

Annex B  
1085-20 (TRG O 631 RCACS)  
25 APR 18

### Cadet Kit List

Cadets **SHOULD** bring the following Items:

**HEALTH CARD\*\*\*\*\* WITHOUT YOUR HEALTH CARD, YOU WILL NOT BE ALLOWED TO ATTEND THE FTX.**

**IF you have medication, please bring it in a zip lock bag, with your name written on the bag**

1 Water Bottle

1 Rain/Winter Jacket

1 Pair of Hiking/Winter Boots

1 Pair of Gloves

1 Towel

1 Hat/Toque

1 Pair of Weather Proof Pants (Example – Wind Pants or Ski Pants)

1 Pair of Long Underwear (Pants and Shirt)

2 Pairs of pants (JEANS permitted)

6 Pairs of Socks (Avoid Cotton, Wool Preferred)

2 Sweaters

1 Sleeping Attire (Cotton / Fleece Sweat Suit)

5 sets of undergarments

1 Set of Toiletries - Soap, Towels, Toothbrush and Paste, Brush / Comb, Shaver, Deodorant

1 Garbage Bag to Accommodate any Wet Clothing

- 1) Please bring clothes that representative of the Air Cadet program (i.e. No Ripped Jeans, Offensive T-Shirts).
- 2) Use your judgment and bring clothes according to the weather. You are only away for 2 days so a small duffle bag will suffice.

#### **Restricted Items:**

- **Cell Phones\*\*\* & other personal electronics**
- Food
- Knives
- Pyrotechniques (lighter)

Note:

- 1) A kit inspection, by staff of the same gender, will be done upon arrival at the squadron. In accordance with safety policies, any cadet not having appropriate clothing and/or equipment will not be permitted to attend the weekend exercise. Unauthorized equipment will be confiscated and returned upon completion of weekend exercise.
- 2) Smoking/Drinking is NOT PERMITTED during any cadet activity in accordance with Smoking and Drugs and Alcohol Policy (CATO 13-22 and CATO 13-23 respectively).
- 3) Exercise will begin at LHQ at 1700 Hrs on 27 Apr 18 and the cadets will be returned NLT 1630 Hrs on 29 Apr 18.

**4) Dinner on Friday is your responsibility. Eat before you arrive at LHQ**