

## **872 Training Exercise Kit List**

Cadets are to bring the following items with them for the weekend. Please remember that Spring weather is variable; it may be warm, cold or wet. **Cadets must bring appropriate weather clothing and bedding** . Cadets will be sleeping outdoors in tents/shelters on the Saturday night. Kit will be checked prior to departure to ensure instructions were followed.

### **Bedding**

- 1 – Sleeping Bag, or similar (warm)\*
- 1 – Pillow
- 1 – Sleeping pad or air mattress
- 1 – Blanket

### **Clothing**

- 2 – Pants (jeans, sweats, cords, etc.)
- 2 – Sweater, sweatshirt or fleece
- 1 – Hiking boots/shoes (waterproof)
- 3 – T-Shirts – short/long sleeve
- 3 – Pair warm socks
- 3 – Sets of undergarments
- 1 – Hat with brim
- 1 – Extra pair of shoes. Waterproof suggested, but runners are acceptable **as back ups** .
- 1 – Jacket, waterproof/rain resistant.
- 2 – Two large Plastic garbage bags with twist ties – one for dry and one for wet or soiled clothing

**Full non-current combat gear is allowed only for Level 5s and up. Level 4s and under can wear non-current combat pants and boots only.**

**\*\*CURRENT ISSUE CF PATTERN (CadPat) IS FORBIDDEN\*\***

### **Other:**

- Toiletries (towel / facecloth, soap, shampoo, deodorant, toothbrush / toothpaste etc.)
- Flashlight (NOT LARGER THAN 6 INCHES)
- Water bottle/canteen
- Sunscreen, lip balm/protector, insect repellent
- Notebook or paper and pen/pencil
- **Cadets requiring daily prescription medication must bring enough for the weekend as well as provide a schedule for administering** . All prescription medications must be turned in to the designated officer before boarding the bus and will be held by staff during the weekend. **Cadets are responsible for their own administration of their prescription drugs.** Cadets with Epi-Pens will keep them in their possession, but staff need to be notified that the cadet has it and the reasons it would need to be administered.

### **What Not To Bring**

**The following items will be confiscated from the cadets:**

- Electronics or other valuables including money (cell phones, electronic games, mp3 players, etc.)

**The Squadron assumes no responsibility for lost or missing items.**

- Knives or weapons of any kind \*\*
- Matches, lighters, flammable liquids or other devices.
- Alcohol, non-prescription drugs, cigarettes.
- Food, candy, chocolate, drinks, gum, and peanut butter – all food will be confiscated! This is a safety issue due to allergies and the potential to attract wild animals into the sleeping areas. **All meals, snacks and drinks are provided.**

**\* Sleeping bag should be rated for at least -5 degrees Celsius. If you do not have one, please advise a staff member.**

**\*\*Instructors requiring the use of knives during their lessons should speak to the CO.**