Personal Kit List

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| **Item** | **Check** |
| * FTUs (Field Training Uniform)
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| * **Hiking Boots** (or a suitable pair of boots for hiking) \*\*this is a must\*\*
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| * Warm Jacket
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| * Rain Gear (top & bottom)
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| * Hat
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| * Toque
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| * 8-10 pair of socks (half should be wool or equivalent)
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| * 3-4 pair underwear
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| * 2-3 pair sweatpants/sport pants (**NO JEANS**)
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| * 2-4 T-shirts (no tank tops or short shirts)
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| * 2-3 long sleeve shirts
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| * 2 sweaters
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| * Sunglasses
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| * Running shoes
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| * Towel/face cloth
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| * 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)
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| * 1 pair pajamas (PJ pants are not to be work for outdoor activities)
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| * Water bottle \*\*this is a must\*\*
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| * Thermos or coffee mug
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| * Sleeping bag (please notify Supply Officer if you don’t have a sleeping bag)
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| * Air mattress
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| * Pillow (optional)
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| * Any required medication
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\*\*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.**