

## KIT LIST

The following table describes the clothing and personal items required by course cadets.  
 For a printer-friendly checklist, click the CSTC being attended.

**IMPORTANT!** – See [Restricted and Prohibited Items](#) below

	<a href="#">Blackdown</a>	<a href="#">Connaught</a>	<a href="#">HMCS Ontario</a>	<a href="#">Trenton</a>	<a href="#">RGS</a>	<a href="#">Advanced Aviation</a>	<a href="#">Power Pilot Scholarship</a>
Headdress* <a href="#">NOTE 1</a>	1	1	1	1	1	1	1
Shirt, Uniform*	1	1	1	1	1	1	1
Tie, Uniform*		1			1	1	
Sweater, turtle-neck*	1				1		1
T-shirt, Uniform*					1 blue		
Trouser, Uniform*	1	1	1	1	1	1	1
Belt, black web, Uniform*	1	1	1	1	1	1	1
Tunic, Uniform*		1	1		1	1	1
Socks, grey wool, pair, Uniform*	2	2	2	2	2	2	2
Boots, ankle, black, pair, Uniform*	1	1	1	1	1	1	1 <a href="#">NOTE 9</a>
Raincoat, Uniform*			1	1	1	1	1
Hat, Tilley*	1	1	1	1	1	1	
T-shirt, grey* (PT)	1	1	1	1	1	1	1
T-Shirt, white	1				2		5
Shorts, grey* (PT)	1	1	1	1	1	1	1
Sweat suit	1		1 <a href="#">NOTE 8</a>			1	
Swimsuit <a href="#">NOTE 2</a>	1	1	1	1	1	1	1
Swim Cap <a href="#">NOTE 3</a>			1		1		1
Socks, athletic, white. Pair	2		3	8	2	2	2
Shoes, Running/Cross-training*, pair	1	1	1	1	1	1	1
Shoes, Water-activity, pair <a href="#">NOTE 5</a>	2				1		
Jacket <a href="#">NOTE 7</a>			1	1	1	1	1
Underwear	6	5	5	6	5	5	5
Sleepwear <a href="#">NOTE 2</a>	2	1	1	1	1	1	1
Jeans <a href="#">NOTE 6</a>		1		2	1	2	1
Personal Hygiene Kit including:							
Soap	1	1	1	1	1	1	1
Shampoo	1	1	1	1	1	1	1
Toothbrush	1	1	1	1	1	1	1
Toothpaste	1	1	1	1	1	1	1
Deodorant	1	1	1	1	1	1	1
Hairbrush	1	1	1	1	1	1	1
Shaving Kit (Razor, lather, as	1	1	1	1	1	1	1

required)							
Handkerchief or Tissues	1	1	1	1	1	1	1
Towel, bath	2	2	2	2	2	2	2
Towel, hand	2		2			2	
Cloth, face	2	1		1			2
Footwear, shower, pair <a href="#">NOTE 4</a>	1	1	1	1	1	1	1
Lip Balm (as required)	1				1		1
Sunscreen: minimum SPF 29 suggested	1			1	2		2
Insect Repellent <a href="#">DEET Caution</a>					1		1
Eyeglasses, prescription (as required)	2	2	2	2	2	2	2
Sports strap (retaining strap for cadets with prescription eyewear)	1	1	1	1	1	1	1
Shine Kit (Shoe polish, soft cloth, e.g. Kiwi cloth, brush)	1	1	1	1	1	1	1
Stationery supplies (pens, pencil, paper, stamps etc..)	1	1	1	1	1	1	1
Lock, Combination or keyed padlock/ 2 keys unless otherwise specified	2, Combin- ation	1	1	1	1	2	1, Combin- ation
Clothes hangars	6	4		4	4		4
Sewing Kit (Needle, thread)	1	1	1	1		1	1
Bottle, sport	1, Nalgene style			1, w/ carry case	1, w/ carry case		1
Laundry detergent (also available for purchase at canteen)	1						
Kit bag*				1	1		1
Gym bag/ knapsack			1	1	1	1	1
Additional Items as Specified in Annex:	<a href="#">B</a>	<a href="#">C</a>	<a href="#">D</a>	<a href="#">E</a>	<a href="#">F</a>	<a href="#">G</a>	<a href="#">H</a>
<b>Documents</b>							
Health Card	1	1	1	1	1	1	1
Personal Items Log	1	1	1	1	1	1	1
Transportation Form	1	1	1	1	1	1	1
Prescription(s) – Meds	1	1	1	1	1	1	1
Prescription – Eyeglasses	1	1	1	1	1	1	1
Smoking Permission (as applicable)	1	1	1	1	1	1	1
Identification (under age 16, Government-issued, e.g. birth certificate) if travelling by rail or air <b>OR</b> Photo identification (Age 16 and over, Government- issued, e.g. passport) if travelling by rail or air	2	2	2	2	2	2	2
	1	1	1	1	1	1	1
Long Distance Telephone Calling Card	1	1	1	1	1	1	1
<b>Glider &amp; Power Pilot Candidates:</b> Cheques payable to Receiver General for Canada					1 @ \$55.00 1 @ \$105.00		1 @ \$55.00 1 @ \$105.00

<b>ADDITIONAL ITEMS FOR CADET LEADER INSTRUCTOR ADVENTURE COURSE CADETS</b>						
Not mandatory, but recommended in view of the substantial time spent in hiking, backpacking, canoeing and mountain biking.						
Quick-dry shirts, shorts, pants (as required) **	3					
Hat with visor for sun protection	1					
Appropriate style hiking boot (as required) **	1					
Extra sports socks (minimum 3 pair extra)	3					
Sunglasses	1					
Wristwatch	1					
Dry bag(s)	2					

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.
- Note 8: Sweater and pants may be substituted.
- Note 9: Additional pair of boots, ankle, black to be drawn from home squadron if possible, for wear while flying.

## RESTRICTED & PROHIBITED ITEMS

The following table describes items which should NOT accompany cadets to a Training Centre. Any such items discovered during routine in-clearance or during a cadet's attendance to training are subject to confiscation by directing staff and could result in disciplinary or legal action.

DESCRIPTION	EXTENSION, EXAMPLES
Flammables	Lighter fluid,
Explosives	Fireworks, firecrackers, ammunition, pyrotechnics
Weapons	Knives, daggers, camping knives, sheath knives, machetes, scissors, and sharp instruments of any sort, pistols and rifles (whether firearms or air/pellet),
Controlled Substances	Non-prescription and over-the-counter medications, hallucinogens
Alcoholic Beverages	
Foodstuffs and beverages	Perishables, packaged goods, snacks, candy
Unauthorized Uniforms or Accoutrements	Combat clothing, gaiters, webbing, clickers
Personal Attire	Clothing not specified in kit lists, contact lenses (Connaught only)
Sports Equipment	Skate boards, roller skates, roller blades, private sailboats, sailboards
Personal Electronics	Cell phones*, Pagers, "Ghetto Blasters", "Boom boxes", Laser pointers, "Diskman" CD players, Ipods. *EXCEPTION: Cell phones are permitted for Power Pilot Scholarship candidates
Small Appliances	Hair dryers*, curling irons, clothes irons, hotplates. *EXCEPTION: Hair dryers permitted at RGS
Pornographic Materials of any sort	Pornographic books, movies,
Pets	
Motor vehicles of any sort	
Miscellaneous Items potentially hazardous to others	Glass containers, felt-tipped markers,