PERSONAL KIT LIST

Each candidate will require the following items:

1. Footwear- supportive running shoes or comparable footwear
2. Eating utensils
* Water bottle- A must! – filled with water.
* Eating knife, fork, spoon,
* Plate, bowl
* Mug (for hot and cold)
1. Toiletries
	* Pajamas
	* Soap
	* Large towel & face cloth
	* Toothbrush/ tooth paste
	* Brush, comb
	* Shaving kit (if required)
	* Sunscreen
	* Insect repellent
2. Clothing
	* Field Training uniform to be worn with Beret (bring tilly hat)
	* Warm jacket, hoodie, or sweater
	* sweat pants
	* Socks and undergarments(3 sets)
	* Tilly hat
3. Bedding
	* Sleeping bag

Pillow (optional)

* + Foamy (will be provided)
1. Additional items
	* Rain gear will be provided

Note: The following items are not permitted on exercise- personal firearms, hunting knifes, axes, machetes, laser pointers, junk food.

**All food will be provided- please make sure you advise corps staff of special food requirements prior to exercise (ie allergies or vegetarian).**

**All personal Medication must be labelled and handed in designated unit staff.**

**Label: Name of Cadet**

 **Name of medication, amount and when to be administered**