

5-6 Oct 2019 Survival FTX **KIT LIST**

The following lists will detail the equipment you are required to bring:

HEALTH CARD – NO CARD = NO GO!

- Warm Sleeping Bag
- Pillow
- Appropriate civilian wear to suit weather
- Underwear (3 pair)
- Wool Socks (2 pair)
- Athletic socks (2 pair)
- Long Sleeve shirts
- Sweatshirt/Hoodie (1)
- Winter/Rain Coat
- Warm Pants (ie: track pants)
- Baseball Hat, Toque and Gloves
- Proper footwear – comfortable for PT, hiking, and wet weather
- Lip Balm (Chapstick/Blistex) and sunscreen
- Personal hygiene kit (soap, toothbrush, toothpaste, deodorant, towels, etc.)
- Duffle Bag and Day Pack (pack your gear so that it can get rained on)
- Refillable water bottle
- Extra Dry Clothes to change into, if wet weather occurs
- Prescription medication in original bottles will be reported to the exercise Admin O upon arrival to site on Sunday.

You will not bring or have in your possession:

- Alcohol
- Knives
- Cigarettes
- Matches or Lighters
- Non-prescription Drugs

Leave valuables at home – do not bring anything you are not willing to lose, label all your kit/equipment. Cell phones are acceptable for use during free time only; there will be minimal free time.

THE CANADIAN FORCES DRUG/ALCOHOL AND CANNIBIS POLICY WILL BE STRICTLY ADHERED TO AT ALL TIMES DURING THE WEEKEND AND IS APPLICABLE TO ALL CADETS, CIC OFFICERS, AND CIVILIANS.