

KIT CHECK LIST: CONNAUGHT		✓OUTBOUND	✓HOME-BOUND	NOTES
ITEM	QUANTITY			
Headress* NOTE 1	1			
Shirt, Uniform*	1			
Tie, Uniform*	1			
Sweater, turtle-neck*				
T-shirt, Uniform*				
Trouser, Uniform*	1			
Belt, black web, Uniform*	1			
Tunic, Uniform*	1			
Socks, grey wool, pair, Uniform*	2			
Boots, ankle, black, pair, Uniform*	1			
Raincoat, Uniform*				
Hat, Tilley*	1			
T-shirt, grey* (PT)	1			
T-Shirt, white				
Shorts, grey* (PT)	1			
Sweat suit				
Swimsuit NOTE 2	1			
Swim Cap NOTE 3				
Socks, athletic, white. Pair				
Shoes, Running/Cross-training*, pair	1			
Shoes, Water-activity, pair NOTE 5				
Jacket NOTE 7				
Underwear	5			
Sleepwear NOTE 2	1			
Jeans NOTE 6	1			
Personal Hygiene Kit including:				
Soap	1			
Shampoo	1			
Toothbrush	1			
Toothpaste	1			
Deodorant	1			
Hairbrush	1			
Shaving Kit (Razor, lather, as required)	1			
Handkerchief or Tissues	1			
Towel, bath	2			
Towel, hand				

KIT CHECK LIST: CONNAUGHT		✓ OUTBOUND	✓ HOME-BOUND	NOTES
ITEM	QUANTITY			
Cloth, face	1			
Footwear, shower, pair NOTE 4	1			
Lip Balm (as required)				
Sunscreen: minimum SPF 29 suggested				
Insect Repellent DEET Caution				
Eyeglasses, prescription (as required)	2			
Sports strap (retaining strap for cadets with prescription eyewear)	1			
Shine Kit (Shoe polish, soft cloth, e.g. Kiwi cloth, brush)	1			
Stationery supplies (pens, pencil, paper, stamps etc..)	1			
Lock, Combination or keyed padlock/ 2 keys unless otherwise specified	1			
Clothes hangars	4			
Sewing Kit (Needle, thread)	1			
Bottle, sport				
Laundry detergent (also available for purchase at canteen)				
Kit bag*				
Gym bag/ knapsack				
Additional Items as Specified in Annex:	C			
Documents				
Health Card	1			
Personal Items Log	1			
Transportation Form	1			
Prescription(s) – Meds	1			
Prescription – Eyeglasses	1			
Smoking Permission (as applicable)	1			
Identification (under age 16, Government-issued, e.g. birth certificate) if travelling by rail or air OR	2			
Photo identification (Age 16 and over, Government- issued, e.g. passport) if travelling by rail or air	1			
Long Distance Telephone Calling Card	1			
Glider Candidates: Cheques payable to Receiver General for Canada				

NOTES:

- * Issued at home corps/squadron
- Note 1: Issued elemental cap, beret or wedge cap **INCLUDING brass or insignia**
- Note 2: Must be conservative in style and fit. Swimwear: Two-piece or bikini style not permitted. Nighwear: Appropriate to time of year, but sufficiently conservative to ensure standards of personal modesty.
- Note 3: For females with long hairstyles
- Note 4: For shower; Water resistant, Velcro fastener recommended, e.g. beach sandals, jelly shoes
- Note 5: Footwear capable of foot protection during water activities, e.g. canoeing, etc. Blackdown: Sandals with ankle strap, water shoes etc. RGS: Old running shoes, etc.
- Note 6: Only jeans, preferably blue denim, in good repair will be permitted for off-duty casual wear. Torn, frayed, embellished (written-upon, painted, spangled, etc.) or low-rider garments are not permitted.
- Note 7: Lightweight windbreaker style. Warm sweater may be substituted.