



CANADIAN FORCES LEADERSHIP AND RECRUIT SCHOOL

**BASIC MILITARY QUALIFICATION (BMQ) AND BASIC MILITARY
OFFICER QUALIFICATION (BMOQ) JOINING INSTRUCTIONS**

**VERSION 2.07
January 2023**

Record of changes

Identification of change		Description of change(s)
Date	Version #	
Oct 2019	V 1.00	Major release. Introduction of change log. Added learning disability accommodation. Updated rations and quarters pricing. Updated required documents.
Feb 2020	V 1.01	Change to arrival procedures. (effective 20 Mar 2020)
Sep 2020	V 1.02	Added pre-arrival isolation requirement and isolation kit.
Oct 2020	V 1.03	Adjusted pre-arrival isolation requirements and isolation kit.
Dec 2020	V 1.04	Added autobiography requirement Updated COVID-19 lexicon
Feb 2021	V 1.05	Updates glasses recommendation Updated COVID-19 symptoms
Apr 2021	V 1.06	Annex C update
Jul 2021	V 2.00	Major release.
Aug 2021	V 2.01	Annex C Update – masks while carpooling.
Oct 2021	V 2.02	Update: Annexes B, C, E & F Removed: Annex D Update: FORCE testing requirements Update: Learning disability accommodation
Jan 2022	V 2.03	Update: Annex A Update: Electronic Devices Policy Update: Visits Policy
Apr 2022	V 2.04	Update: Annexes A-C, E Update: Forbidden items policy Update: Quarantine Policy Update: Physical Fitness Preparation Update: Description of Training Update: Arrival Procedures
Jul 2022	V 2.05	Update: Cmdt's name and picture Update: Rations and Quarters Update: Annex C Update: Military Values
Aug 2022	V 2.06	Unilingual versions Update: Preparing for training Update: Arrival Procedures

Sep 2022	V 2.07	Update: Dress Update: Services available Update: Policy on accommodations Update: Annex A - Transportation
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LCol C.L. Wong, CD
Commandant CFLRS

I would like to congratulate you for being selected as a candidate at the Canadian Forces Leadership and Recruit School (CFLRS). As School Commandant, I extend my personal welcome to you. The purpose of this information booklet is to help you prepare and be ready for your new environment.

Your experience here will be like no other. The courses are physically and mentally demanding and you will be challenged to constantly push your limits. Be open-minded, curious, and respectful, and apply maximum effort. The knowledge you will acquire and the contacts you will make will be useful to you during your entire career as a member of the Profession of Arms. I wish you the best of luck.

CFLRS Mission

1. CFLRS mission is to shape, instruct and inspire candidates using innovative training methods geared towards resilience and transformational leadership in order to prepare them for their professional service in the CAF.

Courses Offered

2. CFLRS provides distinct training packages that are tailored to meet the requirements of the specific program of candidate enrolment. The training offered at CFLRS is generic across all three CAF environments (Canadian Army, Royal Canadian Navy and Royal Canadian Air Force) and no distinction is made based upon Military Occupational Classification (MOC). The basic training courses are:

- a. Basic Military Qualification (BMQ) (10 weeks);
- b. Basic Military Officer Qualification (BMOQ) (12 weeks);
- c. Condensed Health Services and Chaplain BMOQ (CHSC) (4 weeks in residence);
- d. BMOQ – Module 1 (5 weeks);
- e. BMOQ ROTP Civ. U. – Module 2(8 weeks);
- f. BMOQ (Mil. Col) – Module 2 (7weeks); and
- g. BMQ for Non Commissioned Member Subsidized Education Plan candidates

Basic Training Description

3. Basic training provides the knowledge that is common to all trades and elements, and develops a military state of mind and behavior, the mental and physical endurance and the combat skills necessary for the profession of arms. The training is physically, mentally and morally demanding and lays its foundation on the fundamental values of the CAF: Loyalty, Integrity, Courage, Excellence, Inclusion, and Accountability. Keep in mind that basic training is just the first step of your military career; depending on your occupation, you may have up to two more years of training to complete at other schools before you go to your first unit.

4. The course is composed of 50% classroom training with study and theoretical exams, 35% of field training with practical exams, and 15% is devoted to physical training.

5. Some general preparation tips are available at Annex F.

Basic Military Qualification

6. The BMQ is the CAF basic training program for future non-commissioned members. The course is 10 weeks long and provides the core skills and the common military knowledge required to succeed in a military environment.

Basic Military Officer Qualification

7. The BMOQ is the CAF basic training program for future officers. The course is divided into two modules. Module 1 focuses on basic military discipline and skills such as drill, weapons training and first aid. Module 2 focuses on leadership techniques and basic military planning skills. Both modules have a demanding physical fitness component. Depending on the entry plan, candidates will either conduct these modules back-to-back or over two consecutive summers.

Initial Physical Fitness Evaluation

8. During the first week of basic training, candidates will undergo a physical fitness evaluation. The initial physical fitness evaluation will consist of the FORCE Evaluation. Watch the videos of the four components of the FORCE Evaluation on the Personnel Support Programs (PSP) web page (<https://www.cafconnection.ca/National/Programs-Services/For-Military-Personnel/Military-Fitness/CMTFE-FORCE-Evaluation/FORCE-Evaluation.aspx>). You must achieve the standard for all of the four components of the FORCE Evaluation in order to continue with your BMQ/BMOQ course. See Annex E for more details on physical fitness.

9. CHSC BMOQ candidates (Reservist) must have a valid FORCE test completed before arrival. Candidates who cannot complete this requirement will be administered a FORCE test during the first week of training.

Preparing for Training

10. Your recruiting center, your unit, or your University Liaison Office (ULO) should have given you an overview of the training that you are about to start. It is essential that you be ready, focused and motivated. Before you start:

- a. avoid any major financial or contractual commitments that may require your attention during the course. Ensure that your personal and family administration is in good hands before your departure and for the entire duration of the course;
- b. if any local, municipal or provincial elections are expected to take place during your training at CFLRS, it is highly recommended that you inquire about voting by anticipation. Alternative voting methods may not be available during your training;
- c. prepare yourself physically, adopt a healthy lifestyle with a regular physical training program; and
- d. if your medical condition changes, advise your recruiting center, your unit, or your ULO as soon as possible. You will be held responsible if you fail to do so.

Pre-arrival requirements

11. This sub-section is in effect until further notice.
12. You may be required to quarantine on arrival. It is strongly recommended that you limit high risk social exposure for 7 days prior to the course. See Annex C.
13. Any change in health condition or development of COVID-19 symptoms must be immediately reported to recruiting staff.
14. Further details about quarantine procedures are available in annex C.
15. It is recommended to receive vaccination against the list of diseases listed in annex D.

Arrival Procedures

16. **BMQ/BMOQ: You must report for duty no later than 16h00 hrs on the Saturday preceding your course. If you are only arriving for BMOQ mod 2, you must arrive no later than 16h00 the Saturday before your course.** Detailed instructions on how to get to CFLRS can be found at Annex A – Arrival Procedures.
17. **CHSC BMOQ** candidates must report no later than 1900 hrs on the Friday preceding the course.

Dress

18. When you arrive at CFLRS, you must wear appropriate attire to be able to walk long distances when conducting your arrival procedures. Collared shirts and comfortable pants (or equivalent) are recommended. Do not report in beach-style sandals.
19. CFLRS respects the instructions on dress in the Canadian Forces in their entirety, including spiritual and religious accommodations, as defined in Canadian Forces Dress Instructions, Chapter 2, Section 3 (<https://www.canada.ca/en/services/defence/caf/military-identity-system/dress-manual/chapter-2/section-3.html>)
 - a. Nails - According to the Canadian Armed Forces Dress Instructions, there are no restrictions regarding the nails of CAF members. However, this shall not affect a candidate's ability to complete training. Therefore, nails must be kept short to safely perform strenuous physical training, weapons handling and other activities requiring increased dexterity;
 - b. Indoctrination period - No restrictions are placed upon CAF members' hair or nail styling choices. However, specialized services will not be available to candidates during the indoctrination period (hair salon, nail salon, general store, etc.);
 - c. Hair - No restrictions are placed upon CAF members' hairstyles, however the wearing of the beret is mandatory. Therefore, candidates must consider proper wearing of the beret when choosing a hairstyle. The largest available size for the beret is 8½. No matter the hairstyle, candidates must be able to secure and conceal their hair so as not to impede their operational capabilities;
 - d. Routine - During training, limited time is allowed for personal hygiene. The amount of time allotted will be the same for all candidates, without regard for personal needs that result from the choice of a specific hairstyle, nail styling, application of makeup products, etc; and
 - e. Jewelry - The wearing of jewelry is allowed for candidates during training. It is recommended to all candidates that they limit or reduce the size of the jewelry and body adornments they wear throughout training, as they may cause additional stress or injuries during training. For safety reasons, only flexible jewelry (ex: silicone wedding bands) will be allowed during physical training. All types of smart watches are not allowed during training. The person in charge of the activity retains the right to deem a piece of jewelry or body adornment unsafe and require that a recruit remove their jewelry or body adornment temporarily to ensure training can be done without injury. The CAF will not pay for the replacement of jewelry or body adornments if they are lost or damaged.

Daily Routine

20. A typical training day at CFLRS consists of:
- a. 0500-0530 hrs: wake up;
 - b. 0540 hrs: morning physical training;
 - c. 0630 hrs: breakfast;
 - d. 0700 hrs: inspection of quarters and beginning of instruction;
 - e. 1130 hrs: lunch;
 - f. 1230 hrs: instruction;
 - g. 1700 hrs: dinner;
 - h. 1800 hrs: common station jobs, personal hygiene, study period; and
 - i. 2200 hrs: lights out.

Indoctrination period

21. Candidates will have restricted free time for the first three weekends, with training scheduled on Saturdays and Sundays. After this initial period, requests for leave on the weekend will be granted depending upon your training performance. This period helps to develop basic skills, facilitates the integration to the military life, and develops team spirit among the members.

Garrison confinement

22. As a result of COVID-19 and current FPMs, the normal process for weekend leave is affected by external factors. The chain of command will analyze risk factors such as the prevalence of COVID in the local community prior to allowing candidates to leave the garrison. It is possible that candidates will be confined for the entire duration of the course.

Military values

23. During your training, you will be required to adhere to the fundamental military values of Loyalty, Integrity, Courage, Excellence, Inclusion, and Accountability. You will be expected to demonstrate these values at all times.

Expected Behaviour

24. Harassing, sexist, racist, or discriminatory behaviour contradicts CAF values and will not be tolerated. Violators may face disciplinary and/or administrative measures up to release from the CAF.

Policy on Accommodations

25. In accordance with the Defence Administrative Orders and Directives (DAOD) 5003-0, 5023-1, and all other accommodation related references, CFLRS will take all reasonable steps to accommodate any person requiring such accommodations while at the training establishment (TE), taking into account the mission and resources of the TE. The most common accommodations requested fall under the following categories: transgender, religious and learning disabilities. Additional details are provided in the next paragraphs regarding these specific accommodations requests. Any specific questions should be directed to your recruitment center.

26. Accommodation measures can be offered to transgender personnel at the TE through a formal request in accordance with CAF Military Personnel Instruction 01/19. The accommodations granted should aim at facilitating the integration and the success of the CFLRS transgender candidates while complying with the Minimum Operational Standards as illustrated in the DAOD 5023-1, *Minimum Operational Standards Related to Universality of Service*. The final decision regarding accommodation measures for transgender candidates rests with the Commanding Officer of CFLRS.

27. Accommodations for religious or spiritual reasons can be requested in accordance with the DAOD 5516-3, Religious or Spiritual Accommodation and related to, amongst others, the following practices and requirements: dietary practices, dress and deportment, medical requirements and religious or spiritual practices. The final decision regarding accommodation measures for religious or spiritual reasons for candidates rests with the Commanding Officer of CFLRS, except for what is already covered by the Canadian Armed Forces dress instructions, chapter 2, section 3.

28. Candidates are highly encouraged to disclose a learning disability the early in their training in order to receive support; however, they retain the right to disclose a learning disability at any time in their careers. Accommodations for learning disabilities can be requested in accordance with the DAOD 5516-5, Learning Disability Accommodation during Recruiting, Training and Education. All accommodation requests need to be approved by the Director – Personnel Generation Requirements and be based on a psycho-educational assessment completed by a qualified specialist. Candidates requesting accommodations for learning disabilities must have in their possession a copy of the psycho-educational assessment report completed in the last three (3) years or any time after their 18th birthday. It is not necessary to have a formal learning disability diagnosis in order to receive educational support during training and an individual Learner Support Plan can be developed for any candidate upon request.

Policy on Alcohol, Cannabis and Drug Consumption

29. Upon your arrival at CFLRS, possession and consumption of alcohol and cannabis is prohibited. Additionally, any activities linked to illegal drugs (possession, consumption, commerce, etc.) are not tolerated. Violators may face disciplinary and/or administrative measures up to release from the CAF. More details regarding the acceptable use of alcohol and cannabis will be provided during the first days of your course. Concerning legal drugs and nutritional supplements, to avoid confiscation of your medications you must have a copy of your prescription for medications requiring one, and for all other medications they must be new, sealed containers.

Prohibited Articles

30. The following articles are prohibited :

- a. firearms or edged weapons (i.e. knives with a blade longer than 4 inches);
- b. food and drinks (in the barracks);
- c. any form of stimulant, such as energy drinks, pre-workout supplements, ephedrine, or caffeine pills;
and
- d. materials with sexual connotation (magazines, photos, DVD, accessories, etc.).

Restricted Materials

31. All electronic devices (cellular phones, MP3 players, tablets, laptops, etc.) are considered restricted and your platoon staff will give you specific guidance on when they may be used.

32. Note that you are responsible for any damage to your electronic devices if you choose to bring them.

33. Personal vehicle: access will be restricted to weekend use when leave has been granted.

Services Available

34. You will have access to the following services at the St-Jean Garrison:
- a. chapel (Protestant and Roman Catholic) and Multi-faith Room and Indigenous spiritual lodge;
 - i. A multi-faith room is available for use, however no religious items are provided. Therefore, if particular items are necessary for a specific religious practice, candidates are responsible to bring those items to the multi-faith room.
 - b. internet (limited access);
 - c. public telephones;
 - d. general store (CANEX) with drycleaning service;
 - e. barber;
 - f. banking facilities (ATMs for BMO and Caisse Populaire Desjardins);
 - g. post office; and
 - h. physical training and recreation facilities.

Mailing address

35. The mailing address for a CFLRS candidate is as follows:

Service number

Rank, surname, initials

Course number

CFLRS

St-Jean Garrison

P.O. Box 100, Stn Bureau-chef

Richelain, QC, J0J 1R0

Note. You are required to inform your family and friends of your service and course number.

Emergency Telephone Number

36. In case of emergency, candidates can be reached through the School Coordination Center at: (450) 358-7099, ext. 7229.

Visitors

37. Due to the ongoing pandemic, visits will not be permitted unless specifically authorized by the chain of command. When visitors are allowed, they are restricted to the Orange Sector of the Mega, and may only visit on non-duty weekends during certain hours. Visits during the week or during the Indoctrination period are prohibited.

Kit List

38. All candidates will require the items listed in Annex B to this document. It is suggested you wait to purchase these items at the CANEX upon arrival. Periods are allotted in the schedule to visit the CANEX in the first week.
39. Candidates are required to bring a plain back pack and a water bottle.
40. You will require a prepared bag of quarantine equipment ready at all times, details in Annex B.
41. Those who have already been issued military kit (ex. Mod 2 candidates) must arrive with military equipment listed in Annex B. Items on the list not previously issued will be issued upon arrival.

Baggage

42. Extra baggage is authorized as outlined in the Canadian Forces Temporary Duty Travel Instructions.
43. Unaccompanied baggage (UAB) must be authorized by the member's home unit. All UAB must be shipped four weeks prior to the commencement of the course to ensure its availability upon candidate arrival.

Rations and Quarters

44. The following amounts (subject to change) will be deducted automatically each month from your pay:
 - a. non-commissioned members(single): \$725.44;
 - b. non-commissioned members (married/common law): \$619.13;
 - c. officers (single): \$743.85; and
 - d. officers (married/common law): \$619.13.

Required Documents and Items

45. The following documents are required on arrival:
 - a. birth certificate and certificate of Canadian citizenship or certificate of naturalization if you were born outside Canada;
 - b. vaccination booklet. IMPORTANT NOTE: vaccine proofs must be in paper format so that the hospital can enter them into their system;
 - c. completed security clearance form (obtain from recruiting center);
 - d. CF 100 – Leave Request Authorization provided by recruiting center;
 - e. CF 742 – Emergency Contact Notification and DND 2587 – Next of Kin Identification from recruiting center;
 - f. social insurance (SIN) card;
 - g. void cheque (for pay purposes); and
 - h. your lease with a recent proof of ongoing payment or proof of mortgage.
46. The following documents are required where applicable:
 - a. medical prescriptions;
 - b. eyeglass prescriptions (prescribed within last year). It is strongly recommended to bring two (2) pairs of glasses;

- c. birth certificates for any dependents (certified true copy);
- d. marriage certificate (certified true copy);
- e. affidavit respecting your common-law relationship (original);
- f. certificate of divorce (certified true copy);
- g. proof of name change (certified true copy);
- h. proof of change in medical status;
- i. DND 1654 (reimbursement of moving expenses);
- j. DND 279 – FORCE Program, proof of evaluation (for CHSC Reservist candidates if possible);
- k. CF-100 for post-course leave from your home unit;
- l. route letter (Reservist); and
- m. second language evaluation results (<http://www.psc-cfp.gc.ca/ppc-cpp/test-examen-result/result-eng.htm>)

BMOQ Module 2

47. Candidates arriving for module 2 must hold a valid FORCE test for the duration of their course. A FORCE test will be administered during the first week of training for candidates re-enrolling into the CAF or who is unable to do so prior to arrival. It is recommended to be current on IBTS requirements as these skills will be included in the field missions.

Web Site

48. For more information, please visit the CFLRS web site at the following address:
<https://www.canada.ca/en/department-national-defence/services/benefits-military/education-training/basic-training/recruit-school.html>

Annexes

- A. Transportation
- B. Kit List
- C. Quarantine Procedures
- D. Recommended vaccines
- E. Enrollee information

Arrival Procedures

1. There are two methods to get to the St-Jean Garrison: commercial transportation or personal vehicle. Your method of travel must be coordinated with your local recruiting center or your home unit before you depart for training.

Commercial Transport

2. This method includes airplane, train, bus and taxis. Candidates arriving by commercial transport will transit through the Montreal area by either Montreal-Trudeau Airport, Berri-UQAM bus depot or the Dorval Train Station. Specific instructions for each of these transit nodes can be found at Appendix 1 to Annex A.

Personal Motor Vehicle

3. If you or a family member are driving to CFLRS, directions to St-Jean Garrison can be found in Para 8.

Winter tires

4. From December 1 to March 15, all vehicles registered in Québec must have winter tires. Exemptions are possible (see the SAAQ website below), but CFLRS strongly recommends the installation of winter tires for safety reasons.

<https://saaq.gouv.qc.ca/en/road-safety/modes-transportation/automobile/maintenance-safety/winter-preparation>

Reporting For Duty

5. If you are arriving by shuttle bus, staff on the bus will provide direction to you. If you are arriving by personal transport or by taxi cab, you will report to the School Coordination Center at door 154 of the Mega building.

Montreal-Trudeau Airport

1. Upon arrival at Montreal-Trudeau Airport, move to the assembly point in the vicinity of the domestic baggage carousel. An instructor in uniform will be waiting just outside the baggage collection point for these timings:

a. 0900 to 1600 hrs Saturday

2. Shuttle buses will depart from the assembly area at Montreal-Trudeau Airport to the St-Jean Garrison at the following times:

a. 1000 hrs Saturday;

b. 1200 hrs Saturday;

c. 1400 hrs Saturday; and

d. 1600 hrs Saturday

3. Candidates living in the Montreal area can travel by personal means to Montreal- Trudeau Airport in order to take the shuttle bus at the prescribed hours. It is important that you inform your recruiting center of your intentions for coordination purposes.

4. If the shuttle bus or instructor is not present at the designated hours, contact CFLRS Duty Staff at (450) 358-7099 ext. 7229 for further instructions.

Berri-UQAM Bus Depot

5. If you arrive at the bus depot between 0500 hrs and 1430 hrs on Saturday, you are to use the airport shuttle service (service every 20 minutes) to move to the airport at a cost of ten dollars payable in cash. Once at the airport, you are to move to the domestic baggage carousel to link up with the instructor in uniform at the assembly point. From there, follow the directions above in paragraphs 1 and 2.

Dorval Train Station

6. If you arrive at the train station between 0500 hrs and 1500 hrs on Saturday, you are to use the Via AirConnect shuttle service to make your way to the assembly point at the airport. This shuttle will be parked in front of the train station and runs between the airport and the train station on a regular basis. Once at the airport, you are to move to the domestic baggage carousel to link up with the instructor in uniform at the assembly point. From there, follow the directions above in paragraphs 1 and 2.

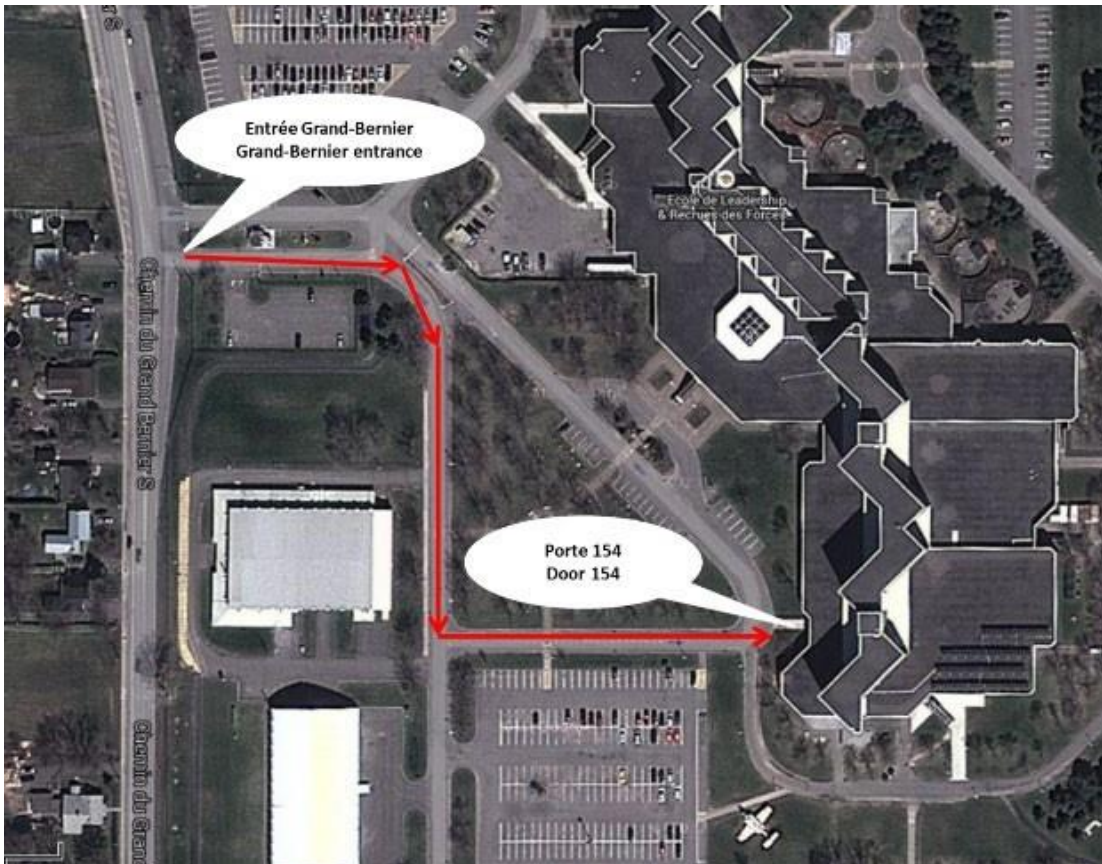
Taxi Use

7. Candidates who arrive at the airport or at the bus station before 0500 hrs or after 1500 hrs are allowed to travel to CFLRS by taxi, at a cost of \$115 refundable with proof of payment.

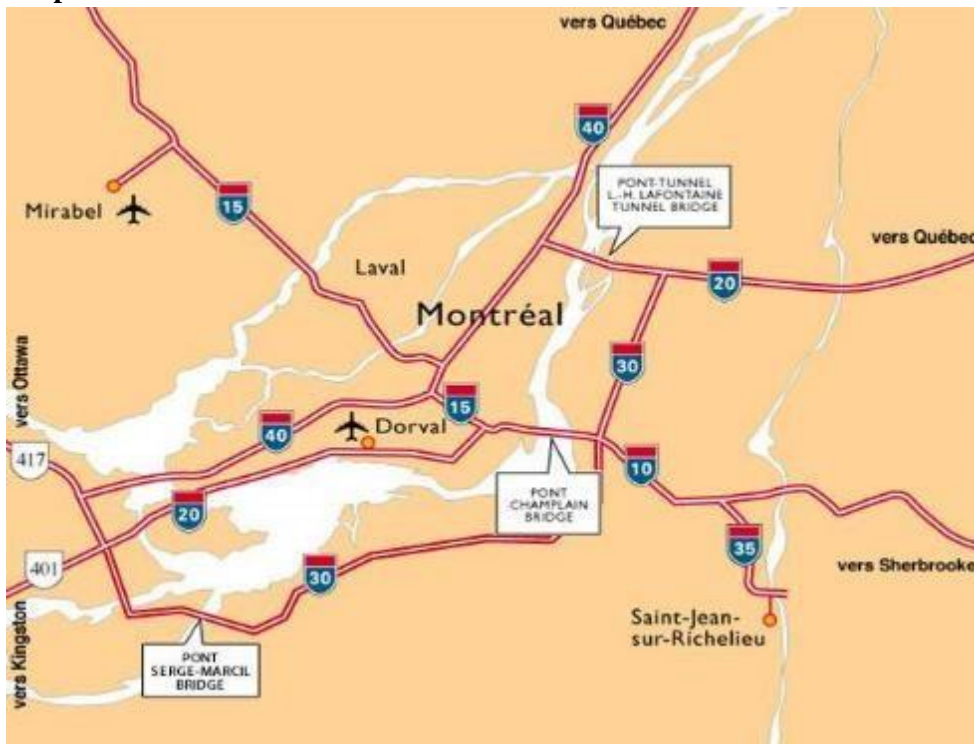
Driving Directions

8. GPS address: 25 Chemin du Grand Bernier S, Saint-Jean-sur-Richelieu, QC

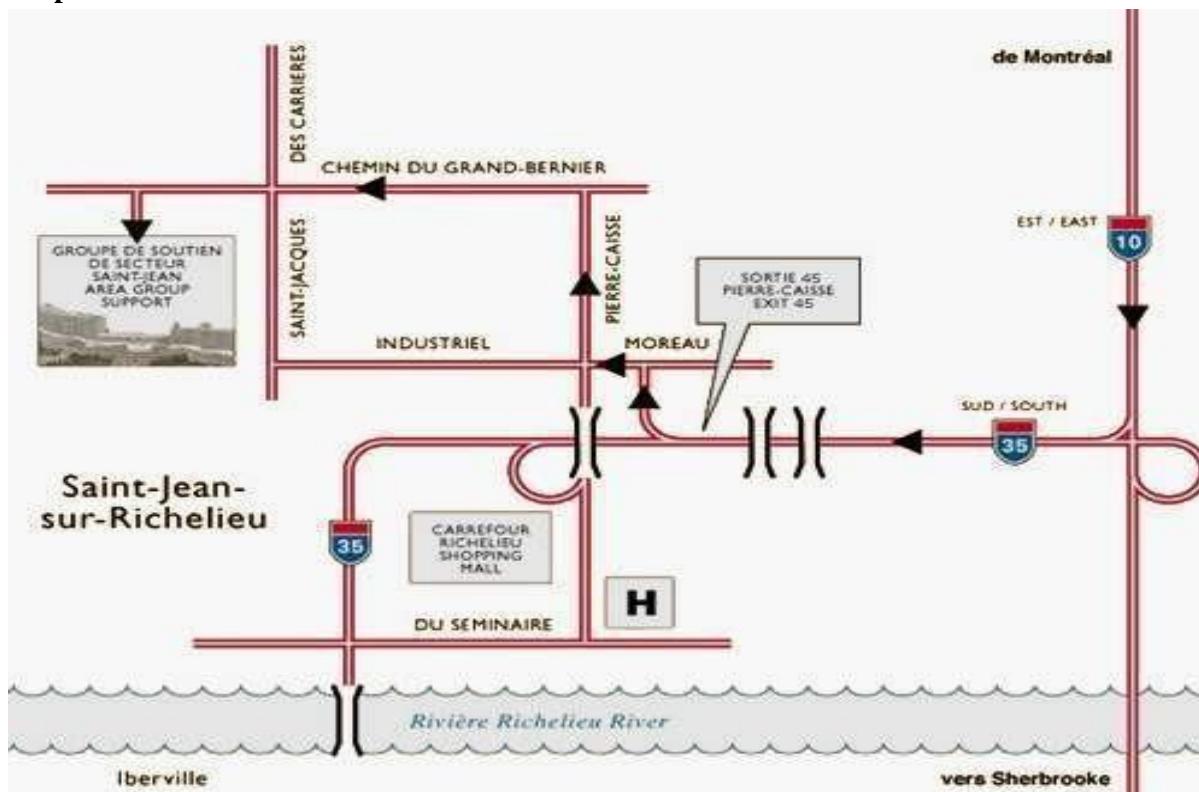
Garrison Map



Map of Montreal



Map of St-Jean-sur-Richelieu



Annex B to
4640 – BMQ/BMOQ JOINING INSTRUCTIONS - KIT LIST

1. Candidates must report to CFLRS with the following items, at a minimum:

Civilian clothing	Qty
Seasonal jacket	1
Casual pants or clean jeans without holes (no leggings or “athleisure”)	2
Casual dress shirt or polo shirt	3
Casual sweater (fall to spring)	2
Pair of casual dress shoes (comfortable)	1
Underwear	6
Sports socks	4
Pair of running shoes (non-marking soles)	1
Athletic T-shirt	2
Athletic shorts	2
Bath towel	1
Bathing suit (for aquatic sports)	1
Sports bras as needed (3 for PT and 3 for daily use)	6

Other necessary articles	Qty
Water-resistant sports watch	1
Pair of shower sandals	1
Soap dish and toothbrush case (white)	1
Toothbrush	1
Tooth paste size 120ml	1
Soap bar	1
Dental floss	1
Razor with blades (non disposable) (if required)	1
Shaving cream max size 311g (if required)	1
Deodorant	1
Shampoo (max 750ml)	1
Hair brush (if required)	1
Back pack (plain coloured)	1
Water bottle	1

(Additional) Quarantine Bag	Qty
T-shirt/sweater	7
Shorts/pants	4
Socks	7
Underwear	7
Shoes (comfortable)	1
Toothbrush	1
Toothpaste	1
Soap / Shampoo	1
Razor / shaving cream (optional)	1
Smoking cessation aid (optional)	14 days

2. The following items are mandatory can be purchased upon arrival, at the military store CANEX on the St-Jean Garrison. You will receive a pay advance and there will be time scheduled for this purpose. These items have to meet a strict standard; if they are the wrong size or type you will have to buy them at CANEX. You should be aware, however, that access to CANEX after the scheduled visit in your first week may be limited.

Mandatory items available at CANEX	Qty
Shoe shine kit (KIWI brand) to include: -Black polish (1.5oz/31g) -Soft cloth -applicator brush -soft boot brush	1
Combination padlocks	4
Key padlock	2
Bands for combat pants	2 sets
Plastic hangers	20
Towels, must be dark green: -bath towel 25x50 inches -hand towel 16x28 inches -facecloth 13x13 inches	1 each
Lint brush	1
Mouthwash	1
Laundry Soap max size 2.5L	1
Fabric softener sheets (IE Bounce)	1 box
Reusable Shopping Bag	1

3. The following items are optional (see notes below). Items marked with an asterisk are recommended to be taken with you into quarantine should it be necessary:

Optional items	Qty
Hair net and hairpins (for long hair)	-
Feminine hygiene products (tampons and/or pads) in sufficient quantity for duration of course	-
PH balanced wipes	-
Birth control in sufficient quantity for duration of course and the following month	-
Period swimwear	1
Stand up urination device (ex: Shewee)	1
Dry shampoo	-
Bras – 3 sports bras and 2 everyday (non-sport) bras	6
Pillow	1
Pin or stud style piercings	-
Razor / shave cream	1
Head covering	-
Jewelry made of flexible material	-
4x6 photo frame with picture	1
Portable personal computer*	-
Headphones*	-
Reading material*	-

Notes on optional items:

- a. hair net and hairpins. Female candidates with hair extended below the collar of their shirt are required to wear their hair in a bun during training. These items may help keep longer hair in place;
- b. feminine hygiene products and PH balanced wipes. Female candidates who need these products should have them with them at all times while at CFLRS. The stress of a new environment and cohabitating with other women can cause your period to start unexpectedly so you need to be prepared with the required items. It is recommended to have 2-3 tampons or pads, PH balanced wipe and a clean pair of underwear in a waterproof bag in your pocket (bags might not be easily accessible) at all times starting on your first day of training;
Note: Menstrual cups are not recommended during basic training as the pace of the training schedule or availability of clean water in the field training environment may not permit the resources necessary to properly clean the cup regularly. This could lead to infection, which may result in you being temporarily removed from training for medical reasons;
- c. birth control. If you are using birth control that requires prescription medication, you should bring sufficient amount to cover the duration of your course and one additional month to get to your next training location. You must bring all birth control medication with you to your immunization appointment at the MIR to be reviewed by a military doctor;
- d. bathing suit and period swimwear. All pool PT classes are done in your combat uniform, but you may prefer to wear a bathing suit instead of underwear underneath your uniform. For female candidates who do not wish to use tampons, specialty designed period swimwear is an option as you are required to participate in all pool PT classes, even while on your period;
- e. stand-up urination device. Portable toilets are available at multiple locations during field training; however, some female candidates may prefer to use a stand-up urination device. If you are unfamiliar with using this device, it may be beneficial to practice with it prior to arriving by starting in the shower and slowly adding additional layers of clothing as a proper technique is necessary to avoid leaks;
- f. dry shampoo. During field training, showers and fresh water may not be available at all times. Dry shampoo can be used to absorb naturally occurring oils and clean your hair during this phase of training;
- g. every day bras. Sports bras are recommended during training due to the physical nature of many activities beyond the PT classes. There will be times during the evening or weekend where you may be more comfortable wearing a different style of every day bra;
- h. pillow. Getting a restful sleep during basic training can help improve your ability to learn and recover from the physically demanding schedule. It may improve the quality of your sleep to bring your own pillow, but you can also use one of the pillows provided upon your arrival. If you do chose to bring your own pillow, you are responsible for any damage that occurs and you may need to store it when not in use or for room inspections.
- i. portable computer and headphones. During the initial isolation period upon arrival at the school, some lessons will be conducted virtually. Candidates may prefer to have individual headphones and portable computers to assist in their learning.
- j. pin or stud style piercings. For safety and operational reasons, visible piercings shall be removed or be of a pin / stud style to avoid injury if caught on equipment during specific training activities. All body adornments should be of a neutral color to permit camouflage during field training.
- k. razor and shaving cream. Candidates must be clean shaven for practical training related to chemical, biological, radiological and nuclear (CBRN) defence in order to properly wear the gas mask. Candidates will not be required to shave their facial hair in order to permit expressions of religious faith (ie. Wearing of beard, headdress, ect.) based on an approved religious accommodation or the standard outlined in the Canadian Forces Dress Instructions.

- l. head coving. Candidate with brightly coloured hair must be able to cover their hair with a natural coloured green, beige, brown or black head covering during field training as part of camouflage procedures. Head coverings may be a scarf, bandana, hat or other light material item that effectively cover the hair while still being able to be worn under the combat helmet.
- m. jewelry made of flexible material. The wearing of jewelry will be restricted during certain training activities due to safety concerns. Jewelry made of flexible materials, such as silicone wedding bands, is permitted in a larger number of activities. Candidates are responsible for damage or loss of any jewelry that they choose to bring with them. Wearing of additional jewelry items may be permitted as an expression of religious faith based on an approved religious accommodation or the standard outlined in the Canadian Forces Dress Instructions.
- n. photo frame. Candidates are encourage to bring a personal photo, which will be displayed on the desk in their quarters. The photo could be of family members, friends or any other motivational image to support you throughout training. The photo frame size should not exceed a 4x6 picture.

Military Kit

4. The following military kit will be issued upon arrival. Those that have already been issued this kit must have it in their possession for the course:

Work Dress	
Beret	2
Combat trousers CADPAT	3
Combat shirt CADPAT	3
Combat T-Shirt	5
Combat underwear	5
Combat socks black	5
Combat socks green	5
Pairs of combat boots	2
Cold wet weather boots (Gore-Tex)	1
ICE jacket	1
Wind pants	1
Rain jacket	1
Rain pants	1
Thermal undershirt	2
Thermal underwear	2
Bush cap	1
Combat toque	1
Kit bag	2

Fighting Order	
Helmet with cover	1
Tactical Vest	1
Ballistic Eyewear	1
Combat gloves	1
Mortar gloves	1
Bayonet carrier	1
Gas mask carrier with shoulder strap	1
Gas mask	1

Annex B to
4640 – BMQ/BMOQ JOINING INSTRUCTIONS - KIT LIST

Water bottle 1 litre	1
Cup canteen water bottle 1 litre	1
Water canteen 2 litres with cover and sling	1
Flashlight	1

Field Kit	
Rucksack	1
Patrol pack	1
Valise	1
Air mattress with bag	1
Utility sheet (groundsheet)	1
Bivy bag	1
Liner sleeping bag	1
Hood sleeping bag	1
Outer sleeping bag	1
Inner sleeping bag	1
Wash basin	1

Winter Kit (required 31 Oct – 1 May)	
Combat parka	1
Parka bib pants	1
Boot, mukluk	1
Duffle socks, mukluk	2
Polar fleece shirt	2
Polar fleece pants	2
Suspenders	1
Insert arctic mitt	1
Shell, arctic mitt	1
Thermos canteen 1L	1
Balaclava white	1

Distinctive Environmental Uniform (DEU) (Not required for CHSC)	
Oxford shoes (Officers only)	2
CF tunic	1
CF trousers	2
CF shirt short sleeve	3
CF shirt long sleeve	2
CF sweater	1
CF necktie	1
CF belt, black	1
CF socks, black	3
Ankle boots	1
CF raincoat	1
CF gabardine	1*
CF parka	1*

Annex B to
4640 – BMQ/BMOQ JOINING INSTRUCTIONS - KIT LIST

CF gloves	1*
CF scarf	1*
CF wool toque	1*
*required 31 Oct – 1 May	

Air Force Personnel Only	
Wedge	1
Jacket, wet weather, Gore-Tex blue	1

Navy Personnel Only	
Peaked cap, white (men)	1
CF Hat, bowler, white (women)	1

1. As of 30 April 2022, pre-course quarantine is not required prior to your arrival at CFLRS. However, as the pandemic is still a reality, there are certain considerations required to limit your risk of exposure and the probability of transmitting the virus upon arrival.
2. In the 7 days prior to your arrival, limit your group activities, as these activities can increase the probability of transmission.
3. Prior to travelling, complete the self-evaluation found at Health Québec's website: [COVID-19 self-assessment tool | Gouvernement du Québec \(quebec.ca\)](#). If you have questions, contact your local recruitment centre.
4. If you are sharing a private vehicle with someone during your travel to CFLRS, all occupants of the vehicle must wear a mask
5. If you take public transportation during your travel to CFLRS, you must wear a mask.
6. Upon arrival, platoon staff will complete the following:
 - a. Visually check if the candidates are experiencing any symptoms;
 - b. issue non-medical masks (NMM); and
 - c. introduce CFLRS force protection and tactical dispersion measures.
7. Following the arrival procedures, you will likely be required to perform a quarantine in-situ. This requirement will fluctuate depending on pandemic nuances and will not affect the overall length of your course. When a quarantine is required, all members will be required to follow the directions regardless of your vaccination status.
8. During the in-situ quarantine, you must practice basic public health measures, which will be explained to you.
9. During the in-situ quarantine, classes and administration will start, which will be enhanced if you bring your personal electronic device and headphones. If you do not have these, they will be provided within a small delay.

1. It is recommended to receive vaccinations for the following diseases before arriving at CFLRS. There is no compensation for vaccinating on your own, and these vaccines will be offered to you during your career.

Immunizations

2. It is recommended to be vaccinated against the following diseases:

- a. hepatitis A/B;
- b. MMR (measles, mumps, rubella);
- c. poliomyelitis;
- d. tdap (tetanus, diphtheria, whooping cough);
- e. varicella (chicken pox);
- f. meningococcal (meningitis);
- g. human papillomavirus (Gardasil, HPV);
- h. influenza; and
- i. COVID-19.

Timelines

3. It is strongly recommended to not receive any vaccines in the 14 days before arrival at CFLRS, to allow sufficient time before being offered other vaccinations.

Overview

1. This annex is designed to address frequent questions and concerns for candidates arriving at CFLRS for basic training.
2. As a primer, it is expected that you will know absolutely nothing about the military when you join. So don't stress! So long as you show up at the right place, the staff will take you from there.

Preparation

3. There is no perfect way to prepare for basic training, but you should be aware of a few things. Your sleep, exercise, and nutritional habits will change. Generally, it is recommended to exercise for 30 minutes per day, but on course you will be much more active. Try to get into a routine of walking, exercising, and going to bed on a regular schedule. This will help prevent injuries. You can consult the following website on Facebook for more ideas:

<https://www.facebook.com/psprm>

4. For fitness preparation, try improving the following by doing a mix of some of these activities every day. These activities are all based on common activities for a candidate on course at CFLRS:
 - a. jogging (for 30 mins without stopping);
 - b. walking (13000 steps or 8km per day);
 - c. hiking with a 5-10kg weight in a backpack (start with 3 km, no more than 8km);
 - d. climbing stairs (300 to 500 steps per day);
 - e. push-ups (25 in a row without stopping);
 - f. holding plank position (1min without stopping);
5. Mental and emotional fitness: this course is demanding. You will be under a lot of stress, and will not necessarily have access to your usual ways to relax. Try some of the following:
 - a. practice some kind of quiet meditation every day;
 - b. plan a routine for contacting friends and family to stay connected (for example every Saturday afternoon);
 - c. download the CAF Road to Mental Readiness (R2MR) app from the following website
<http://www.forces.gc.ca/en/stay-connected/mobile-apps.page>;
6. Learn to use a washer, dryer, and iron.
7. Learn to clean floors with an old-fashioned mop and bucket.
8. Practice laying out your clothes the night before, and getting dressed within 3 minutes of your alarm clock.
9. Practice having a shower in 4 minutes or less.
10. Practice going a full day without electronics.

11. The day starts at 05:00 hrs, practice getting up at this time

Feminine hygiene in the field

12. During the field, female candidates should continue to carry their emergency period kit in a waterproof bag including pads / tampons, PH balanced wipes and spare underwear. This bag should be kept in your pocket as your rucksack may be loaded in the truck for transportation to and from the field and would therefore be inaccessible. Some candidates also prefer to use a pad and change it daily for a feeling of freshness even if they are not on their periods as showers are not available.

13. Feminine hygiene products can never be placed in the portable toilets as it will damage the cleaning equipment used to remove the waste products. The portable toilets may not have a garbage bag available so you need to be prepared to take these items with you until you can find another garbage facility. It is recommended to have disposable plastic ziplock bags for this type of garbage so contaminated items do not leak on your clothing or equipment.

14. Some candidates talk to their doctor about the use of birth control to help mitigate getting their period while they are in the field. If this interests you, please speak to your doctor as soon as possible to discuss this option.

Tips from recent graduates

15. Keep an eye on your kit – do not leave it all over the place for others to clean up. Put your name on every single piece of your kit.

16. Do not be afraid to ask for help. Asking for help will allow the group to go faster. Return the favour when the activity changes to something you are good at.

17. Don't be bossy. If you are not authorized to be in charge, do not act as if you are. Suggest ideas to other people, but let them decide whether to take your advice.

18. If you are struggling, don't retreat into yourself and reject your peers. Let them in – let them try to help you. It is sad when someone suddenly disappears off the course when nobody else realized they were struggling.

19. When you are training, move everywhere with a sense of urgency (never loiter or dawdle).

20. Commit to studying and learning all the material you are given. All this stuff will be useful one day even if it doesn't seem like it at the time.

21. Be one of the people with a positive attitude, it will make life better for everyone.

22. Expect firm corrections, but don't take it personally – just take the message seriously, and fix whatever you are being told to fix. Don't need telling twice.

23. Familiarize yourself with a thread and needles. You will have to hand sew labels on all your clothes.

24. Teamwork is key, being successful on your own counts for little if you have teammates struggling. Help each other out.

Leaving CFLRS

25. The fastest way to leave CFLRS is to pass your course.

26. If you do fail your course, that isn't always the end. You will most likely go to Training Reintegration Platoon (TRP) to get fit, get more training, or whatever else you might need. You will then go back on course, and will have another chance to succeed.

27. Releasing from the CAF, even with a Voluntary Release (VR), can take time. The normal timeline is 7 weeks, but a variety of issues, especially medical, can cause this process to take longer.

28. Do not complete your enrolment process if your life circumstances have changed and you no longer want to be in the CAF! Even if you put in a VR on day one, it will still take at least 7 weeks to release.