



SAVIOR SAILOR E-BOOK

THE ULTIMATE GUIDE

20+ ESSENTIALS — FOR — DEPLOYMENT

YOUR ONE STOP SHOP, EVERYTHING YOU

NEED AND MORE FOR A SMOOTH

TRANSITION FROM LAND TO SEA

ALEX VELICHKO

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ABOUT THE AUTHOR



Hello! I'm so glad we've found each other. My name is Alex but I used to go by FCA2(SW) Velichko.

Over eight years of service in the United States Navy and more than 22 months collectively at sea, I always seemed to be missing something. This is why I founded "Savior Sailor" and have created this resource.

Service members and their loved ones now have a proven and true list to feel properly prepared. I personally made a list and then interviewed 30+ service members and with some time, "Savior Sailor" E-Book was the outcome.

In my E-book, you will find all the items needed for a smooth transition from land to sea. Whether it is your first OR last time leaving home, Savior Sailor is here for you!

Thank you so much for your service to this great country and or for your support!

I look forward to connecting in the future!

COMFORT +

HAMMOCK



Talk to your work center supervisor prior to make sure you have somewhere to hang it up. (Only to be used after hours and must be stowed away during the day.)

CAMPING CHAIR



This is honestly more of a necessity than a "luxury."

FLOOR CAMPING MAT



To save your back during your cat naps on the ground.

NECK PILLOW



Small/portable and great for when you are laying on the floor or your chair/hammock. PLUS, you can use it for your flights back home on leave.

CLIP FAN



Berthing can get very hot in the summer.

BULWARKS/CARHART COVERHALLS



Much more comfortable than ship issued coveralls. Once you wear these, you will not go back!

SLIP ON BOOTS



All the cool kids have them! These are great for when you are in a hurry.

WATCH



If you don't have one already, are you really even in the military?

VACUUM SEAL BAGS



As stated before, you have limited space so these are handy for civilian attire or a big jacket you may bring with you.

DESK ORGANIZER



The work center will love you!

WRENCH SET



Just when you need something, someone else is using it! Avoid this problem with your own small set of tools that you use the most!

SUNGLASSES



ENTERTAINMENT

ELECTRONICS

WIRED EAR BUDS



The ship will secure Bluetooth while operating in certain areas of the world. You need to have wired headphones so you can still listen to music.

BLUETOOTH SPEAKER



Great for your workspace or during the daily "Clampdown."

AUXILIARY CORD/PHONE ADAPTER



When Bluetooth is secured, this will enable you to still be able to use your speaker with an auxiliary cord.

PORTABLE CHARGER



While on liberty, the last thing you need is a dead phone. Stay charged up with this!

BLUETOOTH HEADPHONES



When Bluetooth is not secured, you can enjoy these.

CHARGER BLOCK (MULTIPLE USB PORTS)



Your rack only has one outlet so having this will enable you to charge more than one device.

POP SOCKET/SOCKET HOLDER



Gives you an in-hand luxury feel with your phone. The socket holder is great to stick in your rack so you can "mount" your phone to watch movies.

COMPUTER



Having a computer is great if you want to watch movies or play computer games in your free time.

HARD DRIVE (SSD)



Store anything you want on this. Most commonly used to put movies/shows on here. Trade with your shipmates and build your collection!

KINDLE



With limited storage space, this allows you to have as many books as you want!

GAME CONSOLE(S)



Don't forget to buy extra games so you don't get bored!

MESSDECK FUN

SOME IDEAS FOR YOU TO BRING TO USE DURING FREE TIME

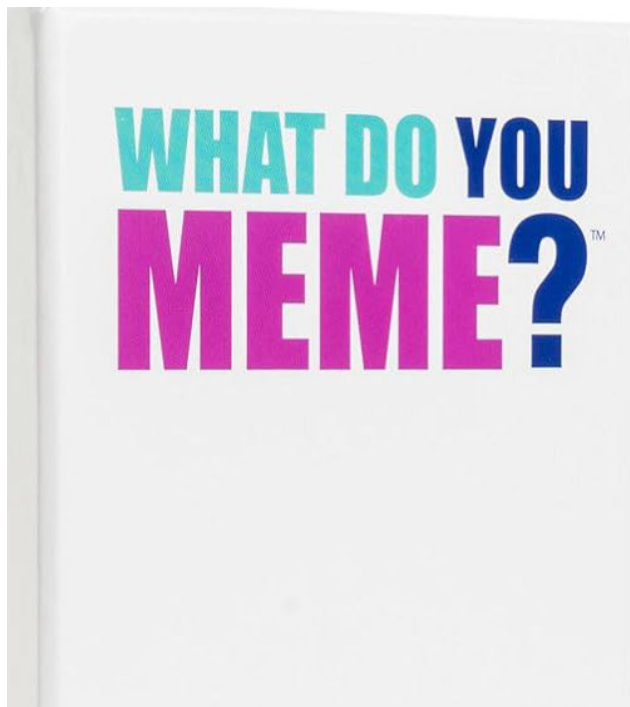
CARDS



UNO



WHAT DO YOU MEME?



JENGA



FIDGET SPINNER



RACK HACKS

RACK PAD



EXTRA BLACK SOCKS



EXTRA TAN T-SHIRTS



BEANIE CAP



EXTRA PILLOW CASE



The ship will issue only one to you but having a spare is nice to keep your pillow fresh.



BLANKET/SLEEPING BAG



Do you really want to sleep with a wool blanket???

EAR PLUGS



For uninterrupted sleep.

FACE MASK



Great for sleeping in the top rack because you have no overhead covering to block out light.



DISINFECTANT WIPES



Kill those germs! Give your rack a good wipe before moving in to start clean and fresh!

PHONE CLAMP



Great for holding your phone/tablet to watch movies in your rack. 3M Velcro tape works great also!

RACK LIGHT



2

Berthing is often dark which makes grabbing things a challenge. Don't turn the aisle light on, grab one of these and your rack mates will thank you.

COMBINATION LOCK (1 FOR BUNK, 1 LOCKER, 1 FOR FOOT LOCKER(S))



Combination lock removes the need to carry a key. WRITE THE CODE DOWN!

CLOTHES LINE ROPE



Great for hanging wet towels.

THERMALS (MALE)



Depending on where you are located or what time of the year it is, thermals will help you contain your body heat to keep you warm in the cold weather.

THERMALS (FEMALE)



Depending on where you are located or what time of the year it is, thermals will help you contain your body heat to keep you warm in the cold weather.

HEALTH/FITNESS

WATER BOTTLE (BRITA)



The ship water has added chemicals for purification, but this causes the water to taste differently. Brita filtered water bottle will help with this.

SHAKER BOTTLE



For your protein/pre workout. If you already have one – get a back up!

BRUSH TO CLEAN SHAKER BOTTLE



If you use a shaker bottle you probably know about “the smell.” A brush will help fight this.

PROTEIN POWDER



To grow big and strong.

PRE WORKOUT



When you need that extra boost to get you in the gym after working all day.

BCAA'S



This will help your muscles recover.

INSULATED BOTTLE (YETI)



For hot/cold drinks.

JUMP ROPE



Great for a cardio alternative when the treadmill or bike/row machine gets old.

FOOD/DRINKS

SOME IDEAS TO GET YOU STARTED BUT MAKE SURE YOU BUY YOUR FAVORITES!

POWDERED DRINK MIXES/MIO/ETC



CANDY



GUM



BEEF JERKY



SNACK BOX



INSTANT COFFEE



ASSORTED TEA BAGS



CREAMER



SLIM-JIM



MIXED NUTS



SEEDS



SNACK BARS



CHIPS



POPCORN



CEREAL



RAMEN



INSTANT RICE



MAC AND CHEESE BOWLS



FLAPJACK POWER CUP



TAKIS



APPLE SAUCE POUCHES



ROLL UP AND GUSHER PACK



PROTEIN BARS



AEROPRESS



More compact than a French press AND makes a smoother Cup of Joe!

SPICES/SAUCES



Taco Tuesday and they ran out of hot sauce?!? Good thing you have your own.

Burger Wednesday and there is no more ketchup?!? WELL.....good thing you have your own.

You get the point haha... make sure to get spices that you use regularly as well.

REUSABLE K-CUP



Some work centers will have a Keurig. Make sure you have one of these so you can make your own coffee.

SPORK



If they lock the scullery up at night because people aren't returning silverware you will be glad you have this for your snack before that night watch!

TUPPERWARE



On nights you really enjoyed the meal, use this to save extra food or if you are bulking and need more calories.

DISH SOAP



To wash out your Tupperware or shaker bottle.

HYGIENE

EVERYONE HAS THEIR OWN PREFERRED BRAND/SCENT. PLEASE
KEEP IN MIND THESE ARE JUST SUGGESTIONS/CHECK OFF LIST SO
YOU DON'T FORGET ANYTHING.

SHAMPOO



CONDITIONER



BODY WASH



DEODORANT



FACE WASH



FOOT CREAM



COLOGNE/PERFUME



HYDRATING FACE LOTION



TOOTHBRUSH CONTAINER



TOOTH PASTE



MOUTH WASH



SHAVING CREAM



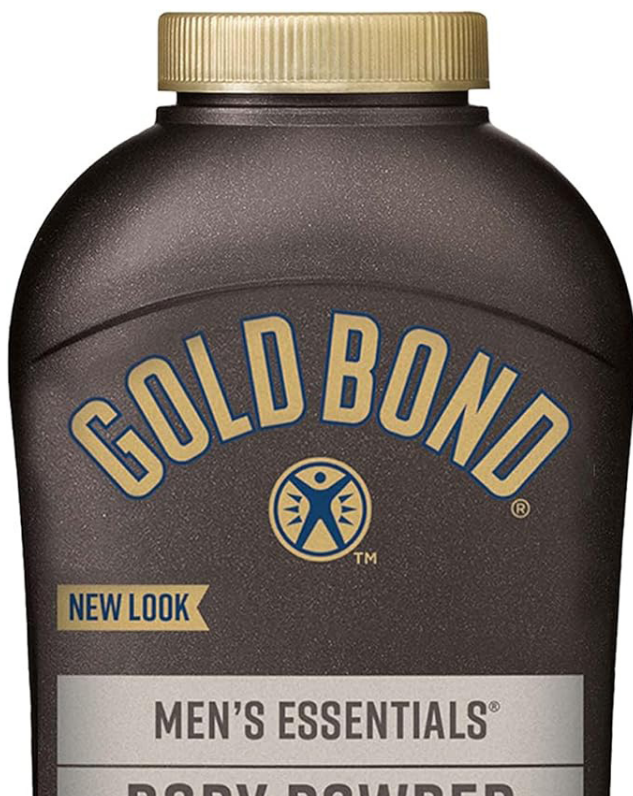
DENTAL FLOSS



WHITENING STRIPS



BOOT/FOOT POWDER



HAIR GEL AND OIL



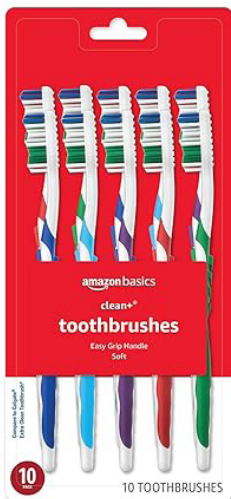
RAZOR

Make sure to buy extra blades!



TOOTHBRUSH

Make sure to have more than one in case you drop one on that scary bathroom floor.



OTHER HYGIENE NEEDS

LOOFA



NAIL CLIPPERS



TWEEZERS



NAIL FILE AND BUFFER



REUSABLE COTTON SWAB



COTTON BALLS



COMB



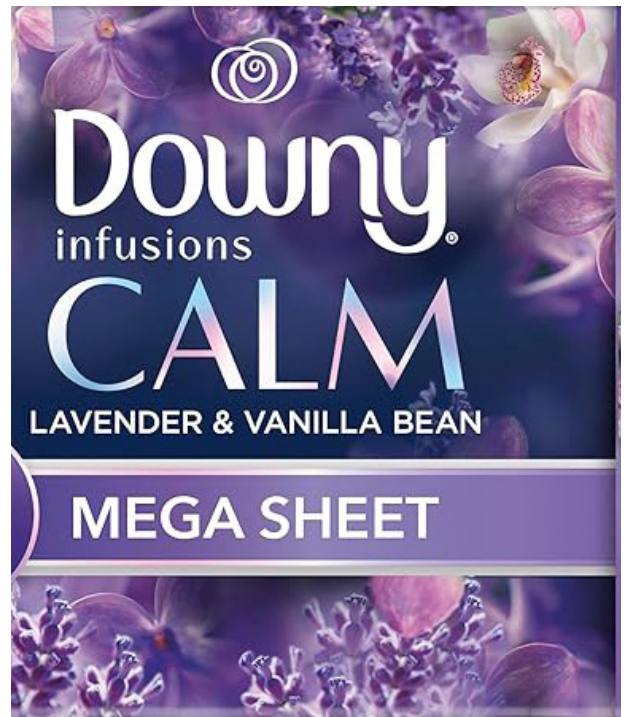
FEMALE HYGIENE PRODUCTS



HAIR TIES/CLIPS/PINS



DRYER SHEETS



HAIR CAP



SHOWER SHOES



The ship “head” is a public bathroom. To avoid a foot infection, you need a barrier between your foot and floor.

TOILETRY BAG



Having a carrying case for your toiletries makes life much easier transiting to and from the bathroom. Make sure you can hang it!

TOWEL (X2) (BEACH/LAUNDRY DAY)



Two towels is preferred because you can use one for the shower and the other for port calls when you hit the beach or pool. Also, if it is laundry day or you drop your towel on the “head” (bathroom) floor, having a spare is a life saver.

BODY WIPES



THROW AWAY! DO NOT FLUSH!
Sometimes you will be working outside all day and you don't have time to shower, so body wipes will help you stay fresh.

LAUNDRY WASH PODS



Pods vs liquid is more compact, portable and easy to carry when transiting to laundry.

DIRTY LAUNDRY BACK PACK



This will make carrying laundry to and from your rack much easier!

TIDE TO GO STICK



Spilled something on your favorite shirt?
Use one of these bad boys.

“BATTLE ROLL”



If berthing cleaners forget to restock
the toilet paper or the only available stall
doesn't have any.....you can thank me later.
**Remember to only use single ply so
the VCHT (ships plumbing) does not go
down.**

AIR FRESHNER/ODOR ABSORBER



These are great to put in your rack so
things don't start to smell.

QUICK FIX

GENERAL OVER-THE-COUNTER MEDICINE IS VERY HANDY TO HAVE IN CASE MEDICAL HAS A LONG LINE OR YOU NEED SOMETHING AT AN ODD HOUR AND DON'T WANT TO DEAL WITH WAKING PEOPLE UP AT NIGHT.

CONTACT SOLUTION



EXCEDRIN/ADVIL



VITAMINS



COUGH DROPS



DRAMAMINE (SEA SICK MEDS)



CHAPSTICK



ICY HOT



CAFFEINE PILLS



ZZZQUIL



ODOR EATER INSOLES



SUNSCREEN



ALOE



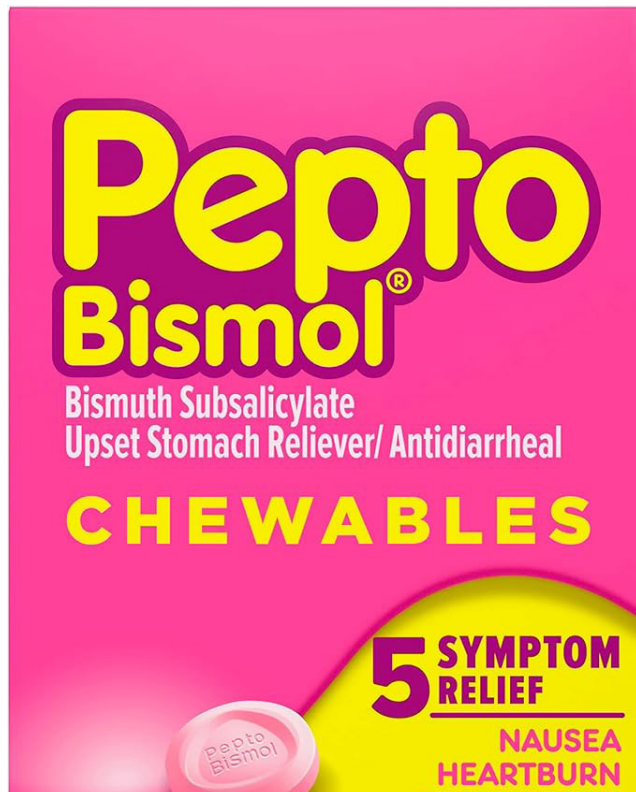
VAPOR RUB



BASIC FIRST AID KIT



PEPTO



TUMS



BENADRYL



MELATONIN



MISCELLANEOUS

RELIGIOUS TEXT



**THE BIBLE
UNCOMPLICATED**

No matter what you believe, nurturing your spirit will do wonders for your mental health!

FOOT LOCKER STORAGE BIN



With limited space for storage on the ship, keep one of these in a common work center space tucked away to store personal items/snacks. Make sure to lock it!

BOOT POLISH SET



Keep this in the work space to share!
Always a good thing to have shiny boots.

3M DUAL LOCK VELCRO (TO HOLD PHONE/ TABLET IN RACK/ORGANIZE WORK CENTER)



This stuff is strong! If you need to hang anything on the bulkhead this item will help.

MULTI-TOOL/KNIFE



NOT FOR MAINTENANCE. Great to have on you. You never think you need it until you do.

HAND WARMERS



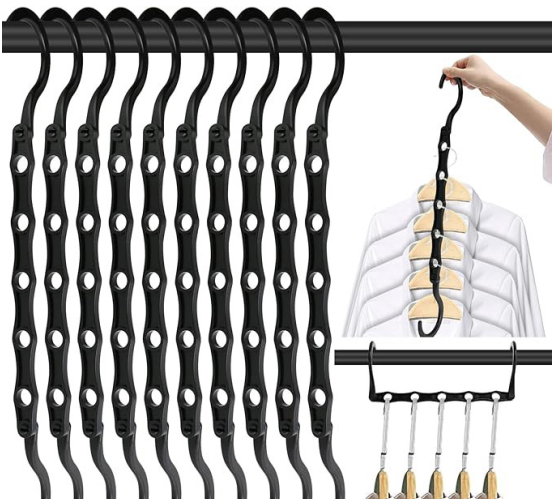
If you have watch outside in the elements or at night you will be glad you have these.

KNEE PADS (FOR TOPSIDE PRESERVATION/ SCRUBBING DECK)



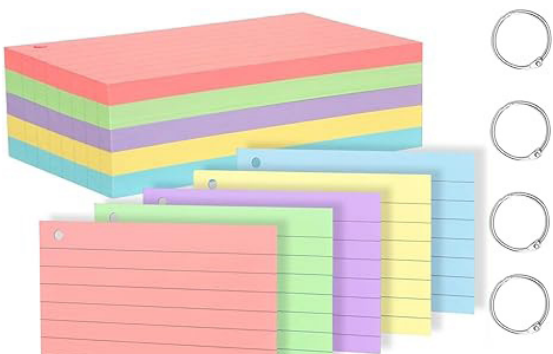
You want that EP Eval? Go do some topside preservation and these will save your knees from the abrasive nonskid floor.

SPACE SAVING HANGERS



As stated before, there is limited space so these are great for the stand up locker in berthing to save some space.

FLASH CARDS



Studying made easier for that next rank/qualification or certification.

BUNGEE CORDS



SECURE FOR SEA. These are very handy to tie down personnel items or keep things together.

FLASHLIGHT / HEADLAMP (RED LIGHT)



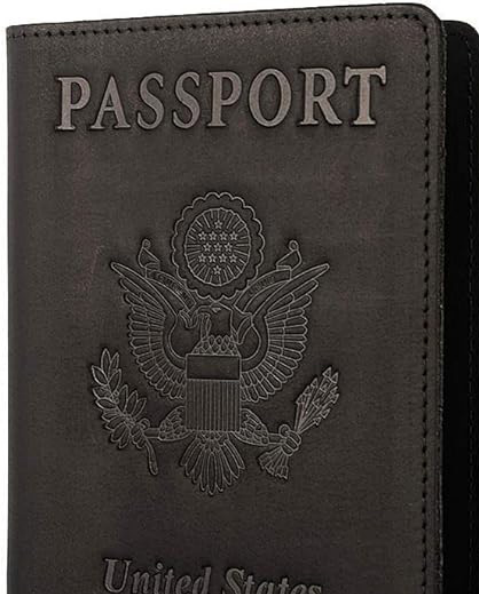
Make sure you have a red light for going topside at night (No white lights allowed). It gets VERY dark at night outside.

POCKET NOTEBOOK



Take notes at quarters and carry this around all day to jot things down so you don't forget.

PASSPORT/ID PROTECTOR



Always protect your personal information.

OTHER RANDOM ITEMS THAT WILL COME IN HANDY TO HAVE:

ZIP LOCK BAGS



DRAW STRING BAG (FOR PORT CALLS)



ZIP TIES



GORILLA/DUCT TAPE



GORILLA GLUE



SEWING KIT



**SMALL BACKPACK (OVERNIGHT LIBERTY/EXTRA STORAGE/
DAY USE)**

