

STANDARD PERSONAL KIT FOR FIELD
TRAINING EXERCISES

Notepad & pencil
Knife/Fork/Spoon

1st layer (next to skin):

- 2 pairs of underwear
- 2 undershirts/T-shirts
- 2 pair long underwear (top & bottom); second pair can be sweatshirt and pants
- 6 pairs of socks (polypropylene, or wool but not cotton socks – they get cold and wet)

2nd layer (inner layer):

- 2 pairs of outdoor pants (i.e. combat pants, wool pants, sweat pants; no denim)
- 2 outdoor shirts (i.e. combat shirts, wool shirts, and synthetic)
- 1 sweater (wool, fleece)
- 1 long-sleeve shirt

3rd layer (outer layer):

- Jacket suitable for the season
- Toque, balaclava, hat or cap (carried with you in winter/cold conditions; packed in other seasons)
- 2 pairs of warm gloves/mittens

Boots:

- Sturdy outdoor boots suitable for hiking with ankle support
- Extra footwear suitable for outdoor wear

Personal Hygiene Kit:

- Soap
- Facecloth
- Toothbrush and Toothpaste
- Hand towel
- Shaving kit (for males)
- Personal hygiene products
- Small bag to place personal kit in

Miscellaneous:

- Small flashlight
- Small day pack
- Water Bottle
- Travel Mug / cup (for hot beverages)

PROHIBITED ITEMS:

Tobacco / Cigarettes
Alcohol
Cannabis
Energy drinks
E-Cigarettes/vaping devices
Knives
Firearms
Sling Shots
Axes
Hatchets
Portable sound systems or other similar electronic devices

MEDICAL INFORMATION:

Any cadet who is taking medication is to advise the Officer in charge of the FTX. When handing in the medication, the cadet needs to ensure to **HAND IN ALL MEDICATION IN ZIPLOC BAG** clearly labelled with his/her name AND how it is to be administered. You may not have prescription medicine in your possession that does not belong to you.

WORDS OF ADVICE:

Please note that the items listed may need to be adjusted depending on the type and length of exercise we are doing, as well as what the weather will be like. Check the weekend forecast and adjust your kit accordingly.