



Army Cadet Exchanges to Canada

Kit List



Military/ Cadet Equipment (to bring with you)

- 2 Sets of combat uniform / field training uniform
- 1 Pair of combat boots (military)
- 1 Headdress (beret, hat or country's usual headdress)

* There is no requirement for the entire dress uniform.

Personal Clothing and Equipment (minimum)

- 1 Baseball cap or civilian hat
- 7 Pairs of underwear
- Sleepwear
- 7 Pairs of socks (sports/wool)
- 3 Pairs of casual pants / slacks
- 2 Casual shirts with collar (golf shirt)
- 1-2 Warm sweater / fleece (jumper)
- 5 T-shirts
- 2-3 Pairs of sports shorts
- 1 Pair of outdoor/hiking pants
- 1 Pair of comfortable running shoes (for sports)
- 1 Swimsuits (one piece)
- 1 Waterproof jacket or windbreaker

- 1 Pair of plastic sandals (for shower)
- 1-2 Towels + Face clothes
- Personal toiletries (including soap, shampoo, deodorant, etc)
- Shaving kit
- Toothbrush / Toothpaste

- 1 Day pack (back pack, book bag)
- 2 Padlocks (with keys or combination)
- Shoe polishing kit
- Sewing kit (travel size)
- Safety strap for glasses

** The Department of National Defence (DND) of Canada will not be responsible for any loss, theft or destruction of visiting cadets' belongings. DND will not cover the replacement of glasses. It is up to the individual to have a second pair or copy of its prescription.*

** It is left to the individuals to decide what kind of comfortable shoes they want to wear during the touring activities. Civilian clothing will have to be proper.*

** During any stay on a cadet training facility, you will have access to washers and dryers.*

Optional Equipment

- Alarm clock (battery power)
- Camera

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- Books, magazine
- Flashlight or headlamp (practical)
- Hand Sanitizer (personal bottle)
- MP3 player, iPod, video games and such devices
- Multitool or pocket knife
- Water Bottle
- Items to exchanges with other cadets
- Stationery
- Sunglasses

** All your belongings should be identified. DND will not be responsible for any loss, theft or destruction of visiting cadets' belongings.*

** Each participant will have to bring their own medication / off the counter medication. There will be no refills of prescribed medication.*

Canada Will Provide the Following Items

- 1 Laundry Bag
- 1 Tube of sunscreen
- 1 Bottle of foot powder
- 1 Tube of lip balm

** Cadets and Officers may choose to bring their own.*

Upon Request, Canada May Provide the Following Items

- 2 Grey T-shirts
- 2 Grey pairs of cotton shorts
- 2 Pairs of grey wool socks
- 1 Beige Hat

** Cadets and Officers should bring their own sports gear.*

To Avoid

Tank tops, shorts (length), short skirts
Ripped, dirty clothing
Vulgar, sexist, racist shirts
Mix of military and civilian clothes
Bandanas