



Annex B

EQUIPMENT CHECKLIST

This annex is a list of items to be carried with PSP Fitness and Sport Instructor. Please be aware that the number of CAF Personnel being tested may change and it is advised to bring additional resources such as DND 279s if necessary.

PSP OUTCAN Travel Kit

- Heys Airline approved carry-on luggage
- Pylons (8)
- 30m/100' Lufkin Measuring Tape
- Stopwatch (recommended to have a spare)
- Automatic blood pressure machine
- blood pressure cuff (large)
- blood pressure cuff (medium)
- Waist circumference tape
- Heys - X Scale
- Clipboard (1) and Pens (8)
- Red carabineers (6)
- Red strap for Sandbag Drag
- 48 mm Blue Painter's tape / Floor Tape (3)
- 11" cable Ties (20)
- DRAFT FORCE Program Ops Manual 2nd Ed.
- FORCE Program forms (DND 279) 40
- Dfit.ca pamphlets (40)
- Bodyweight Training System booklets (10)
- Black sand bag (3)
- Fitness Profile Poster
- FORCE Result Card (replenish as needed)
- Contractor Clean-up bags (4)

*****The travel kit shall be carried-on the aircraft rather than being checked baggage.*****

REFERENCES

DAOD 5023-1, 2 & 3
FORCE Program Operations Manual (latest edition)