

Annex D – EX Survival Personal Kit List

Health Card

Toiletries i.e. toothbrush & paste, comb or brush, soap, small towel, razor (if req'd)
Unbreakable cup, water bottle
Pants – 2 pair, no jeans please, wear khakis, track pants
T-shirts – 2
Sweatshirt
Coat – Medium weight
Underclothes, Long underwear
Socks – 3 pair wool, 3 pr cotton
Boots – hiking or combat style
Hat – bush cap or ball cap
Toque
Gloves or mitts, 2 pair
Rain suit or equivalent
Pen, pencil, paper in Ziploc bag
Trail mix or similar snacks – no glass bottles

Flashlight

All personal gear should fit into one duffel or sports bag. Duffel or sports bag **MUST** be lined with plastic garbage bag. Combat type clothing is encouraged but not required.

All medication will be turned in to staff upon arrival. A detailed list of dosage and times should be included. Make sure all medications are clearly labeled with the cadet's name. Every Cadet **MUST** have their Health Card with them.

No contraband i.e. tobacco, alcohol, narcotics, pyrotechnics, or weapons will be tolerated. No fraternization will be tolerated. Any violators will be sent home.

DO NOT bring electronic devices, valuables or unnecessary items. Cell phones are permitted but will be kept at the HQ for emergency use only. All electronics are your responsibility.

Parents: Drop cadets off at the Parry Sound Legion 0700 am on Saturday 28 Sep 19. Pick up at Parry Sound Legion 1700 Sunday 29 Sep 19. Please don't be late, Cadets must have breakfast before arrival on Saturday.

Contact number is Capt Coles (on site) (705) 746-0184

I consent to my son/daughter/ward participating in EX SURVIVAL, I have read and understand the kit list, restrictions and provided a contact where I can be reached throughout the weekend.

Cadet Name: _____ Contact # for 28-29 Sep 19. _____

Parent Signature: _____