FALL 2019 TRAINING EXERCISE INDIVIDUAL CADET KIT LIST

Because of the potential of inclement weather all of the following must be packed/worn:
1 x sweatshirt/sweater
2 x t-shirt (long sleeve shirt also acceptable) (wear one, pack one)
2 x pants – no jeans (wear one, pack one)
2x underwear (wear one, pack one)
3 x socks (tall socks that pants can be tucked into) (wear one, pack two in ziplock bag so they stay dry)
1 x sleepwear (PJ's) (PJ pants are not acceptable day wear)
1 x hiking shoes/boots or non-steel toed rain boots (keep in mind must be able to walk all day in them)
1 x extra footwear EX. sneakers
1 x rain gear – jacket and pants (must be able to stay dry in the rain)
1 x water bottle – full with water upon arrival
1 x travel mug – for hot chocolate
1 x personal hygiene kit (face cloth, soap - unscented baby wipes are a cadets best friend when camping they can replace face cloth/soap, tooth paste, tooth brush, feminine hygiene products as required etc.)
1 x sunscreen + 1x bug spray
1 x ball cap or sun hat
1 x notebook and pencil
1 x sunglasses
1 x mittens
1 x toque
1 x warm jacket (not light spring jacket, you will not be warm enough, think thick jacket / early winter jacket, if you are someone who is cold easily, bring your winter jacket)
1 x knife, fork, spoon
1 x flashlight or headlamp
2 x Garbage bags – to line kit bag to protect from weather (put the garbage bag in your bag then your clothes inside that garbage bag)
2 x plastic grocery bags – to put wet gear in
1 x Day Pack – ex. small backpack to carry required items during the day such as extra socks, water bottle and notebook
1 x Kit bag – cadets must be able to carry their kit bag without assistance (the bag should be small, no suitcases)

The nights are very cool and damp, cadets need to be able to put on more layers as the day cools off, a light sweater and rain jacket is not warm enough to be happy and comfortable.

Cadets are permitted to wear combat clothing for this exercise if they have it. Combats must be complete sets worn with the cadet issued parka and appropriate headdress (beret, tilly hat or cadet toque).

Cadets must be prepared to be outdoors all day and evening, walking and carrying section equipment. Kit checks will be done upon arrival, cadets missing items will be sent home.

We will provide the sleeping bags, tents, air mattresses, meals and snacks.

It is still tick season in Nova Scotia, cadets are encouraged to wear long pants and socks that they can tuck the ankles of the pants into. As well as shirts that can be tucked into their pants. Cadets will be directed to check their clothing regularly throughout training.

NOT PERMITTED: Food, Cellphones, electronic games, music players, teddy bears, musical instruments, cigarettes, alcohol, hair spray, perfume, cologne, personal sleeping bags, tents, air mattresses, hairdryers, straighteners, curling irons/wands.

Cadets will be fed military rations for all meals. Cadets who refuse to eat will be sent home immediately. Washroom facilities will be port-a-poties. There will be no running water, heat or electricity. The FTX happens rain or shine (barring torrential rain storms) regardless of temperature. Pack appropriately. Come in on a Wednesday night to talk to staff, we are happy to go through gear with you and identify good choices and not so good choices.