

## Cadet Training Centre Common Form – Packing Checklist

### Instructions:

Please check-off each item as you pack them. Note that some additional items may be required for your course. Consult the Cadet Training Centre webpages for more information.

<b>MANDATORY ITEMS</b> <i>(pack these things first!)</i>		
	Provincial Health Card	Signed Offer of Participation
	Prescription Medication <small>(Listed on Medication form)</small>	Over the Counter Medication <small>(Listed on Medication form)</small>
	Prescription eyewear with safety strap	Cash (approx. \$20)
	Time-Off Authorization Form	Personal Articles Log
Banking Info (Void cheque and Direct Deposit Form)		
Medical Alert Identification (if applicable)		
Reusable Water Bottle (x 2 recommended)		
<b>PERSONAL ESSENTIALS</b> <i>(check off each item once packed)</i>		
	Underwear (x8)	Toothbrush (x1)
	Cotton Socks (x8)	Toothpaste (x1)
	Deodorant / Antiperspirant (x1)	Comb/Hairbrush (x1)
	Shampoo / Conditioner (x1)	Hair Gel or Spray (x1)
	Shower Sandals (x1 Pair)	Soap (x1)
	Towel (x2)	Wash Cloth (x2)
	Shaving Razor / Shaving Cream (x1)	Feminine Napkins / Tampons
	Laundry Detergent	Combination Lock (x2 required)
<b>REQUIRED ISSUED UNIFORMS</b> <i>(check off each item once packed)</i>		
	Environmental T-Shirt (x1)	Wool Socks (x1)
	Headdress (x1)	Dress Shirt (x1)
	Pants (x1)	Belt with Buckle (x1)
	Parade Boots (x1 Pair)	Nametag (x1)
	Rank Slip-ons (x1 Pair, for travel only)	Medal Ribbons
	Sea Training Uniform (STU)	Multi-purpose boots (x1 Pair)
	Army/Air Field Training Uniform (FTU)	Parka Outer or Inner?
<b>CIVILIAN – OTHER</b> <i>(check off each item once packed)</i>		
	T-Shirts (x4)	Shorts (x4)
	Running Shoes (x1 Pair)	Pants (x2)
	Sweatpants (x2)	Sweater (x2)
	Swimsuit (x1)	Sleepwear (x2)
	Hat (x1)	Lip balm, SPF 15+ (x1)
	Sunblock, SPF 35+ (x1)	Boot Polishing Kit
<b>PROHIBITED ITEMS</b>		
<p><i>The following items are prohibited and will be confiscated. Any item found to be illegal, will be seized and reported to Military Police, or the local police service.</i></p> <ul style="list-style-type: none"> <li style="display: inline-block; width: 45%; vertical-align: top;"> <ul style="list-style-type: none"> <li>▪ <b>Firearm and replicas</b></li> <li>▪ <b>Illegal or Controlled substances</b></li> <li>▪ <b>Weapons</b></li> <li>▪ <b>Pornography</b></li> <li>▪ <b>Vape or tobacco products</b></li> <li>▪ <b>Un-prescribed medications</b></li> </ul> </li> <li style="display: inline-block; width: 45%; vertical-align: top;"> <ul style="list-style-type: none"> <li>▪ <b>Alcohol</b></li> <li>▪ <b>Pyrotechnics or other Explosives</b></li> <li>▪ <b>Handcuffs</b></li> <li>▪ <b>Laser Pointer</b></li> <li>▪ <b>Straight Razors</b></li> <li>▪ <b>Undocumented over the counter drugs</b></li> </ul> </li> </ul> <p>▪ <b>Weapons and Knives</b> <i>(brass knuckles, throwing stars, etc., unauthorized blades of any sort are not permitted. This includes but is not limited to: daggers, swords, axes, hatchets, etc. Spiritual or religious blades, such as a Kirpan or Sgian Dubh are acceptable.)</i></p>		