

283 AIR – NOV 13 – 15, 2025 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 materials (in layers) 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 dry bag. If you do not have a dry bag, you may use a backpack or small suitcase.
- Bring an empty pillowcase. At night, stuff it with clothes to make a pillow or you may bring one.
- Bandanas are useful items to have on trips. They have a myriad of uses beyond being a sweatband.
- Knives are only permitted to Senior Cadets (Sgt 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)
- No Pyrotechnics, Alcohol, Tobacco, Illicit Drugs/Narcotics, or Electrical equipment is permitted

Personal Kit List

DOCUMENTS & MISC.

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

GENERAL ITEMS

- | | Qty. | |
|--------------------------|------|---|
| ☐ | 1 | Combat field dress (FTU) – complete (if you have it) |
| ☐ | 2 | Tee shirts (may wear squadron t-shirt under FTU) |
| ☐ | 1 | Sweaters |
| ☐ | 2 | Pants |
| ☐ | 1 | Combat boots or winter boots. If no combat boots for FTU, wear winter boots. |
| ☐ | 1 | Running shoes (for indoor activity) |
| ☐ | 1 | Slippers or flip flops to wear in cabins |
| ☐ | 4 | Socks (wool if you have them) If only one pair of wool socks, bring 3 regular cotton socks to change and wear under the wool socks. |

- ☐ 1 Raincoat/rain pants or poncho
- ☐ 1 Warm toque/hat
- ☐ 1 Gloves and/or mitts
- ☐ 1 Warm jacket
- ☐ 2 Underwear
- ☐ 1 Long/thermal underwear or leggings
- ☐ 1 Sleep-wear
- ☐ 1 Toiletries/shower kit/towel/face cloth, etc.
- ☐ 1 Flashlight & batteries

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 expensive watch/jewelry or your iPod. You may bring a cell phone, but we are NOT responsible should you lose it or break it. Cell phones are not to be used during training unless instructed to do so as part of a lesson.