

809 NEWARK SQN FIELD TRAINING EXERCISE 16-18 Oct 2015

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:

- **ONTARIO HEALTH CARD** (this is a must)
- T-shirts (6)
- Pants, preferably quick dry (no jeans) (4)
- Sweater or sweatshirt (3)
- Underwear (4)
- Socks (at least 4 pr wool) (8)
- Jacket (water proof maybe necessary) (1) *jacket weight is weather dependent*
- Hat (1)
- Boots (**no shoes**, water proof) (1)
- Sleeping Bag, Pillow (1)
- thin air mattress suitable for a tent (optional)
- Face Towel and body towel (1)
- Flashlight (1)
- Sunglasses / Sunscreen (1)
- Large Water Bottle (filled w/WATER, bpa free) (1)
- Toiletries and Personal Hygiene Items
- Chapstick
- Appropriate Sleeping Attire
- **Prescription Medication** (ONLY ENOUGH FOR WEEKEND; notify Capt Palumbo immediately upon arrival at Camp Wetaskiwin)
- ONE bag to carry all items other than sleeping bag - "ONE MAN, ONE KIT!!"

2. Please note: due to nature of the weather this time of year it is difficult to account for all personal kit items. Use appropriate discretion with packing and follow the weather reports up until departing for the exercise. We will train rain or shine. We will be sleeping in tents and amount of kit space is very limited. If you can't carry your bag, you are bringing too much stuff.

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

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