

ANNEX C

809 SQN FIELD TRAINING EXERCISE - 105 MOUNTAIN RD GRIMSBY

19, 20, 21 FEB 2016

PERSONAL CLOTHING AND EQUIPMENT LIST

1. All cadets should be in possession of the following clothing and/or equipment in order to ensure a safe, productive, and enjoyable training exercise:

- **ONTARIO HEALTH CARD** (mandatory)
- T-shirts (3)
- Pants - sweat/track/sport pants preferably waterproof (****no jeans****) (3)
- Sweater or sweatshirt (2)
- Underwear (2)
- Socks (4 pairs)
- Winter Jacket (preferably waterproof) (1)
- Cadet Toque (1)
- Boots (Warm and water proof; no rubber boots)(1 pair)
- Shoes (for indoor only) (1)
- Gloves (2 pairs)
- Sleeping Bag, Pillow (1 each)
- Face Towel and body towel (1 each)
- Flashlight (1)
- Sunglasses (1)
- Large Water Bottle (filled w/WATER, bpa free) (1)
- Mess Kit - **plate, bowl, hot liquid mug, fork, knife, spoon** ** none will be provided**
- Toiletries and Personal Hygiene Items including chapstick
- Appropriate Sleeping Attire

2. Prescription Medication: Bring ONLY ENOUGH FOR WEEKEND; HAND-IN to the CO immediately upon arrival at 62 Sqn LHQ; bring in **labelled/original containers**/ziploc bag.

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

4. The following optional equipment may be brought:

a. FTU - Uniform (as per the website) Decommissioned CF Olive Drab Combat Clothing - with black combat boots, cadet rank, blue wedge & capbrass/badge - OPTIONAL (only for those cadets who own a complete set)

B. Air Mattress and/or cot (single size only please)

5. Please do NOT bring anything that you will miss should it be lost.

T. Palumbo, CD

Captain

Commanding Officer, 809 Newark Squadron