



## 2137 Calgary Highlanders Cadet Corps

[www.calgaryhighlanderscadets.com](http://www.calgaryhighlanderscadets.com)

### STANDARD PERSONAL KIT FOR EXERCISES - KEEP THIS LIST

#### 1<sup>st</sup> layer (next to skin):

- 2 pairs of underwear
- 2 undershirts/T-shirts
- 2 pair long underwear (top & bottom); if only one pair, second pair can be sweatshirt and pants
- 3 pairs base socks (polypropylene, NO COTTON SOCKS – they get cold and wet)
- 3 pairs of wool socks

#### 2<sup>nd</sup> layer (inner layer):

- 2 pairs of outdoor pants (ie. combat pants, wool pants, sweat pants; **NO JEANS**)
- 2 outdoor shirts (ie. combat shirts, wool shirts, synthetic)
- 1 sweater (wool, fleece)
- 1 long-sleeve shirt

#### 3<sup>rd</sup> layer (outer layer):

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

#### Boots:

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

#### Miscellaneous:

- Small flashlight
- Small day pack
- Water Bottle
- Travel Mug / cup (for hot chocolate)
- Notepad & pencil

#### Personal Hygiene Kit:

- Soap
- Facecloth

- Toothbrush
- Toothpaste
- Hand towel
- Shaving kit (for the males)
- Feminine Hygiene products (for females)
- Small bag to place personal kit in

#### Extras (Optional):

- Small pocket knife with locking blade
- Small personal survival kits

#### Corps Issued Items (temporary issue to cadets for the duration of the FTX):

- Sleeping bag (inner/outer)
- Foamie
- Backpack/Rucksack
- Combat jacket/Parka (when required)
- Mukluks (winter boots) (when required)
- Half shelter (when required)
- Rain pants (when required)
- Rain jacket (when required)
- 3 meters para cord or twine

#### PROHIBITED/BANNED ITEMS:

- Rambo/huge survival style knives or machetes
- Firearms
- Alcohol or other mood altering substances
- Sling Shots
- Cigarettes
- Axes
- Hatchets
- Portable sound systems or other similar electronic devices (includes MP3 players, IPODs)

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#### MEDICAL INFORMATION:

Any cadet who is on medication is to advise the First Aid Officer who will be appointed prior to the exercise. Medication is to be left with the First Aid Officer. When handing in medication, ensure it is clearly labelled in a container or pill box/blister pack (DO NOT HAND IN MEDICATION IN ZIPLOC BAG) with your name AND how it is to be administered.

#### 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. Please check the weekend forecast and adjust your kit accordingly.

You **must** bring all **REQUIRED** items as listed. **ANY CADET WHO ARRIVES UNPREPARED OR WHO IS MISSING THE REQUIRED ITEMS WILL NOT BE ALLOWED TO ATTEND THE EXERCISE.**