

## CADET FALL FTX KIT LIST

### **Dress**

Cadets will wear their Field Training Uniform (FTU) while on exercise, if they have it. Otherwise, appropriate outdoor attire is required, enough for 2 full days of outdoor activities, such as:

- Warm socks – bring extra pairs
- Underwear
- Warm sweater(s)
- Lightweight T-shirt(s)
- Long sleeve shirt(s)
- Outdoor pants (no jeans)
- Warm jacket
- Outdoor boots or shoes (if shoes, ankle support is recommended)
- Warm gloves
- Toque
- Hat (ball cap or Tilley)

### **Equipment**

- Rain jacket and pants, or poncho
- Water bottle
- Hygiene kit (toothbrush, toothpaste, soap, floss etc.) with small towel
- Lip balm
- Sunscreen
- Bug spray
- Note pad and pencil
- Flashlight and/or headlamp

**All above kit equipment will be packed in a backpack**

Note: Cadets are to arrive at Embrun Arena on Saturday morning wearing their FTUs if they have them

### **Forbidden Equipment:**

- Knives or other cutting tools (with the exception of Level 5 Cadets)
- Food of any kind (unless arranged with Lt Rozon or OCdt Caswell ahead of time)
- Personal electronic devices (phones/laptops/tablets, etc). **But wear a watch!**
- Drugs, alcohol or other illegal substances

### **Notes:**

- Over-the-counter and/or prescription medication must be declared to the Escort Officer on Saturday morning at drop-off.
- Any cadet caught with any of the forbidden equipment mentioned above will not be permitted to continue the exercise, and parents will be contacted to transport their cadet home.