

22-24 November 2019 – OPERATION CARPE DIEM - Kit List

Since the exercise will be conducted in late fall, weather can be unpredictable. Therefore specialized equipment is required. The following lists will detail the equipment you are required to bring:

HEALTH CARD – **NO HEALTH CARD = NO GO!**

- Sleeping Bag and pillow (1 of Each)
- Foam pad/air mattress (single size only please)
- Appropriate civilian wear including:
 - Long Sleeve shirts (3) and t-shirts (2)
 - Long quick drying pants (not jeans) (1)
 - Warm Pants (ie: track pants, not jeans) (3)
 - PT Gear (sweat/track pants, sweat shirt, etc - 2 of each, Athletic socks – 3 pair) and Running Shoes (2, one for inside only)
 - All weather clothing including a rain coat and pants, rain boots, winter coat, proper warm winter boots, sweater, wide brimmed hat/Tilley hat, toque, and warm gloves. (1 of each) (No Umbrellas)
 - Underwear (2 pair)
 - Wool Socks (2 pair)
- Extra Dry Clothes to change into, if wet weather occurs all weekend
- Combat Clothing or Field Training Uniform (Not your regular uniform) if available
- Reusable Bottle for water (water available on site)
- Personal cleaning kit (soap, toothbrush, tooth paste, deodorant, towels, etc.)
- Lip Balm (Chapstick), sunscreen, insect repellent
- Backpack, or Rucksack/Duffle Bag (To carry personal equipment) **NOTE ON THIS** – Parents the cadets are only going to be away for 2 nights and 2 days- **DO NOT OVERPACK**. Backpack/Duffle Bag is to be **SMALL or MEDIUM sized** – any larger and there will be space issues on the bus which could result in cadets being sent home.
- Flashlight / extra batteries
- Any other reasonable camping needs suitable for variable fall/colder weather

You will not bring or have in your possession:

- Knives of any kind (Officers will have all you will need)
- Firearms
- Alcohol
- Cigarettes of any kind
- Pornography
- Lighters
- Aerosol Sprays (Pressurized Can)
- Perfumes or colognes or other strong fragrances
- **Do not bring any personal electronic devices** (cellphones and iPods/Music Players etc). There is very limited cellular signal at the camp and phones will only be allowed to call parents upon arrival back at St Josephs on Sunday afternoon

ALL medication will be reported and turned over to the exercise Admin/Med O upon arrival to Blue Springs on Friday. Aerosol spray deodorants (such as Axe) will be allowed only under special circumstances but must be turned in to the squadron staff and signed out for each use.

THE CANADIAN FORCES DRUG AND ALCOHOL POLICY WILL BE STRICTLY ADHERED TO AT ALL TIMES DURING THE WEEKEND AND IS APPLICABLE TO ALL CADETS, CIC OFFICERS, AND CIVILIANS.