

Annex J
To Op O 16/19
BATTERY FROST 01/19
Dated 25 Dec 19

PERS KIT LIST (To be packed from home)

The following items are required by all Cadets.

OHIP Card

Parental Consent Form

1 X Back Pack / Rucksack – large enough to contain ALL clothing items. **NO SUITCASES**. All pers must be able to travel "hands free".

Clothing (for those without issued combat uniform)

| | |
|----------------------------|--------------------------------------|
| 1 X pr Gloves, Knit, Black | 2 X pr Pants (NOT Cotton) |
| 1 x pr Mittens | 2 X Long sleeved shirt |
| 1 X Cap, Knit | 2 X Warm pullover, sweater or fleece |
| 3 X pr underwear | 1 X Warm Long-johns |
| 4-6 X pr heavy socks | |
| 2 X T-shirt | |

Clothing (for those with issued combat uniform)

| | |
|------------------------------|--------------------------------------|
| 1 X Cbt boots | 1 X Cap, Knit |
| 1 X Cbt pants | 3 X pr underwear |
| 1 X Cbt shirt | 4 - 6 X pr heavy socks |
| 1 X Crew neck T-shirt, Green | 1 X Cadet sweater |
| 1 X Beret | 1 X Warm pullover, sweater or fleece |
| 1 X pr Gloves, Knit, Black | 1 X Warm Long-johns |
| 1 x pr Mittens | |

Eating Utensils

| | |
|---------------------|---------------|
| 1 Liter waterbottle | Insulated Mug |
|---------------------|---------------|

Toiletries / Equipment

| | |
|--------------------|-------------------------------------|
| Face cloth | Kleenex |
| Hand towel | Flashlight w/ extra batteries |
| Toothbrush & paste | Lip Balm |
| Shaving kit | Jack Knife in sheath (Optional) |
| Deodorant | 3 metres (10 ft) ¼" rope (Optional) |
| Comb/brush | Wooden matches (optional) |

Optional Items: Book, playing cards, camera, cell phone – remember you must carry these items and the cold saps the life out of items with batteries.

Prohibited Items: Candy, gum, snack food, electronic games, radios

Any Medication is to be clearly marked with name, instructions and given to the OIC or designate at the departure for the FTX.

J - 1 / 1