

AREA CADET SPORTS COMPETITION

Cadet Individual Equipment

Each cadet should be in possession of the following kit items:

- Kit bag or other
- Sports gear (and/or unit issued T-shirts)
- Appropriate civilian dress (for dance and free time)
- Sweat shirt and pants for outside wear (if necessary)
- Running shoes
- Under garments
- Toilet kit (toothbrush, face cloth, towel, soap, deodorant, etc.)
- Sleeping bag with air mattress and pillow
- Swimwear and towel
- Rain jacket
- Refillable Water bottle
- Flashlight

Prohibited materials / equipment:

- Alcoholic beverages
- Drugs, and/or drug paraphernalia
- Tobacco, and/or tobacco products
- Electronic cigarettes and vaporizers
- Weapons of any type
- Pyrotechnics
- Pornography

N.B. Cadets found in possession of any of these items will be removed immediately from this exercise and returned to their parent/guardian.

It is suggested that each cadet bring a maximum of twenty dollars (\$20) to cover the cost of canteen purchases. However, it is the responsibility of each cadet to ensure his/her valuables are secure.

NOTE: Training will not be interrupted due to loss of valuables unless deemed necessary by the OPI.