

International Sea Cadet Association

Guide for Cadet Exchanges.

KIT LIST:

Kit requirement will vary from one Exchange to another. If the Host country does not provide a kit list or offer advice on its requirements, the following kit list can be used as a basic list.

Remember that the weight of your luggage is usually limited to **20Kgs** if you are travelling by air, but you must check this with the airline you will be using.

NOTE: Ensure that **ALL** your items are clearly marked with your name.

Personal Uniforms and other items:

Your organisation's No 1 uniform [Boys and Girls if different]

Your organisation's No.2 or working uniform [Boys and Girls if different] **if required.**

Your organisation's boating/sailing rig.

Sea Cadet ID Card with blood type if possible.

Rain coat or wet weather gear.

Personal Civilian Clothing and Items:

Casual shirts and trousers and **NOT** blue jeans.

Sport type shorts and T-shirts.

Track suit

Pyjamas or sleeping gear

Socks [at least one change pair per day - you will get time to do your washing]

Windbreaker or equivalent

Sweater and or long sleeved jersey

Underwear [at least one change per day - you will get time to do your washing]

Running shoes

Canvas type shoes for use in water.

Sunglasses and your own prescription glasses [if you can obtain the lens prescription take it along] with safety strap

Travelling iron and starch if necessary

Bath and Hand towels

Bathing costume

Toiletry items [soap, tooth paste, tooth brush, comb, face cloth, deodorant, razor and blades]

Personal Private Hygiene toiletries for girls.

Laundry soap or powder.

Sunscreen ointment

Pen, notebook and paper [you should endeavour to write at least one letter to your parents]

Sewing kit with spare buttons

Boot/shoe cleaning kit

Medium padlock

Camera and spools - it will probably be cheaper to have the films developed in your own country so mark each exposed film. Take extra film.

Souvenirs to trade [ship's badges, national flag pins, windbreaker patches etc]

Torch

Headdress [civilian]

Sleeping bag [if required by the Host]

Elastoplast, aspirin/disprin, lip cream, minor first aid kit, insect repellent etc.

Any special medication you may require

Additional pocket money.

Amendment No. 0 Issue No: 1 Date of issue: 4 Oct 1998

Reading material, ie paperback or magazine.

DOCUMENTATION

Travel documents ie air or rail tickets, Passport with visas [if required],
Your organisation's Indemnity documents as well as the **ISCA Indemnity Form ISCA 2**,
Parent's consent to attend Exchange shown on the **ISCA Registration Form ISCA 1**, travel
itinerary, Medical Insurance Assistance documents, travellers cheques etc.

NOTE:

Find out about *your* country, its geography, climate, population, languages [some countries have many official languages, population make-up ie other ethnic groups, and any thing special about the country. This information can usually be obtained from the Government Department handling Information, you could be asked questions on all these aspects.