



5 AIR CADET SQUADRON COLD WEATHER SURVIVAL



Materials to be Brought by the Cadets on Cold Weather Survival

Warm Clothing (warm jacket, 2 sets of long underwear and sweater)

Winter Boots

Socks, 4 pairs including at least one pair of wool socks

Underwear, 4 pairs

Pyjamas

Towel and facecloth

Toiletries (soap, shampoo, toothpaste, toothbrush, shaving equipment, etc.)

Toque

Gloves/mittens

Chap stick

Sleeping Bag

Garbage Bag (to protect inside of bag)

Solid Bag (Ruck Sack or hiking backpack => DO NOT BRING AIRLINE LUGGAGE)

Each cadet may also bring:

Flashlight

Canteen

Combat type clothing (only if you have it. Don't buy it for the sole purpose of this ex.)

FORBIDDEN EQUIPMENT

Knives or other weapons

Food (Rations will be plentiful)

Personal radios / CD Players / Walkman, etc

Drugs, alcohol or other illegal substances

Note: Prescription medication **MUST** be declared to the Medical Officer at the start of the exercise.

Bigger Note:

ANY CADET CAUGHT WITH ANY OF THE FORBIDDEN EQUIPMENT ABOVE WILL NOT BE PERMITTED TO PARTICIPATE IN THE EXERCISE AND WILL BE RETURNED HOME AT THE PARENT'S EXPENSE.
