

KIT CHECK LIST: REGIONAL GLIDING SCHOOL		✓OUTBOUND	✓HOME-BOUND	NOTES
ITEM	QUANTITY			
Headress* NOTE 1	1			
Shirt, Uniform*	1			
Tie, Uniform*	1			
Sweater, turtle-neck*	1			
T-shirt, Uniform*	1 blue			
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*	1			
Hat, Tilley*	1			
T-shirt, grey* (PT)	1			
T-Shirt, white	2			
Shorts, grey* (PT)	1			
Sweat suit	1			
Swimsuit NOTE 2	1			
Swim Cap NOTE 3	1			
Socks, athletic, white. Pair	2			
Shoes, Running/Cross-training*, pair	1			
Shoes, Water-activity, pair NOTE 5	1			
Jacket NOTE 7	1			
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				
Cloth, face				

Footwear, shower, pair NOTE 4	1			
Lip Balm (as required)	1			
Sunscreen: minimum SPF 29 suggested	2			
Insect Repellent DEET Caution	1			
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)				
Bottle, sport	1, w/ carry case			
Laundry detergent (also available for purchase at canteen)				
Kit bag*	1			
Gym bag/ knapsack	1			
Additional Items as Specified in Annex:	E			
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	1 @ \$55.00 1 @ \$105.00			

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. Nightwear: 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.