



BEING PREPARED – WHAT TO EXPECT AND TIPS FOR SUCCESS

To ensure a successful day one:

- Wake up early and eat a good breakfast.
- Drink plenty of water.
- Mentally prepare for the journey you are about to undertake.
- Leave your ego at home. It doesn't matter what your history in the fire service is. In the Academy, you are a candidate.
- Double check your gear to make sure you have everything on the packing and equipment list.
- Show up early. This helps with the anxiety and sets the standard for your preparation.
- Bring a lunch and healthy snacks.
- Don't panic. It will work out. Don't get overwhelmed.
- Trust the system.
- Homework starts on day one. Plan to begin working immediately.
- Bring extra clothes. Plan to always have an extra shirt available.

The day will be fast paced. There will be a lot of information.

Enjoy the moment, you will miss it after you graduate.

Remember to have fun, this is the beginning of your fire service career.

Ask for help when needed.

