

# SERVING IN THE NAVY IS CHALLENGING, EXCITING AND REWARDING - AND FOR WOMEN, IT'S INCREDIBLY EMPOWERING.

**FEMALES ARE ELIGIBLE  
TO SERVE IN  
EVERY JOB  
EVERY RATE & RANK  
EVERY VESSEL**



**CLICK TO SEE  
UNIFORMS**



**ONE IN FIVE  
SAILORS ARE  
FEMALE.**



**THERE IS NO  
GENDER PAY GAP.**

Females are paid the same  
as their male counterparts,  
dollar for dollar.

**CLICK TO SEE  
APPROVED  
HAIRSTYLES**



**ACTIVE DUTY MILITARY  
MEMBERS AND THEIR  
DEPENDENTS RECEIVE  
FREE MEDICAL CARE**

- Annual well woman exams
- Contraceptives
- Up to 12 weeks of maternity leave
- Prenatal care
- Delivery
- Post-partum care

**CAN I WEAR  
JEWELRY?**

While eccentric jewelry is not allowed, conservative rings, earrings, necklaces, bracelets, and wristwatches are authorized.

**DO I HAVE TO  
CUT MY HAIR?**

It is not mandatory to cut your hair in basic training. You will learn about the various ways you will be able to style your hair including braids, larger buns, ponytails, and locks.

**WHAT ABOUT  
MY NAILS?**

Nails can be round, almond, oval, or square, and can be up to a quarter-inch in length from the finger tip. Nail polish is authorized, but only using approved colors.

[Click here for the official policies regarding cosmetics, hair, jewelry, nails, and uniforms.](#)