

403rd Toronto Personal Equipment Check List

Clothes

	Needed	Packed
socks - cotton	1	
socks - wool	2	
hiking boots	?	
winter boots (removable liners)	Y	
running shoes	?	
long pants	2	
short pants	N	
long underwear	Y	
underwear	2	
t-shirts	1	
shirts – long sleeve	2	
sweater/fleece	1	

	Needed	Packed
coat/jacket	Y	
hat (sun)	?	
toque	2	
gloves/mitts	2	
scarf	Y	
rain gear	Y	
swim suit	N	
belt	?	
bandanna	?	
handkerchiefs	?	
pyjamas	1	
uniform	Y	

Sleeping

sleeping bag	Y	
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sleeping pad	Y	
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Personal Hygiene

	Needed	Packed
toothbrush	Y	
toothpaste	Y	
soap	Y	
comb/hair brush	Y	

	Needed	Packed
hand towel	Y	
deodorant	?	
sun screen	N	
insect repellent	N	

Other

	Needed	Packed
backpack	?	
backpack cover	N	
day pack	Y	
personal first aid kit	N	
pocket knife	?	
compass	?	
emergency kit	?	
whistle	?	
note pad and pencil	?	
glasses and safety strap	?	

	Needed	Packed
sunglasses	?	
bowl/plate	Y	
cup or mug	Y	
knife/fork/spoon	Y	
water bottle	Y	
book	?	
flashlight	?	
paddle	N	
PFD	N	