

ANNEX G
OPORD – FTX Shadow Lake 2023
17 NOV – 19 NOV 23

FTX KIT LIST

When on a Field Training Exercise it is important to dress in layers. When you are cool, you can put on another layer; when you are hot you can remove a layer. Bulky clothing is impractical and takes up a lot of space. Fleece, wool or cotton (in layers) materials are far better alternatives; when wet they still offer some warmth and they pack up small.

Remember!

- A tremendous amount of body heat is lost through the head. Bring a toque.
- Pack efficiently by planning what you will wear for the course of the exercise. Trim anything not essential.
- Ideally, all of your kit will fit in a 30-litre backpack. If you do not own such a backpack, any equivalently sized alternative with a sufficient barrier against rain or snow will do
- Bring an empty pillowcase. At night, stuff it with clothes to make a pillow.
- Bandanas are useful items to have on trip. They have a myriad of uses beyond being a sweatband.
- Knives are only permitted to Senior Cadets (FSgt and above) and will be inspected by the Staff in order to confirm to CATOs.
- Only medication prescribed to you may be taken (unless it is medication prescribed over the counter (e.g. Acetaminophen (Tylenol), Ibuprofen (Advil), allergy medication, etc.))
- No Pyrotechnics, Alcohol, Tobacco, Illicit Drugs/Narcotics, or Electrical equipment is permitted

Personal Kit List

DOCUMENTS & MISC.

- OHIP Health Card (Recommended)
- Prescription medication & Medic Alert bracelet (if required)

GENERAL ITEMS

- 1 Field Training Uniform – complete (if you have it)
- 2 T-Shirts
- 2 Sweaters
- 2 Pants
- 1 Combat Boots/ Hiking Boots
- 1 Running Shoes (specifically for indoor use ONLY)

- 4 Socks (wool)
- 1 Sports/Athletic Wear (e.g. sweatpants, shorts, hoody)
- 1 Raincoat/rain pants or poncho
- 1 Bush cap or sun hat
- 1 Warm toque/hat
- 1 Gloves and/or mitts
- 1 Warm jacket
- 4 Underwear, pair
- 1 Sleepwear
- 1 Toiletries/shower kit/towel/face cloth, etc.
- 1 Flashlight & batteries
- 1 Pair of Slippers

OPTIONAL ITEMS

- Sunglasses
- Wristwatch
- Chapstick & Small Amount of Sunscreen

The above items are the minimum requirement for a cadet to attend. You may bring other items for your comfort and to keep warm...However, **IF YOU PACK IT, MAKE SURE YOU CAN CARRY IT!**

Do not bring your excess electronic devices or any expensive watches/jewelry and no cash is required during this FTX.