



Republic of the Philippines
Philippine Merchant Marine Academy
 San Narciso, Zambales

ADMISSIONS OFFICE

DEPARTMENT OF MIDSHIPMEN AFFAIRS
THINGS TO BRING DURING MIDSHIPMEN ORIENTATION PERIOD

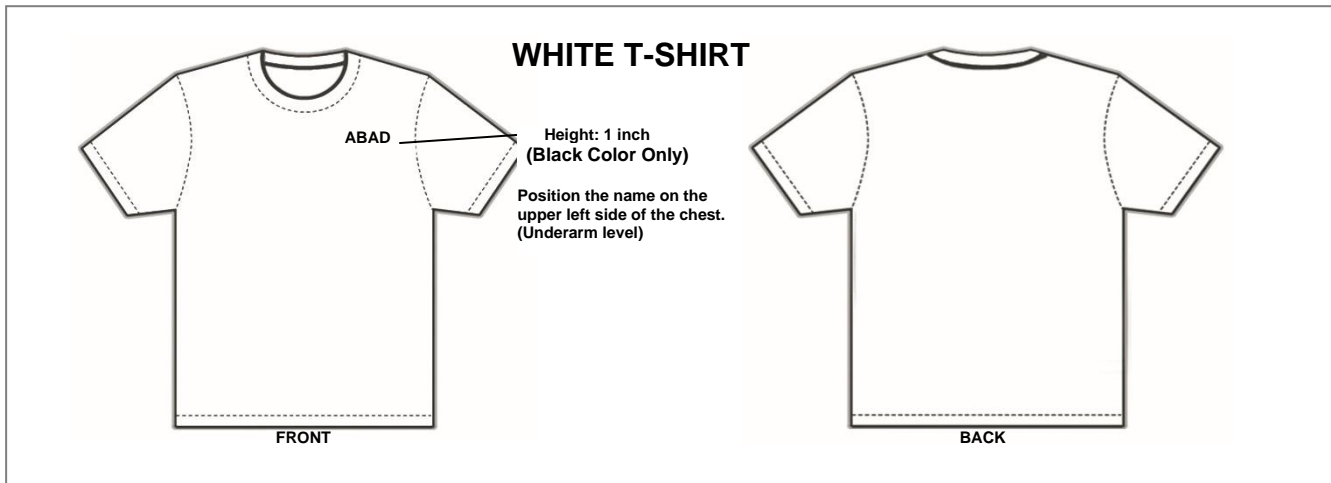
CLOTHING ITEMS	QUANTITY
1. Athletic supporters (white)	3 pcs.
2. Automatic Buttons	8 pcs.
3. Bath towel (plain green)	2 pcs.
4. Black socks (at least 6 inches from the ankle)	12 pairs
5. Buckles (silver)/Plain	1 pc.
6. Garrison Belt (khaki and black)	1 pc. Each color
7. Handkerchief (plain white)	7 pcs.
8. Plain Maong Pants (Jeans-Blue) straight cut (NO RIPPED PANTS) Cotton -PLEASE NO STRETCHY JEANS	5 pcs
9. Plain Maong Shorts (Jeans-Blue) 2 inches above the knee (NO RIPPED SHORTS) Cotton -PLEASE NO STRETCHY JEANS	3 pcs
10. Rain boots (black)	1 pair
11. Raincoat (poncho-style) black (WITH NAME) * for purchase at the PMMA COOPERATIVE	1 pc
12. Running shoes (pure black, any brand)	1 pair
13. Slippers (pure green color)	1 pair
14. T-shirt white w/ printed names - round neck (please refer to the sample below)	10 pcs.
15. Under wears (plain white, regular) NON-BIKINI	12 pcs.
16. White socks (at least 6 inches from the ankle)	6 pairs

PERSONAL EFFECTS	QUANTITY
1. 1/8 Index card	10 pcs
2. Ball pen (black)	1 dozen
3. Bath soap (Safeguard white)	2 pcs.
4. Bond paper (A4 size)	20 sheets
5. Clothes hanger (plastic green) * for purchase at the PMMA COOPERATIVE	1 dozen
6. Cotton	1 pack
7. Cotton buds	1 pack
8. Deodorant (roll-on or stick type)	2 pc
9. Dipper (tabo) * for purchase at the PMMA COOPERATIVE	1 pc
10. Dishwashing paste and sponge	1 pc
11. Foot powder	1 pc
12. Green plastic envelope without handle	2 pcs
13. Laundry Soap (bar)	2 pcs
14. Laundry Soap (powder)	12 sachet
15. Metal polish (liquid type) Glo	1 pc
16. Mess Kit (spoon, fork, lunch box, tumbler)	1 each
17. Multivitamins Capsule or Tablet (100 pcs only will be allowed)	100 pcs
18. Nail cutter (plain nail cutter only, no other accessories)	1 pc
19. Off lotion 100 ml	1 pc
20. Pail (green) * for purchase at the PMMA COOPERATIVE	1 pc
21. Pencil sharpener	1 pc
22. Pencil with eraser (sharpened) – 1(B), 1(HB)	2 pcs
23. Pentel pen (permanent, black)	1 pc
24. Prickly heat powder	1 pc
25. Protractor/Compass divider/ Triangles (30x60, 45x45)	1 pc each
26. Record Book (150 leaves)	1 pc
27. Rubbing alcohol 500 ml	1 btl.
28. Rubbing alcohol with Spray 50 ml	1 btl.
29. Ruler (12 in, ordinary plastic)	1 pc
30. Scientific Calculator	1 pc.
31. Scissor	1 pc
32. Sewing kit (white, black, brown, threads)	1 kit
33. Shaving kit (Disposable)	4 pcs
34. Shoe polish (wax type) Kiwi	1 pc
35. Surgical Masks	100 pcs
36. Toothbrush (green)	1 pc.
37. Toothpaste	1 tube
38. Yellow paper	1 pad
❖ HYDRATION BAG 3L Hydration Outdoor Tactical Water Can be purchased thru online / military stores.	

OPTIONAL: The above-mentioned items are available for purchase at the PMMA COOPERATIVE.



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FOR MIDSHIPWOMEN ONLY (Additional)

ITEMS	QUANTITY
1. Brassier (sports bra-plain white or skin tone)	7 pcs each
2. Cycling shorts (plain black)	7 pcs
3. Feminine wash	1 btl.
4. Sando/undershirt (plain white)	10 pcs.
5. Sanitary napkin	2 packs

NOTE:

❖ **Things that are not allowed to bring:**

- A. JEWELRIES, WATCHES, CELLPHONES, and other valuables.
- B. OTHER MEDICINES and PAIN KILLERS (OMEGA, EFFICACENT OIL)

REMINDERS:

- A. Upon reporting to PMMA on _____ (MAIN GATE), wear **PLAIN MAONG PANTS (JEANS-BLUE) WITH BLACK GARISSON BELT AND BUCKLES (BLACK), PLAIN WHITE T-SHIRT WITH PRINTED NAMES (ROUND NECK), RUNNING SHOES (PURE BLACK, ANY BRAND) and BLACK SOCKS.**
- B. **Hand Carry Duffel bag that can carry all your personal belongings are allowed to bring.**
- C. **All sharp objects must be in one pouch with a name affixed. (Ex. scissors, cutters, compass dividers, nail cutter, etc.)**
- D. **The following amount should be settled during Pre-registration:**

LAUNDRY SERVICES	123.00
HAIR CUT	250.00
INSURANCE	1,267.25
TOTAL	1,640.25

Prices subject to change

- E. All issued uniforms are not refundable but will be deducted from the initial deposit.
- F. Money to bring on _____ for the following:

UNIFORM FOR OATH TAKING	10,000.00
POCKET MONEY	2,000.00
TOTAL	12,000.00

NOTED BY:

(SGD)C/O REY A RAMOS
 Head, Admissions Office

VERIFIED BY:

(SGD)CAPT FRANCO T LADICA
 Commandant, DMA

(SGD)OSCAR CRISTITO L ROSETE, MD
 Medical Officer III