Everything I Ever Needed to Know About Life I Learned On Submarines:

1. Never lie, even if it means you will get in the shits.

2. Stealing from a shipmate is the worst thing you could ever do.

3. If you say you are going to do something, do it. Live by your word.

4. Clean up after yourself, and remind your shipmates to do the same.

5. If you see a mess, but don't know which shipmate did it, clean it up anyway.

6. Always, follow the procedure. If it goes to shit, the procedure will cover your ass.

7. It isn't who you are, or whom you know......, but what you know.

8. Don't take yourself too seriously. Your shipmates sure won't.

9. Don't brag - let your actions speak for themselves.

10. Respect your shipmate's space.

11. If you dish it out, you had better be able to take it.

12. Don't leave a shipmate behind, and keep an eye out for him.

13. Help your shipmate to his rack when he's drunk. Help him clean himself up and make it to work on time.

14. If you borrow something, return it when you're done.

15. Be on time - always, for everything.

16. Don't make too much noise; your shipmates may be sleeping.

17. Don't be a slacker - pull your own weight.

18. Be confident, but don't be afraid to say I don't know.

19. Life isn't fair - get used to it.