



## STANDARD PERSONAL KIT FOR FIELD TRAINING EXERCISES (FTXs)

**PLEASE KEEP THIS LIST. ANY CADET WHO ARRIVES TO A FIELD TRAINING EXERCISE WITHOUT THE PROPER KIT WILL NOT BE ALLOWED TO ATTEND.**

<p><b><u>1<sup>st</sup> LAYER (next to your skin)</u></b></p> <ul style="list-style-type: none"><li>• 2 pairs of underwear</li><li>• 2 undershirts/t-shirts</li><li>• 2 pairs of long underwear (top &amp; bottom); if only one pair, second pair can be sweatshirt &amp; pants</li><li>• 3 pairs liner/base socks (synthetic, silk). <b>NO COTTON SOCKS</b> – they are cold when wet</li></ul> <p><b><u>2<sup>nd</sup> LAYER (inner layer)</u></b></p> <ul style="list-style-type: none"><li>• 2 pairs of outdoor pants (i.e. FTUs, wool pants, sweat pants, <b>NO JEANS</b>)</li><li>• 2 outdoor shirts (i.e. FTU shirt, wool shirt, synthetic shirt)</li><li>• 1 sweater (wool, fleece)</li><li>• 1 long-sleeve shirt</li><li>• 3 pairs of wool socks</li></ul> <p><b><u>3<sup>rd</sup> LAYER (outer layer)</u></b></p> <ul style="list-style-type: none"><li>• Jacket suitable for the season, <b>AS ISSUED</b></li><li>• Toque, balaclava, hat or cap (carried with you in winter/cold conditions; packed in other seasons)</li><li>• Beret or Tam-O'Shanter</li><li>• 2 pairs of <u>warm</u> gloves/mittens</li></ul> <p><b><u>BOOTS</u></b></p> <ul style="list-style-type: none"><li>• Sturdy outdoor boots suitable for hiking with ankle support (e.g. FTU boots)</li><li>• Extra footwear suitable for outdoor wear</li></ul> <p><b><u>MISCELLANEOUS</u></b></p> <ul style="list-style-type: none"><li>• Small flashlight</li><li>• Small day pack</li><li>• Water bottle</li><li>• Travel mug/cup (for hot chocolate)</li><li>• Notepad &amp; pencil</li></ul>	<p><b><u>PERSONAL HYGIENE KIT</u></b></p> <ul style="list-style-type: none"><li>• Soap</li><li>• Facecloth</li><li>• Toothbrush &amp; toothpaste</li><li>• Hand towel</li><li>• Shaving kit (for the males)</li><li>• Feminine hygiene products (for females)</li><li>• Small bag to place personal kit in</li></ul> <p><b><u>EXTRAS (Optional)</u></b></p> <ul style="list-style-type: none"><li>• Small pocket knife with locking blade</li><li>• Small personal survival kit</li></ul> <p><b><u>CORPS ISSUED ITEMS (temporary issue to Cadets for the duration of the FTX)</u></b></p> <ul style="list-style-type: none"><li>• Sleeping bag (inner/outer)</li><li>• Foamie sleeping pad</li><li>• Backpack/rucksack</li><li>• Winter parka (when required)</li><li>• Mukluks (winter boots) (when required)</li><li>• Half shelter (when required)</li><li>• Rain pants (when required)</li><li>• Rain jacket (when required)</li><li>• 3 meters para cord or twine</li></ul> <p><b><u>PROHIBITED/BANNED ITEMS</u></b></p> <ul style="list-style-type: none"><li>• Rambo/huge survival style knives or machetes</li><li>• Firearms</li><li>• Alcohol or other mood altering substances</li><li>• Sling shots</li><li>• Cigarettes</li><li>• Axes or hatchets</li><li>• Portable sound systems or other similar electronic devices (includes MP3 players, IPODs)</li></ul>
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### MEDICAL INFORMATION

Any cadet on medication must advise and leave their medication with the appointed First Aid Officer of the FTX. Please hand in your medications in a clearly labeled container or pill box/blister pack, with your name **AND** instructions on how it is to be administered. **DO NOT HAND IN MEDICATION IN A ZIPLOC BAG.**

### SOME ADVICE

Please remember that the above kit list may have to be adjusted depending on the type and length of the FTX, and the expected weather conditions. Please check the weekend weather forecast and adjust your kit accordingly.