

ORDER OF DRESS FOR THE EXERCISE

1. The following is a list of equipment each cadet will be required to bring on the outing. Please note that most of the activities will be outside in cold and/or wet weather.

2. **Personal Clothing.** In addition to basic clothing worn by the individuals:

- a. Signed Parents/Tutor Authorization Form (Mandatory)
- b. Medical Insurance Card or photocopy (Mandatory)
- c. Toque or hat (Mandatory)
- d. Rain gear (top and bottom) (Mandatory)
- e. Sleeping bag (Mandatory)
- f. Scarf
- g. Coat
- h. Long legged pants (2 pairs) Jeans are not recommended
- i. Warm sweater (preferably wool)
- j. Shirt or sweater
- k. Work gloves (one pair)
- l. Socks (at least 3 pairs)
- m. Rubber boots (Mandatory)
- n. Boots (2nd pair) (must be at least water resistant. Combat boots are acceptable as a second pair of footwear only)
- o. T-shirts (at least 2)
- p. Sweatshirt (Hoodie)
- q. Underwear (at least 2 changes)
- r. Pyjamas
- s. Flashlight
- t. Unbreakable plate, soup bowl, and cup
- u. Utensils (knife, fork and spoon)
- v. Personal medication (as required)

- w. Personal hygiene kit
 - x. Sunglasses (optional)
 - y. Sunscreen
 - z. Lip balm
 - aa. Mosquito Face Net
3. Level 4 cadets will bring a Field Message Pad or other small notebook, pencils (no pens) and plan on being able to carry all their personal belongings over a distance of 5 kilometres.
 4. Cadets not wearing the appropriate clothing will not leave for the exercise and will be sent home.
 5. Personal belongings will be identified. The squadron will not be held responsible for lost or stolen items.
 6. All valuable objects such as expensive watches or jewellery, Walkman, CD, or audio players, as well as phones, should be left at home.
 7. All delicacies (chocolates, candies, potato chips, etc.), as well as matches, lighters, knives and axes are forbidden.
 8. Cadets that have a requirement to take medicine during the exercise will inform the Ex Admin O.
 9. If a cadet has an illness, such as diabetes, epilepsy, infections or allergies, he/she must advise the Ex Admin O so that proper action can be taken in case of an emergency.
 10. Field Training Uniform is acceptable BUT layers are recommended, and an overcoat is strongly suggested.
 11. Everything must be placed in a waterproof container of some sort (plastic garbage bag) to avoid items getting wet in inclement weather. Do not just pack equipment in a garbage bag, it will rip open.