



ANNEX F KIT LIST – CADETS

Pack in a Duffel Bag/Backpack

Health Card

- Sleeping bag**Mandatory**
- Full C4 (Work Dress) uniform
- Pillow
- Notebook
- Pens / Pencils
- Canteen / Water bottle
- Toiletries:
 - o Toothbrush/Toothpaste
 - o Hygiene products (as required)
 - o Hair Shampoo & Conditioner
 - o Shaving kit (as required)
 - o Soap
 - o Body deodorant
 - o Hair brush / Comb
- Face cloth
- Towel
- Pajamas
- Running Shoes (bring extra in case one pair is wet)
- Socks (3 pairs)
- T-Shirts (Unit T-shirt if available)
- Sweat shirts – non-offensive slogan nor foul language
- Pants – appropriately fit and non-baggy
- Thermal underclothing (if available)
- Winter coat / warm sweater / warm jacket
- Rain coat / Wet weather gears
- Underclothing (3 pairs)
- Cadet toques / winter hat
- Gloves
- Scarf
- Required medications in original packaging with indication of proper dosage and instructions
- Camera – if using mobile phone, it must be on silent mode throughout the weekend.

Prohibited Items:

- Laptops (except prior approval by CO for homework purposes only)
- All other electronic devices
- Large / bulky equipment
- Weapons of any kind
- Pyrotechnics
- Excessive jewelry
- Ripped / Offensive / Revealing clothing
- Drugs / Tobacco / Non-prescriptions Meds
- Valuable items