**FTX Kit List**

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| **Mandatory** | | |
| ITEM | QUANTITY | PACKED |
| Backpack (**no suitcase**) | 1 |  |
| Boots (waterproof and warm) with **ankle support** | 1 pair |  |
| Cotton Socks | 4-6 pairs |  |
| Pants (**no jeans**) | 2 pairs |  |
| Undergarments | 3 changes |  |
| T-shirts | 3 |  |
| Warm Sweater/Fleece | 1 |  |
| **Waterproof/Wet Weather** Jacket or Poncho | 1 |  |
| **Hat** | 1 |  |
| Gloves | 1 pair |  |
| Toiletry Kit (toothbrush, toothpaste, dental floss, soap, deodorant, etc.) | as required |  |
| Small Towel/Facecloth | 1 |  |
| Cup/Mug (suitable for hot beverages) | 1 |  |
| Pen and Note Pad | 1 |  |
| Flashlight (with extra batteries) | 1 |  |
| **Optional and Recommended** | | |
| Sunscreen | |  |
| Sleeping Bag | |  |
| Sleeping Pad/Air Mattress | |  |
| **Prohibited and Restricted** | | |
| Alcohol | | |
| Controlled substances (illicit drugs) | | |
| Explosive substances and ammunition | | |
| Pornographic material | | |
| Weapons | | |
| Tobacco products | | |
| Food | | |
| Electronics | | |

\* Bags will be checked prior to departure. Due to the activities of the exercise, electronics may be damaged and the squadron will not be held liable. Cadets must be responsible for their own devices if they choose to bring any. There is no cellular reception at the training site.