

KIT LIST

All cadets should be in possession of the following clothing and equipment to ensure a safe, productive, and enjoyable training exercise:

- Packed lunch for Saturday
- Money for canteen (optional)
- Shirts (for FTUs) (2)
- Pajamas (1)
- Underwear (2)
- Socks (3)
- Windbreaker/Warm Jacket (1)
- Running Shoes (1)
- Gloves AND Toque
- Sleeping Bag, Pillow (1)
- Air Mattress SINGLE PERSON (optional) (1)
- Face Cloth and Towel (no shower facilities available) (1)
- Large Water Bottle
- Travel Mug with Lid (for Hot Beverages)
- Empty garbage bag (large)
- Toiletries and Personal Hygiene Items
- ONTARIO HEALTH CARD
- Prescription Medication (Only enough for weekend, report to office on arrival)
- A 2L empty pop bottle if possible (we will have extras, but do not want to be short)
- Notebooks and writing utensils

Do NOT bring any of the following:

1. Expensive jewellery
2. Two Way Radios (walkie talkies)
3. Knives
4. Non-prescription medication (Advil, Tylenol)