

Annex C- Individual kit list

PERSONAL MATERIAL LIST

Clothing	Winter Boots	1 pair
	Running shoes (for indoor)	1 pair
	Wool socks (cadet socks or equivalent)	4 pairs
	Warm pants (wool or merino)	2 pairs
	Warm sweater	3
	Underwear	3
	Mittens or warm gloves	2 pairs
	Tuque (a dry one to sleep with)	2
	Scarf or neck warmer	2
	Winter coat	1
	Winter pants	1
	Long sleeved undershirt and underpants	1 kit
	Mandatory accessories	Snow shovel
Toothbrush and toothpaste		1 kit
Soap		1
Washcloth		1
Notepad		1
Pencil		1
Medication (if needed)		1
Plastic mess kit (plate, bowl, utensils)		1
Plastic Cup or travel mug		1
Water Bottle		1
Sunglasses		1
Lip balm		1
Sleeping bag (military sleeping bag will be supplied as 2 nd layer)		1
Opt.	Flashlight	
	Light blanket (fleece or polar)	
	Day pack	

LOANED TO EACH CADET :

Military sleeping bag, liner and air mattress,

SPARE EQUIPMENT

Extra Parkas, winter boots and mittens will be available for emergency use.

FORBIDDEN ARTICLES :

Matches, Lighters, cigarettes, drugs, alcohol, electronic devices, food or knife with a blade longer than 4 inches.
Any Cadpat pattern equipment (except for under layers not showing when dressed to go outside)