

PERSONAL KIT LIST

1. Required Items
 - a. Hat; - Both warm weather and cold weather cover.
 - b. Boots / Suitable Footwear for wet weather activities. Cadets may wear running shoes when conditions permit, but must also bring boots or wet weather footwear;
 - c. Socks - At least 4 pairs; - packed in plastic bags to stay dry
 - d. Underwear;
 - e. Thermal underwear (if required based on weather forecast)
 - f. Gloves;
 - g. Jacket – Suitable for cold / wet weather activities. The cadet parka is part of the dress uniform, and is **NOT** to be used in the field;
 - h. Warm Shirts / Pants (Dress in layers – no jeans);
 - i. Sleeping Bag, liner, and pillow (a limited number of sleeping bags be available for Cadets who do not have their own but they must let us know prior to the exercise);
 - j. Personal Hygiene Kit - Toothbrush / Toothpaste / Soap / Towel;
 - k. Shaving Kit (if required);
 - l. Sunscreen;
 - m. Personal Water Bottle (green canteens available for loan);
 - n. Pen/Pencil, Paper;
 - o. Flashlight;
 - p. Mug or Thermos for hot beverages and juice;
 - q. Personal Kit Bag (ie. Duffle Bag and some sort of backpack or Ruck Sack);
 - r. Sunglasses (Optional) ; and
 - s. Required Medications (medications **must** be handed over to the unit staff prior to boarding the bus - Cadets will be issued medication as required).
2. Prohibited Items
 - a. Sandals, flip flops;
 - b. Knives (instructors must have items cleared by staff);
 - c. Matches / Lighters (instructors must have items cleared by staff);
 - d. Non-prescription drugs and alcohol; and
 - e. The issued cadet parka & liner.

NOTE: Personal Electronic Devices (MP3 Players, Gaming Devices, Cell Phones etc.) will be taken from the cadets if they are using them outside of the authorized times, and must be brought at cadets own risk as there will be shared accommodations.