

CAP Cadet Gift Guide

November 2018

Teenagers can be hard to shop for.

Here are some holiday shopping ideas for your CAP cadet:

Squadron Items:

1. Squadron T-shirts: Available in black or tan, cotton or performance/poly fabric. Cotton shirts are \$15; Performance shirts are \$20.
2. Squadron Baseball Caps: Blue tactical ball caps with reduced-size Velcro squadron patch are \$10. Caps available in solid fabric or mesh-back styles.

Metal Clipboard:

The ultimate status symbol of cadet NCO and Officer authority: the metal clipboard.

Amazon: <http://a.co/d/5bXc3x9>

Office Depot:

<http://www.officedepot.com/a/products/423596/Office-Depot-Brand-89percent-Recycled-Aluminum/>

Staples:

https://www.staples.com/Officemate-Aluminum-Storage-for-Forms-Holder-Letter-A4-Silver-8-1-2-x-12/product_199007

This fashion accessory is easily personalized by your cadet and goes with every uniform style.

Uniform Outerwear:

M-65 field jacket with liner: eBay search terms "M65 field jacket woodland" for the jacket, "M65 liner" for the liner if not included with the field jacket. Available at local and online surplus stores. Expect to pay \$20-\$30 for used.

Gore-Tex Parka (Woodland): eBay search terms "Goretex parka woodland". Requires black fleece liner for warmth, most black fleece jackets will suffice. Available at local and online surplus stores. Expect to pay \$30-\$40 for used.

Lightweight Blue Jacket: eBay search terms "Air force lightweight blue jacket". Try without "lightweight" once you know what you're looking for. No Air Force logo on chest. Expect to pay \$30-\$40 for used.

ABU Goretex Parka: eBay search terms “ABU Goretex” or “APECS parka”. Expect to pay \$50-\$75 for used, \$250-\$290 for new.

Service Jackets:

St Paul Composite Squadron issues service jackets to color/honor guard members (subject to availability), but all cadets are welcome to purchase their own service jackets if they wish. CC’s Military Surplus sells them for around \$20. Cadets can wear current 3-button enlisted style or older 4-button enlisted style.

Emergency Services Items:

Possession of a “24 hour pack” is required for Ground Team qualification, which includes items that a ground team member might need on a mission. These include:

- 1) The backpack itself. Size depends on the amount of items that a cadet wants to bring; so-called “3-day assault packs” are usually big enough; day-packs are sometimes a bit small. In a pinch, a large school backpack can suffice. CAPM 39-1 states that solid color black backpacks can be worn with any uniform combination (ABU/BDUs or blues) but that Woodland Camouflage, Olive, and Air Force Sage Green backpacks can be worn only with BDU/ABUs (not blues).

Some possible examples:

<https://www.galls.com/galls-tactical-backpack?PMWTNO=00000000002154&PMSRCH>
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<http://www.banggood.com/Outdoor-Military-Tactical-Rucksack-Camping-Hiking-Trekking-Backpack-p-87544.html>

<http://www.lapolicegear.com/diplomat-3-day-backpack1.html>

- 2) The contents (including items carried on the person):
 - A. Small pocket-sized notebook and pencil.
 - B. Watch
 - C. Hankerchief or small tissue pack
 - D. Reflective Vest (orange or yellow, ANSI class 2)
 - a. <https://www.homedepot.com/p/TR-Industrial-Large-Yellow-Mesh-High-Visibility-Reflective-Class-2-Safety-Vest-TR88006/207007281>
 - b. <https://www.homedepot.com/p/TR-Industrial-Medium-Orange-High-Visibility-Reflective-Class-2-Safety-Vest-TR88050/207007719>

- c. <https://www.menards.com/main/maintenance-repair-operations/safety-security-equipment/personal-protective-equipment/safety-apparel/forester-trade-class-2-high-visibility-safety-vest/vest10-m/p-1444423360443.htm>
- E. Comb or brush
- F. Ground Team Member Handbook - can download and print from online, or purchase:

<http://www.vanguardmil.com/products/cap-ground-and-urban-direction-finding-team-tasks-cap-study-guide>

- G. Signal Mirror (a CD-R can also work fairly well)
- H. Whistle (preferably on a neck lanyard)
- I. Pocket Knife (Swiss Army, Leatherman, or Gerber Tool-style recommended)
- J. First Aid Kit (contains at a minimum):
 - a. 2 Antiseptic cleansing pads
 - b. Antiseptic ointment
 - c. 6 Band-aids, various sizes
 - d. Moleskin, 2"x4"
 - e. Roller bandage
 - f. 2 safety pins, large.
 - g. 4 gauze pads
 - h. 1 Triangular Bandage (think large handkerchief)
 - i. First aid tape.
 - j. Any personal medication that you need.
- K. Survival Kit
 - a. 5-10' of duct tape
 - b. Leaf Bag, large
 - c. 12 wooden, waterproofed matches
 - d. Match container, waterproof, with striking surface
 - e. 1 chemical light stick, green
 - f. 50' of paracord
- L. SAR Equipment
 - a. Change of socks
 - b. Flagging tape
 - i. <https://www.menards.com/main/tools-hardware/hand-tools/measuring-laying-out-tools-accessories-kits/1-3-16-x-150-flagging-tape/p-1444426530383-c-9149.htm?tid=7441807396643142225>
 - c. Flashlight (with red or blue lens/light option), with spare bulb and batteries
 - d. Spare flashlight (simple penlight or other basic small flashlight will suffice)
 - e. Insect repellent
 - f. Lip balm, with sunscreen
 - g. Sunscreen lotion
 - h. Tissue paper

- i. Work Gloves, leather
- j. 4 moist towelettes, in foil wrappers.
- k. Change for phone calls, calling card, or cell phone.
- M. 2 Meals (MRE, shelf-stable, does not require fire or boiling water to prepare)
- N. Shelter Material - can be 8'x10' tarp, or extra military poncho.
- O. Coat appropriate for climate, if necessary
- P. Poncho
- Q. Canteen(s) to carry at least 2 quarts of water.
- R. Compass Pouch & Compass (lensatic or orienteering).

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