

ROBERT LAND ACADEMY
CLOTHING AND EQUIPMENT LIST
FOR RETURNING STUDENTS

1. LIST OF REQUIRED CLOTHING & EQUIPMENT (students to arrive with these items)

- a. 1 athletic support with cup
- 2 pr running shoes (see description following)
- 1 compact sleeping bag (3 season / good to -15 degrees Celsius)
(*Note: the sleeping bag is optional and may be required for certain out-trips. The Academy has a selection of sleeping bags which may be loaned to the student, however if the student prefers to bring their own, it should comply with the above requirements)
- b. Book of worship (optional)
- c. Wrist Watch (optional) – Only BLACK Timex Iron Man watches will be permitted for Cadets in good standing.

2. Students shall return to the Academy wearing their civilian uniform from the previous year, including the issued black dress shoes and dress belt.

3. RUNNING SHOES

It is imperative that students have good running shoes. Running shoes are designed to minimize injury and maximize form and function. Running shoes should meet the specific needs of each student. It is strongly recommended that the parent and student visit a sports store to have the student fitted for a proper pair of running shoes.

Do not be influenced to purchase fashionable indoor shoes. This is not necessary. Each student should have two pair of running shoes - one for outdoor use and one for indoor (gym) use.

If a student participates on the Varsity Basketball Team, a pair of basketball court shoes will be required.

Please be advised that the Academy will supply proper running shoes for students upon arrival at the parent's request or if the student's shoes are deemed unsuitable for our physical training programme. The cost of these will be added to the student's Tuck Account.

4. All items not mentioned as required are not to arrive with the student as they will be confiscated and considered contraband. The Academy is not responsible for the storage or return of contraband. Any return of contraband by mail or special delivery will be either billed to the Tuck Account or sent home COD.

If you have any questions, please do not hesitate to contact the Robert Land Academy Admissions Department at (905) 386-6203.