

Hello Cadets of 700 Squadron,

Please eat before you leave the house, bring snacks and your own water bottle.

Dress: In the morning you will be wearing your **700 t-shirt** (if you haven't gotten one you will receive one) and appropriate civilian pants and shoes. Please bring all items listed below safely (ex. suit bag) and label all of your uniform parts.

Females: Your hair must be gelled & up to standard when you come in. Wear minimal makeup, and jewelry (for earrings only gold, silver and pearl studs under 0.6cm are acceptable). Nail polish is not permitted.

Males: Make sure you have your haircut before this date and shave in the morning. No jewelry.

Ensure you have the following items before you leave your house that morning pressed, ironed, polished and **labeled as applicable:**

- Health Card
- Wedge
- Tie
- Blue Dress Shirt
- Rank Slip-ons
- Tunic (with badges sewn properly)
- Tunic Belt
- Medals
- Nametag
- Blue Dress Pants
- Belt with brass
- Boots
- Laces
- Grey Socks (sport socks for underneath)
- Waterbottle/ Snacks

