



## **CLOTHING AND EQUIPMENT REQUIREMENTS**

1. ***Trainees shall come prepared to get wet during training.*** Weather, wind, water temperature and air temperature all play a role in what to wear. Valuable items such as cell phones, jewelry, and civilian clothing not listed are not to be brought to the CNS.
2. Each trainee to arrive with the following kit:
  - a. **closed toe, soft-soled running shoes (not sandals or hard-soled boots – as they will not be allowed into a sailboat with this type of footwear);**
  - b. **sunscreen; (Required to be applied as part of the CANSail 1 standard)**
  - c. **hat;**
  - d. **plastic/metal water bottle to take sailing;**
  - e. sunglasses;
  - f. sweater;
  - g. t-shirt;
  - h. sweat/wind pants;
  - i. bathing suit;
  - j. towel;
  - k. wind breaker jacket;
  - l. wet-suit (if desired);
  - m. sailing gloves (if desired);
  - n. two complete sets of dry clothes;
  - o. one pair of dry footwear; and
  - p. **if a cadet wears glasses, a safety strap that is attached to the glasses.**

## **ARRIVAL**

On arrival the Movement Supervisor(s) will:

- a. **provide the OC/OIC a nominal role of cadets who are participating or acting as support cadets;**