

ANNEX C
809 SQN FIELD TRAINING EXERCISE
21-23 FEB 2014

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** (you will not be allowed to remain at the trg site without it)
 - b. T-shirts
 - c. Pants, preferably quick dry (****no jeans****)
 - d. Sweater or sweatshirt
 - e. Underwear
 - f. Socks – at least 2 pairs wool
 - g. Warm Winter Jacket (parka if available)
 - h. Toque
 - i. Boots (Warm and water proof; **no rubber boots**)
 - j. Shoes (for indoor only)
 - k. Gloves (2pair)
 - l. Sleeping Bag, Pillow
 - m. Face Towel and body towel
 - n. Flashlight
 - o. Sunglasses
 - p. Large Water Bottle (filled w/ WATER)
 - q. Toiletries and Personal Hygiene Items
 - r. Chapstick
 - s. Appropriate Sleeping Attire
 - t. **Prescription Medication &** Non-prescription medication (Advil, Tylenol)
(bring ONLY ENOUGH FOR WEEKEND; notify Capt Palumbo 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
 - b. Cellphone
4. Do NOT bring any of the following:
 - a. Money
 - b. Knives

NOTE: We are not responsible for lost or broken items, and have a zero tolerance for theft. That means a phone call home and you will be sent home for the remainder of the wknd, if you are found in possession of stolen property.