

Annex G  
4500-4-3 (OIC)  
09 December 2019

CADET KIT LIST AND PERMISSION FORM

Phase three/Silver star/Level three and phase four/gold star/level four cadets are required to participate in a field training exercise to provide the fundamentals of survival training. 637 Arrow will be hosting a multi-unit field training exercise to enhance cadets' opportunities amongst participating corps/squadrons.

Date: 17-19 JAN 2020

Timings: Ensure you are at **your LHQ as directed by your corps/sqn staff on 17 Jan 2020.**

Location: Area C DND training site in Columbia Valley, Chilliwack, BC.

Topics covered: M/C390 and M/C490 Aircrew Survival Training

This form must be fully completed prior to Winter Arrow. Circle the applicable boxes and fill in all the lines with your information.

Unit (circle)	59	103	111	278	513	525	583	637	692	754	759	819	858
------------------	----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

Rank: \_\_\_\_\_ Name: \_\_\_\_\_ Level: \_\_\_\_\_

Gender (M/F): \_\_\_\_\_ Date of Birth (MM/DD/YYYY): \_\_\_\_\_

Care Card Number: \_\_\_\_\_

If you have any allergies, list them out below:

\_\_\_\_\_  
\_\_\_\_\_

Dietary Restrictions (*ie. Vegetarian, Not Applicable, etc.*)

\_\_\_\_\_  
\_\_\_\_\_

<b>Medications:</b>	<b>Yes</b>	<b>No</b>
---------------------	------------	-----------

If yes, list them down on the following lines.

\_\_\_\_\_  
\_\_\_\_\_

<b><u>DID YOU BRING YOUR MEDICATION?</u></b>	<b>Yes</b>	<b>No</b>
--	------------	-----------

**\*If yes, please check-in with the medical officer.**

\_\_\_\_\_  
Medical Officer Signature

<b>For Medical Officer Only</b> € On-personnel Medication € Prescription and/or PRN
---

Emergency Contact Information:

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Cadet Kit List

Check	Quantity	Item	Check	Quantity	Item
	1	Backpack (suitable for hiking)		1	Winter/Hiking boots, warm and waterproof ( <i>no</i> runners)
	3	Long sleeve shirts		1	Watch (inexpensive)
	3	Short sleeve shirts		1	Mug/canteen to hold hot liquids
	3 Pairs	Pants for the field ( <i>no</i> sweatpants or jeans)		2	Large garbage bags
	4 or more	Undergarments		1	Pad of paper & Pen (Phase four/Gold star/Level four cadets should bring a clipboard)
	1	Thermal undergarments		1	Flashlight (with extra batteries)
	2	Sleeping clothes		1	Whistle
	4 Pairs or more	Cotton socks		1	Sleeping Bag
	2 Pairs	Wool socks		1	Foam Sleeping Pad
	1	Sweater		1	Winter Jacket
	2	Hat/Toque (inexpensive, no inappropriate logos/slogans)		1	<b>Optional**</b> Sunscreen
	1 set	Gloves (warm, waterproof)		<b>1</b>	<b>Optional**</b> Sunglasses
	1	Personal hygiene kit (Toothpaste, toothbrush, etc.)		1	<b>Optional**</b> OD Combat Clothing /Army FTUs ( <b>CADPAT NOT PERMITTED</b> )
	1 Set	RAIN GEAR (Jacket and Pants)		<b>1</b>	<b>Optional**</b> Knife with blade <i>under 4</i> inches
	1	Tarp			

The following items are forbidden:

- a. Pyrotechnics;
- b. Illicit drugs and contraband items; and
- c. Per CATO 55-04: CADPAT combats or clothing