

ANNEX C

PERSONAL KIT LIST

Winter Jacket
Wind pants/ski pants
Touque/Winter hat & Scarf
2 pair Winter Gloves (not just “one size fits all”)
Winter boots a must NO BOOTS YOU DO NOT GO!!!! Must be suitable for deep snow
8-10 pair socks (half should be thick wool or equivalent)
4-6 pair underwear
4-5 pair sweat pants (**no jeans**)
2 sets long underwear
2-4 t-shirts (no tank tops or short shirts)
2-3 long sleeve shirts (sweat shirts are good)
2 sweaters
Sunglasses
Spare pair shoes (these can be runners)
Towel/Face cloth (there are showers on-site)
Toiletries: - soap
 - brush/comb
 - toothbrush/paste
 - shaving kit (**a must for the males**)
 - foot powder (baby powder works)
 - chap stick/lip balm
 - deodorant
 - sunscreen

1 pr PJ's (**Pj pants not to be used for outdoor activities**)
Pillow optional
Water bottle (**a must**)
Thermos (optional)
Sleeping Bag (please notify Supply Officer if you don't have a sleeping bag)

In accordance with CATO 46-01, cadets may purchase (at their own expense) and wear the Army Cadet Field Training Uniform offered for sale at the Army Cadet League Kitshop (<http://www.armycadetleague.ca>). FTU **must** be worn with issued cadet slip-ons.

Cadets are not to bring any alcohol, drugs, or knives. Females do not bring any makeup. No electronic items permitted this includes gameboys, ipods, and cellphones. these items will be confiscated until the end of exercise if found during kit inspections.