

809 SQN EXERCISE 22-24 Nov 2013

PERSONAL CLOTHING AND EQUIPMENT LIST

1. All cadets should be in possession of the following clothing and equipment in order to ensure a safe, productive, and enjoyable training exercise:
 - a. **ONTARIO HEALTH CARD** (this is a must)
 - b. T-shirts (6)
 - c. Pants, preferably quick dry (****no jeans****) (4)
 - d. Sweater or sweatshirt (3)
 - e. Underwear (4)
 - f. Socks (****at least 4 pr wool****) (8)
 - g. Warm Winter Jacket (parka if available) (1)
 - h. Toque (1)
 - i. Boots (Warm and water proof; no rubber boots)(1)
 - j. Shoes (for indoor only) (1)
 - k. Gloves (2pair)
 - l. Sleeping Bag, Pillow (1)
 - m. Face Towel and body towel (1)
 - n. Flashlight (1)
 - o. Sunglasses (1)
 - p. Large Water Bottle (filled w/WATER, bpa free) (1)
 - q. Toiletries and Personal Hygiene Items
 - r. Chapstick
 - s. Appropriate Sleeping Attire
 - t. **Prescription Medication** (ONLY ENOUGH FOR WEEKEND; notify officer staff immediately upon arrival at Mountain Ridge Community Center)

2. Please note that due to nature of the weather this time of year it is difficult to account for all personnel kit items. Please use appropriate discretion with packing and follow the weather reports up until departing for the exercise. We will train rain or shine

3. The following optional equipment may be brought:
 - a. Camera

4. Do **NOT** bring any of the following:
 - a. Expensive jewelry
 - b. Money
 - c. Knives
 - d. Non-prescription medication (Advil, Tylenol)
 - e. Cell Phone

NOTE:

We are not responsible for lost or broken items, and have a zero tolerance for theft.