

APPENDIX 3

KIT LIST FOR ACTIVITY

TRAINING OR ACTIVITY DETAILS	
Exercise ADA 6/7 Air Elemental Weekend	Location Blackdown CTC, 1 Blackdown Rd, Borden, ON, L0M 1C0
Start Date and Time Friday, 22 May 2026 (1800hrs – see transport plan)	End Date and Time Sunday, 24 May 2026 (1400hrs)

KIT LIST	
Provincial health card	1
Parental Permission Form	1
Medication (if required)	As needed
Backpack / Daypack	1
Refillable Water bottle	1
Hygiene Kit (toothbrush, toothpaste, floss, deodorant, etc.)	1
Field Training Uniform	
• Elemental T-Shirt (blue)	2
• FTU Shirt and pants	2
• FTU Boots	1
• Beret / Tilley hat / touque	1
• Wool socks	3 pairs
Small notebook, pen and/or pencil	1
Appropriate warm sleeping attire	1
Pillow	1
Cadet Parka (if not worn)	1
Gloves	1
Sunscreen	1
Bug repellent	1
Sleeping bag (will not be provided)	1

PROHIBITED
The wearing or bringing of valuables, large amounts of money, jewelry, electronics, electronics, knives and attractive items are not allowed. Any personnel bringing such items shall be responsible for same. The event and facility will not be held responsible for lost/stolen/damaged items.
Alcohol, illegal/non-prescription drugs, drug paraphernalia, weapons, cigarettes, e-cigarettes/vaping, pornography or anything else deemed illicit are forbidden. Anyone in possession of, distributing, or using illicit items shall be RTU from the exercise at parent / guardian expense. If warranted, local police services shall be contacted.

ACTIVITY DETAILS	
Weather	• The activity will be conducted in all weather conditions (expected to be cold, wet, and windy).
Health	• Access to the bus and/or parental drop-off will require visual confirmation of the provincial health card (non-digital copy) • Medication and health cards must be declared during in-routine and kept on the person for the duration of the activity. • Report any medical and/or dietary restrictions to the Activity FirstAidO during intake.
Money	• Cadets may wish to bring small amounts for purchase of items from the canteen.
Safety	• Cadets must have a signed Parental Consent form (one per person).