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**