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**Personal Kit List**

781 Sqn Spring Field Exercise

**2-4 May 2014**

1. **Required Items**

Kit must be brought to Vecova Center Wednesday 30 April for a kit check. Kit will be secured in the Training office until 2 May. Any missing items must be brought on 2 May. Failure to bring required items will result in the cadet being sent home.

1. **Hat** – Both warm weather (ball cap) and cold weather (toque), cadet floppy hat and toque may be worn;
2. **Boots** – or suitable footwear for wet weather activities. Cadets may wear running shoes when conditions permit, however boots are mandatory;
3. **Socks** – at least 6 pairs;
4. **Underwear** – at least 3 pairs;
5. **Thermal underwear** – if required based on weather forecast;
6. **Gloves** – suitable for forecasted weather conditions;
7. **Jacket** – suitable for cold/wet weather;
8. **Sweater** – fleece or wool, no cotton;
9. **Warm shirts & pants** – dress in layers, no jeans;
10. **Personal hygiene kit** – toothbrush/toothpaste, soap/towel, shaving kit as required;
11. **Sunscreen**
12. **Water bottle** – camelback or bottle with sling recommended;
13. **Paper and pen/pencil**;
14. **Mug/thermos**;
15. **Flashlight/headlamp**;
16. Pillow (optional);
17. Sunglasses (optional);
18. **Sleeping bag / liner / air mattress**; and
19. **Duffel bag/kit bag**
20. **Prohibited Items**

Cadets are not to bring the following items. **Items found during kit check will be confiscated**.

1. Suitcases;
2. Sandals / flip flops;
3. Personal electronic devices (MP3 players, gaming devices, etc);
4. Knives;
5. Matches / lighters;
6. Non prescription drugs;
7. Smoking paraphernalia;
8. Items of significant value; and
9. Food or snacks
10. **Items available for sign out (limited quantities)**
11. Sleeping bag / liner / air mattress;
12. Combats;
13. Combat boots; and
14. Ruck sacks
15. **Prescription or required medications must be given to training staff upon arrival. Medication will be issued as required. The cadet may choose to bring Tylenol or Advil if required. All medications will be labeled with the cadets’ name.**
16. All items brought on FTX are the sole responsibility of the cadet. The cadet must be able to carry and control their own belongings. Belongings should be marked with the cadets’ surname, initials and rank.
17. It is suggested that items are packed in a garbage/plastic bag within the duffel bag to ensure kit stays dry.