

## **FTX Weekend KIT LIST - CADET PERSONAL KIT LIST**

### **Equipment List**

I. When Cadet shows up for the bus, this is what they should be wearing, and have on their person

1. Hat/Toque	5. Small personal Flashlight
2. Pants (no jeans)	6. Pen & Notebook
3. Shirt & Sweater (both layers)	7. Hiking Boots/shoes
4. Jacket	8. OHIP Health Card
9. Prescription Medication in a zip-lock bag marked with your name and dosage instructions	10. Medic Alert Jewelry (if required)

II. Ensure the following is packed in your kit bag (duffle bag, rucksacks/proper backpack)

1. Garbage bags – X2	9. Rainproof Jacket/Poncho
2. Socks - X2 pairs	10. Rain Pants
3. Pants – X2	11. Gloves
4. Shirts– X2	12. Extra Face Masks (personal preference)
5. T-shirts- X2	13. Toiletry Kit
6. Underwear – X2	14. Face washcloth
7. Spare Running Shoes/hiking boots	15. Sleeping bag (if you do not have one, then one will be provided),
8. Travel Mug/Drinking Container	16. Meal kit (reusable plastic plates, cups, and cutlery)
17. Optional: pillow, camping mattress (cadets' decision)	

### **Safety**

1. Whistle
2. Canteen or water bottle (it will be carried by the cadet all day)
3. Sun Block & Insect repellent (as needed)
4. Spare batteries for flashlight

### **Prohibited**

- I. Knives are only permitted to Senior Cadets (Level 4) & above (6-inch blade max with ***mandatory*** blade cover)
- II. Food or snacks (all meals are provided)
- III. Electronics (you may bring a cellphone)
- IV. Firearms & Pyrotechnics
- V. Drugs, alcohol, tobacco products and related items



# FTX

The above items are the minimum requirement for a Cadet to attend. You may bring other items for your comfort and to keep warm, but if you pack it, make sure you can carry it. No cash is required during this FTX. 5 Cyclone RCACS will not assume any responsibility for any lost or stolen items.