

Item	Number Required
Coat	1
Wind breaker	1
Rain Gear	1
Hat	1
Toque	1
Gloves or mitts	1
Undergarments	4
Socks – cotton	5
Socks – wool	5
Boots (waterproof)	1
Pants (NO JEANS)	3
T - Shirts	3
Long Sleeved shirt (hoodie)	1
Sleeping attire	1
MESS KIT (Plate, bowl, Cup, Knife, Fork, Spoon)	1 set
Personal toiletries (Towels, Face cloths. Tooth brush/paste, Hair Comb, Soap, shaving equip, femminie hygiene etc.)	1 set
Canteen or water bottle	1
Paper and pen	1
Sleeping bag	1
Foamie	1
Flashlight (with spare batteries)	1 set 1
Watch	
Prescription Medication	1 MANDATORY As required
<b>Optional</b>	
Sunglasses	
Camera	
Small first aid kit	
Survival Kit	

**NOTES:**

Gear must be labeled, packed and easy to carry; cadets are responsible to carry their own

There is no evening meal provided on Friday night so ensure you have eaten before arrival

**The squadron is not responsible for any lost or damaged personal articles.**