Personal Kit List

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| **Item** | **Check** |
| * FTUs (Field Training Uniform) |  |
| * **Hiking Boots** (or a suitable pair of boots for hiking) \*\*this is a must\*\* |  |
| * Warm Jacket |  |
| * Rain Gear (top & bottom) |  |
| * Hat |  |
| * Toque |  |
| * 8-10 pair of socks (half should be wool or equivalent) |  |
| * 3-4 pair underwear |  |
| * 2-3 pair sweatpants/sport pants (**NO JEANS**) |  |
| * 2-4 T-shirts (no tank tops or short shirts) |  |
| * 2-3 long sleeve shirts |  |
| * 2 sweaters |  |
| * Sunglasses |  |
| * Running shoes |  |
| * Towel/face cloth |  |
| * Toiletries   + Soap   + Brush/comb   + Toothbrush/toothpaste   + Shaving kit (a must for the males)   + Foot powder (baby powder works)   + Chap stick/lip balm   + Deodorant   + Sunscreen (even if chilly, sunscreen is a must) |  |
| * 1 pair pajamas (PJ pants are not to be work for outdoor activities) |  |
| * Water bottle \*\*this is a must\*\* |  |
| * Thermos or coffee mug |  |
| * Sleeping bag (please notify Supply Officer if you don’t have a sleeping bag) |  |
| * Air mattress |  |
| * Pillow (optional) |  |
| * Any required medication |  |

\*\*Cadets will be hiking to the main area and will be carrying their personal kit.

**Prohibited items:**

* **Alcohol, drugs or knives**
* **Makeup, perfume/cologne**
* **Electronic devices – this includes any gaming device, iPods, and cell phones. These items will be confiscated until the end of the exercise if found in cadet’s possession.**