

CLOTHING AND EQUIPMENT LIST

1. The provision of all personal clothing and equipment items listed below is the responsibility of each Cadet. Prior to purchasing any outdoor related clothing and equipment, cadets should contact their corps CO or the Region Training Officer (Expedition).
2. Cadets are required to bring the items listed below. Cadets who do not have an item should notify their corps CO, who will then contact the Regional Training Officer (Expedition), who will make arrangements to procure the equipment for the cadet if possible.

TO BE WORN/BROUGHT	CHECKLIST
CLOTHING - All weather	
1 pair hiking shoes or boots	
3-4 pair of wool or synthetic (not cotton) socks	
3-4 pair of synthetic sock inner liners (preferred but not necessary)	
3 pair of underwear	
2 short sleeve shirt (synthetic)	
1 rain jacket	
2 pair of long pants (not cotton or denim)	
1 pair shorts	
1 pair of pyjamas or sleepwear (suitable for shared sleeping)	
1 hat (i.e. Ball cap, Tilley Hat, etc)	
1 toque	
1 pair gloves	
1 extra pair shoes (for rainy/muddy weather)	
2 Non-Medical Masks (NMM).	
CLOTHING - if weather forecast shows temperatures near or below the freezing mark	
1 pair of long underwear (top & bottom)	
1 extra pair of warm wool or synthetic socks	
1 parka with fleece liner (may be the cadet parka)	
1 pair mitts for over gloves	
EQUIPMENT	
1 back pack or duffle bag for all clothing and items above when not being worn or used	
1 small day bag with shoulder straps (suitable for rain gear and other items needed while hiking,	
1 water bottle or hydration pack (full before arriving)	
1 small towel	
1 wrist watch (should not depend on cell phones for time due to limited battery)	

Joining Instructions – Silver & Gold Star CES Training
Annex A

OTHER ITEMS	
Ontario Health Card	
Medication	
Parental Consent Form	
Personal Hand Sanitizer	
Sunscreen	
Lip Balm	
Bug Spray	
Ear Plugs (for a good night sleep)	

3. The following items will NOT be brought to the CES training site by any participants:
- a. personal canoe and mountain bike equipment;
 - b. military-related clothing;
 - c. junk food and energy drinks;
 - d. inappropriate books or magazines;
 - e. lighters;
 - f. non-prescription drugs, alcohol or other controlled substances; and
 - g. ammunition, firearms or weapon of any kind.

PACKING TIPS

4. Before departure, double check all belongings and documents. Use this list to ensure that nothing has been forgotten.

INSTRUCTION	CHECK
Is all your personal kit packed into one bag?	
Do you have your prescription medication?	
Do you have a floating security strap for your glasses?	
Do you have your MEDIC ALERT bracelet or necklace, if applicable?	
Do you have your Provincial Health Card?	
Do you have your signed Parental Consent Form?	
Do you know where you are going? If not, contact your Corps CO asap.	
Do you know how you are travelling? If not, contact your Corps CO asap.	
Do you know your timings? If not, contact your Corps CO asap.	
Are you COVID-19 symptom free and can conduct a self-rapid test?	