

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

	Blackdown	Connaught	HMCS Ontario	Trenton	RGS	Advanced Aviation Technology	Power Pilot Scholarship
Headress* NOTE 1	1	1	1	1	1	1	1
Shirt, Uniform*	1	1	1	1	1	1	1
Tie, Uniform*					1	1	
Sweater, turtle-neck*	1				1		1
T-shirt, Uniform*				Min. 1 blue	Min. 1 blue		
Trouser, Uniform*	1	1	1	1	1	1	1
Belt, black web, Uniform*	1	1	1	1	1	1	1
Tunic, Uniform*		0	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	2 NOTE 9	2 NOTE 9
Raincoat, Uniform (Cadet parka)*			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 NOTE 8			1	
Swimsuit NOTE 2	1	1	1	1	1	1	1
Swim Cap NOTE 3			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 NOTE 5	2			1	1		
Jacket NOTE 7			1	1	1	1	1
Underwear	6	6	5	6	5	5	5
Sleepwear NOTE 2	2	2	1	1	1	1	1
Jeans NOTE 6		0	Nil	2	1	2	1
Personal Hygiene Kit NOTE 10 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 required)	1	1	1	1	1	1	1

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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 NOTE 4	1	1	1	1	1	1	1
Lip Balm (as required)	1			1	1		1
Sunscreen: minimum SPF 29 suggested	1			1	2		2
Insect Repellent DEET Caution					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	2	2	1	2	1, Combin- ation
Clothes hangars	6	4	6	4	4		4
Sewing Kit (Needle, thread)	1	1	1	1		1	1
Bottle, sport				1, w/ carry case	1, w/ carry case	1	1
Laundry detergent (also available for purchase at canteen)	1			1			
Kit bag*				1	1		1
Gym bag/ knapsack / School-type back pack			1	1	1	1	1
Additional Items as Specified in Annex:	<u>B</u>	<u>C</u>	<u>D</u>	<u>E</u>	<u>F</u>	<u>G</u>	<u>H</u>
Documents							
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 OR 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

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<u>Glider & Power Pilot Candidates:</u> Cheques payable to Receiver General for Canada					1 @ \$55.00 1 @ \$105.00		1 @ \$55.00 1 @ \$105.00
Passport Photo					1		1

ADDITIONAL ITEMS FOR CADET LEADER INSTRUCTOR ADVENTURE AND BASIC EXPEDITION COURSE CADETS 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						
Bottle, sport	1, Nalgene style						
ADDITIONAL ITEMS FOR SAILING AND GENERAL TRAINING (SEA) COURSE CADETS							
Shorts, civilian pattern, solid colour (blue, black, brown, khaki, white) and/or appropriate sailing attire			3-5				

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: Must reflect prevailing standards of modesty and good taste; should be functionally styled for swimming, not tanning or beach wear. Sleepwear: 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. Trenton: Must be closed-toed shoe or water-sock.
- Note 6: Only jeans, preferably blue denim, in good repair will be permitted for off-duty casual wear at those Training Centres permitting jeans at all. 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. (Applies to Advanced Aviation Technology Courses, Canador College, and Power Pilot Scholarship candidates.)
- Note 10: In deference to those with significant sensitivities to scents, those using personal care products such as perfumes, body lotions, after-shave lotions, hairsprays, etc. are encouraged to use only of low-scented or unscented varieties.

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 MAY be permitted if so indicated in individual CSTC Annex	Pagers, "Ghetto Blasters", "Boom boxes", Laser pointers, "Diskman" CD players, Ipods, laptop and tablet computers. <i>EXCEPTION:</i> Cell phones and personal handheld devices are generally permitted for use during non-training hours. Each CSTC has a procedure to secure all course cadets' cell phones. Cadets may then sign out their phones for use during non-training hours, to later be retrieved and re-secured at the end of the use period. Individual CSTC policies may vary according to prevailing training conditions; consult specific Annex.
Small Appliances	Hair dryers*, curling irons, clothes irons, hotplates. <i>*EXCEPTION:</i> Hair dryers permitted at RGS; maximum 900 Watts.
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,

Alterations to Footwear

CF Dress Regulations prohibit the altering of footwear; therefore "clickers" may not to be installed on footwear. Additionally, clickers tend to damage flooring and are considered a fire hazard in some environments (e.g. flight lines). Any such additions to footwear (boots, shoes) will be removed before travelling to camp, and not replaced.