



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

**ADMISSIONS OFFICE**

**DEPARTMENT OF MIDSHIPMEN AFFAIRS  
 THINGS TO BRING DURING ONE MONTH ORIENTATION PERIOD**

ITEMS	QUANTITY
1. T-shirt white w/ printed names - round neck (please refer to the sample below)	10 pcs.
2. Plain Khaki pants (regular/ordinary cut, not cargo and w/o garter)	2 pcs.
3. Plain Khaki shorts (not cargo or purontong and w/o garter)	2 pcs.
4. Athletic supporters (white)	2 pcs.
5. Athletic shoes (any kind, plain white hi-cut)	1 pair
6. Under wears (plain white, not bikini style)	12 pcs.
7. Black socks (atleast 6 inches from the ankle)	12 pairs
8. White socks ( atleast 6 inches from the ankle)	6 pairs
9. Handkerchief (plain white)	7 pcs.
10. Bath towel (plain green)	2 pcs.
11. Face towel (plain green)	1 pc.
12. Garrison Belt (khaki)	1 pc.
13. Buckles (silver)/Plain	1 pc.
14. Scientific Calculator	1 pc.
15. Slippers (pure green color)	1 pair
16. Nail cutter ( plain nail cutter only, no other accessories)	1 pc.

❖ **Any kind of bag that can carry your personal belongings are allowed to bring.**

**PERSONAL EFFECTS**

ITEMS	QUANTITY
1. Deodorant (roll-on or stick type) / Tawas (solid)	2 pcs.
2. Foot powder	1 pc
3. Bath soap (Safeguard white)	2 pcs.
4. Metal polish (liquid type) Glo	1 pc.
5. Shoe polish (wax type) Kiwi	1 pc.
6. Sewing kit (white, black, brown, threads)	1 kit
7. Shaving kit w/o blades( Disposabale)	4 pcs.
8. Toothbrush (green)	1 pc.
9. Toothpaste	1 tube
10. Rubbing alcohol 750 ml	1 btl.
11. Cotton buds	1 pack
12. Cotton	1 pack
13. Laundry Soap (Tide)	2 bars
14. Soap powder ( Tide)	1 dozen
15. Clothes hanger (plastic green)	1 dozen
16. Record Book (100 leaves)	1 pc
17. Ball pen (black)	2 pcs
18. Pentel pen (permanent, black)	1 pc
19. Pencil with eraser (sharpened) – 1(B), 1(HB)	2 pcs
20. Pencil sharpener	1 pc
21. Green plastic envelope without handle	2 pcs
22. Ruler (12 in, ordinary plastic)	1 pc
23. Protractor/Compass divider/ Triangles (30x60, 45x45)	1 pc each
24. Yellow paper	1 pad
25. Bond paper (A4 size)	20 sheets
26. Scissor	1 pc
27. 1/8 Index card	10 pcs
28. Off lotion 100 ml	1 pc
29. Mess Kit ( spoon, fork, -lunch box, tumbler)	1 each
30. Dishwashing paste and sponge	1pc
31. Raincoat (poncho-style) black/ blue only	1 pc

❖ **HYDRATION BAG**



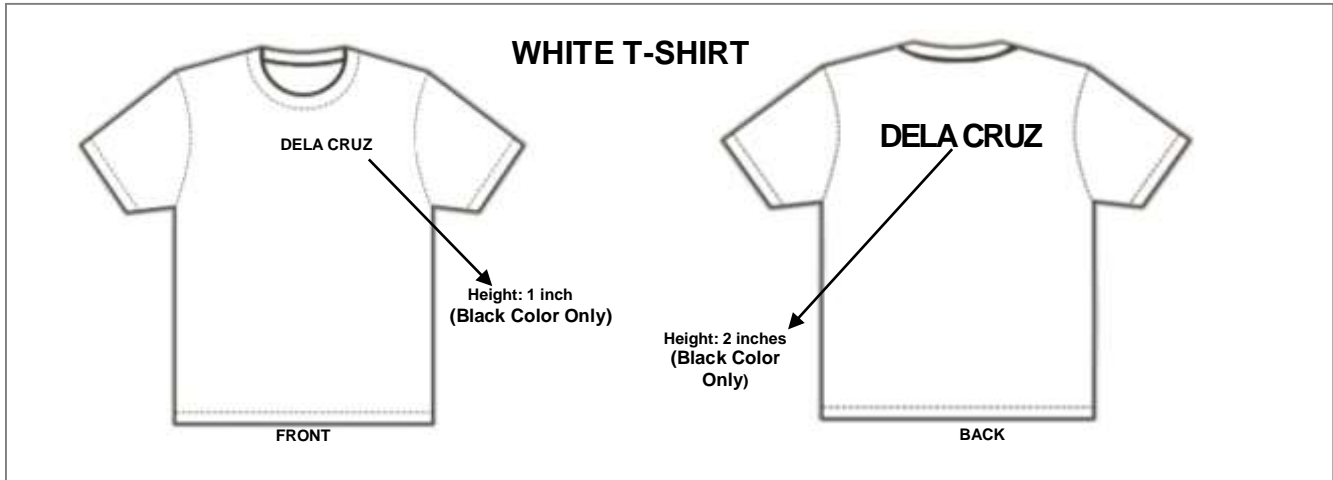
3L Hydration Outdoor Tactical Water  
**Can be purchased thru online / military stores.**

**OPTIONAL:**

**The above mentioned items are available for purchase at the PMMA COOPERATIVE.**



**ADMISSIONS OFFICE**



**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.	Sanitary napkin	2 packs
4.	Feminine wash	1 btl.
5.	Sando/undershirt ( plain white)	10 pcs.
6.	Under wears ( plain white, not bikini style)	12 pcs

**NOTE:**

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

- A. JEWELRIES, WATCHES, CELLULAR PHONES and other valuables.
- B. OTHER MEDICINES and PAIN KILLERS (OMEGA, EFFICACENT OIL)
- C. VITAMINS (**Vitamin C 500mg 45 pcs only- will be allowed**).

**REMINDERS:**

- A. All sharp objects must be in one pouch with a name affixed. (Ex. scissors, cutters, compass dividers, nail cutter, etc.)
- B. The following amount should be settled during enrollment:

LAUNDRY SERVICES	At least Php 10,000.00
HAIR CUT	
INSURANCE	
UNIFORM INITIAL DEPOSIT	

*Prices subject to change*

- C. All issued uniforms are not refundable but will be deducted from the initial deposit.