT OFFICIAL FINAL HIGH SCHOOL TRANSCRIPT, OFFICIAL COLLEGE TRANSCRIPT (IF APPLICABLE), AP/IB SCORE REPORT

AUGUST 11, 2025: CONFIRM PAYMENT OF COLLEGE BILL – INCLUDING FINAL PAYMENT FOR SHIP'S STORE, COMPLETE ID CARD SET-UP, COMPLETE HEALTH INSURANCE WAIVER

AUGUST 13, 2025: REPORT TO SUNY MARITIME FOR INDOC 2025

AUGUST 23, 2025: MUG GRADUATION CEREMONY – 1000 – REINHART FIELD. MUGS RELEASED FOLLOWING CEREMONY

AUGUST 24, 2025: MUGS RETURN FOR EVENING TAPS AT 2100

AUGUST 25, 2025: FIRST DAY OF CLASSES

REQUIRED FOR ARRIVAL: VALID PASSPORT (VALID THROUGH DECEMBER 2026)
TWIC CARD (VALID THROUGH DECEMBER 2026)

CONTACT DIRECTORY:

REGIMENT OF CADETS: asktheregiment@sunymaritime.edu 718-409-7442

SHIP'S STORE: shipstore@sunymaritime.edu 718-409-7342

HEALTH SERVICES: healthservices@sunymaritime.edu 718-409-7347

CAMPUS CALENDAR: www.sunymaritime.edu

ANY OTHER QUESTIONS: asktheregiment@sunymaritime.edu

DEPARTMENTAL DIRECTORY - 19

<u>Department</u>	<u>Email Address</u>	<u>Phone #</u>
Regiment	asktheregiment@sunymaritime.edu	718-409-7442
Residence Life	housing@sunymaritime.edu	718-409-7488
Health Services	healthservices@sunymaritime.edu	718-409-7347
Admissions	admissions@sunymaritime.edu	718-409-7221
Athletics	maritimeathletics@sunymaritime.edu	718-409-4841
Student Accounts	studentaccounts@sunymaritime.edu	718-319-1217
Financial Aid	financialaid@sunymaritime.edu	718-409-7268
Ship's Store	shipstore@sunymaritime.edu	718-409-7342
Registrar	registrar@sunymaritime.edu	718-409-7262
University Police	upd@sunymaritime.edu	718-409-7311
Information Technology	helpdesk@sunymaritime.edu	718-409-6917
Student Affairs	studentaffairs@sunymaritime.edu	718-409-5879
U.S.C.G. Licensing Office	licence@sunymaritime.edu	718-409-7212

