

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.

MANDATORY ITEMS (pack these things first!)		
	Provincial Health Card	Signed Offer of Participation
	Prescription Medication (Listed on Medication form)	Over the Counter Medication (Listed on Medication form)
	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)	
PERSONAL ESSENTIALS (check off each item once packed)		
	Underwear (x8)	Toothbrush (x1)
	Cotton Socks (x8)	Toothpaste (x1)
	Towel (x2)	Dental floss
	Wash Cloth (x2)	Comb/Hairbrush (x1)
	Shower Sandals (x1 Pair)	Hair ties, scrunchies & elastics
	Shampoo / Conditioner (x1)	Hair Gel or Spray (x1)
	Soap (x1)	Laundry Detergent
	Shaving Razor / Shaving Cream (x1)	Feminine Napkins / Tampons
	Deodorant / Antiperspirant (x1)	Combination Lock (x2 required)
REQUIRED ISSUED UNIFORMS (check off each item once packed)		
	Environmental T-Shirt (x1)	Wool Socks (x1)
	Headdress (x1)	Dress Shirt (x1)
	Pants (x1)	Belt with Buckle (x1)
	Parade Boots (x1 Pair)	Nametag (x1)
	Sea Training Uniform (STU)	Medal Ribbons
	Army/Air Field Training Uniform (FTU)	Multi-purpose boots (x1 Pair)
CIVILIAN – OTHER (check off each item once packed)		
	T-Shirts (x4)	Hangers (5)
	Running Shoes (x1 Pair)	Sunglasses
	Swimsuit (one-piece) (x1)	Flashlight
	Sleepwear (x2)	Lip balm, SPF 15+ (x1)
	Shorts (x4)	Sunblock, SPF 35+ (x1)
	Pants (x2)	Insect repellent
	Hat (x1)	Notebook / Pencil case and pencils
	Sweatshirt / Hoodie (x2)	Boot Polishing Kit
	Sweatpants (x2)	Pocket sewing kit
	Small backpack	Lint roller
PROHIBITED ITEMS		
<p>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.</p> <div><div><ul style="list-style-type: none">▪ Firearm and replicas▪ Illegal or Controlled substances▪ Weapons▪ Pornography▪ Vape or tobacco products▪ Un-prescribed medications▪ Weapons and Knives (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.).</div><div><ul style="list-style-type: none">▪ Alcohol▪ Pyrotechnics or other Explosives▪ Handcuffs▪ Laser Pointer▪ Straight Razors▪ Undocumented over the counter drugs</div></div>		