

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 cadet's should contact their corps CO or the RC Expd Trg O.
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 RC Expd Trg O, who will make arrangements to procure the equipment for the cadet if possible.

TO BE BROUGHT	CHECKLIST
4 pairs of warm wool/synthetic (not cotton) socks	
4 pairs of inner socks (not cotton)	
3 pairs of underwear	
1 pair of long underwear (not cotton) (top & bottom)	
2 short sleeve shirts or t-shirts (not cotton)	
2 pairs of long pants (not cotton or denim)	
1 pair shorts	
1 Cadet Parka with fleece liner	
1 pyjamas or sleepwear (suitable for shared sleeping)	
1 hat (i.e. Ball cap, Tilley Hat, etc)	
1 toque	
1 pair gloves	
1 pair shoes/sneakers (evening usage)	
1 pair hiking/ biking shoes (day time usage)	
1 water bottle	
1 wrist watch	
1 towel (small)	
1 travel-sized soap	
1 travel-sized deodorant	
1 travel-sized toothbrush and toothpaste	
1 comb/hairbrush	
1 swimsuit (Silver Star EC only)	
1 pair fitted water shoes – no flip-flops, crocks or thongs (Silver Star EC only)	
1 camera (optional)	
1 duffle bag for bringing/stowing gear (NOT a rolling suitcase as these are difficult to store)	

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3. The following items will be issued upon arrival at the EC training site:

TEAM EQUIPMENT (ISSUED)	PERSONAL EQUIPMENT (ISSUED)
Tent	Expedition field pack
Pocket knife	Compression sack(s)
Compass	Stuff sack(s)
Mountain stove/ Dragon Fly Stove	Sleeping bag
Fuel bottle	Sleeping bag liner
Pot set	Thermarest mattress
Matches	Wet weather jacket
Waterproof match container	Wet weather pants
Wash basin	Plastic cup
First aid kit	Whistle
Backpacking tarp	Headlamp
GPS	Carabineer
Naphtha	Trekking poles
MSR water filter	20 SPF lip balm
Toilet paper	Journal
Re-sealable plastic bags	Pencil
Garbage bags	
Gear tape	
Glow sticks	
30 SPF sunblock	
Foot powder	
Hand sanitizer	
Day Bag	
Insect Repellent	

4. ECs have a limited supply of large, x-large, and xx-large sizes of jackets, pants and PFDs. If a cadet requires these sizes please contact the EC OC so that arrangements can be made.

5. The following items will NOT be brought to the EC training site by any participants:

- a. personal climbing equipment;
- b. personal canoeing / hiking / mountain biking equipment;
- c. military related clothing;
- d. junk food of any sort;
- e. inappropriate books or magazines (due to pornographic or violent content);

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- f. lighters;
- g. non-prescription drugs, alcohol or other controlled substances; and
- h. ammunition, firearms (or any other weapon) of any kind.

PACKING TIPS

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

INSTRUCTION	CHECK
Is your personal kit complete and marked?	
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 insurance card?	
Do you know exactly how you are travelling? If not, contact your corps CO.	