

CAN UNCLASSIFIED

ANNEX L

1085-12 (CAP Planning - IN)

1 Jun 2023

KIT LIST – CAP 2023

1. **Daily Clothing.** Cadets are required to wear comfortable civilian clothing appropriate to the activities for the day. Many activities will be outdoors and include physical activity, including sports, day hikes, orienteering and similar outdoor adventure activities. Community Outreach tours / field trips within the local area will also be conducted, e.g., to museums or exhibits, etc. cadets will be both indoors and outdoors, so weather appropriate clothing will be required. cadets should always bring a coat, hat, etc. in a day pack in case of wet weather.
2. **Clothing Standards.** Civilian clothing should be appropriate for being in public view and have no offensive images or writing.
3. **Uniforms.** Per main Joining Instruction document, CAP Cadets will not be required to wear their Cadet uniform during daily training, with the exception of Field Training Uniform (FTU) / Sea Training Uniform (STU) for the Field Training Exercise (FTX) for CAP 2 participants only. Corps / squadron clothing such as t-shirts, ball caps, etc. may be worn during daily training if desired. Staff Cadets to wear FTU/STU except as required for physical activities.
4. **Electronics.** Cell phones and earphones may be brought but are not to be used during training without staff approval. For example, cadets may be authorized to listen use phones or listen to music during bus travel to/from activities away from the CAP site, or to take pictures when appropriate. All electronics are brought at the cadet's own risk. The CJCR accepts no responsibility for lost, stolen or damaged devices. Cell phones may not be used to take photos or video recordings in washrooms and sleeping quarters.
5. **Anakits / EpiPens.** Cadets who are allergic to insect stings or who may be prone to severe allergic reactions/ anaphylaxis must bring their prescribed Anakit/auto injector with them. Parents must also ensure that the Anakit/auto injector has not passed its expiry date and will not expire while the cadet is at the CAP session.
6. **Prohibited Items.** As detailed in the main Joining Instructions.
7. **Spending Money.** Cadets may wish to purchase items from gift shops at museums or other sites on community outreach tours. It is strongly recommended that cadets not bring cash as there may not be secure storage at the CAP site. Debit cards are the recommended method for cadets to have access to funds for purchases.
8. **Overnight Participants:**

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- a. cadets staying overnight will require sufficient quantities of clothing for the length of their stay;
- b. laundry facilities may not be available on-location on some sites; and
- c. cadets staying overnight will be issued a sleeping bag and foam pad for sleeping. Depending on the CAP site, cadets may be sleeping in cabins with bunks, in military tents with cots, or in classrooms with cots or on floors with foam pad. Cadets may wish to bring their own pillow for comfort.

REQUIRED KIT – FOR CADETS DOING DAY TRAINING ONLY (NOT OVERNIGHT)

<b>Checklist – Day Training Only Participants</b>		
<u>ITEM</u>	<u>QUANTITY TO BRING</u>	<u>PACKED BY CADET? ✓</u>
Day backpack to carry and store Cadet’s personal items	1	
Civilian clothing appropriate for the activities and weather for the day – shorts or track pants, t-shirt, etc.	As Required	
Ball cap or cadet tilley hat	1	
Light jacket / hoodie	1	
Coat suitable for wet weather	1	
Hiking boots or similar for outdoor adventure training activities (do not use cadet-issued parade boots)	1 pair	
Running shoes suitable for sports activities	1 pair	
Refillable Water Bottle	1	
Snacks	As Required	
Prescription medications as required	As Required	
Sunscreen & SPF lip balm	1	
Provincial Health Plan card (or a legible copy)	1	
<b>**STAFF CADETS – FTU/STU PANTS, SHIRTS AND UNDERSHIRTS</b>	1	

## REQUIRED KIT – OVERNIGHT PARTICIPANTS

<b>Checklist – OVERNIGHT PARTICIPANTS</b>		
<u>ITEM</u>	<u>QUANTITY TO BRING</u>	<u>PACKED BY CADET? ✓</u>
Day backpack to carry and store Cadet’s personal items during day activities away from CAP site	1	
Civilian clothing appropriate for the activities and weather for the day – shorts or track pants, t-shirt, etc.	As Required	
Ball cap or cadet tilley hat	1	
Light jacket / hoodie	1	
Coat suitable for wet weather	1	
Hiking boots or similar for outdoor adventure training activities (do not use cadet-issued parade boots)	1 pair	
Running shoes suitable for sports activities	1 pair	
Refillable Water Bottle	1	
Prescription medications as required (complete the medication form provided)	As Required	
Sunscreen & SPF lip balm	1	
Sleepwear	As Required	
Socks and undergarments as required	Minimum 6 each / pair	
Bathing suit & towel	1	
Shower towel, facecloth. (Shower shoes optional.)	CAP1: 1 each CAP2: 2 each	
Personal hygiene items as required: toothbrush, toothpaste, soap, shampoo, deodorant, brush/comb, razor / shaving cream.	As Required	
Feminine hygiene products as required	As Required	
Laundry soap – small amount of powdered detergent or pods in Ziploc, or individual travel packets. (Do not bring liquid detergent)	As Required	
Cell Phone & Charger (optional)	1	
Small flashlight (optional)	1	
Lock to secure belongings – note – not all CAP sites will have lockers. A lockable suitcase / duffel bag is recommended.	1	
Provincial Health Plan card (or a legible copy)	1	
**STAFF CADETS – FTU/STU PANTS, SHIRTS AND UNDERSHIRTS	2 each	

ADDITIONAL KIT – CAP2 CADETS FOR FIELD TRAINING EXERCISE (FTX)

<b>Checklist – CAP2 CADETS FOR FIELD TRAINING EXERCISE (FTX)</b>		
<u>ITEM</u>	<u>QUANTITY TO BRING</u>	<u>PACKED BY CADET? ✓</u>
Cadet issued Field Training Uniform (FTU) / Sea Training Uniform (STU) with rank slip-ons, issued ball cap / beret / cadet tilley hat	1	
Suitable civilian hiking boots / combat boots (do not use cadet-issued parade boots)	1	
Civilian change of clothing: suitable camping clothes, e.g. long pants, shirts, light jacket, sweater / hoody, etc.  **If FTU/STU is not available / does not fit, cadets are to wear civilian clothing as above, pack extra quantities as required	As Required	