

REGIONAL CADET SUPPORT UNIT (NORTHWEST)

JOINING INSTRUCTIONS



CADET EXPEDITION SITE TRAINING GOLD STAR



INTRODUCTION

1. Gold Star cadets from across Northwest Region will attend Gold Star Cadet Expedition Site Training Weekends. Cadet Expedition Site (CES) training has been designed to provide the Gold Star cadet with the opportunity to develop expedition skills in a structured environment under the supervision and instruction of highly qualified staff. The CES will approach training through an experiential approach, which will allow the cadet to develop skills such as canoeing, mountain biking and hiking through direct experience at a personal level.

2. The purpose of these joining instructions is to provide the cadet and their parent(s)/guardian(s) with the information necessary for them to prepare for and participate in the training weekend.

GENERAL

3. CES's will conduct a review with cadets on the following knowledge and skills; campsite set-up, types of expedition equipment, navigation, packing expedition equipment, following daily expedition routine, and assessments.

4. A sample weekend training schedule is located at Annex C. Note that the schedule provided is just a sample, and our CES's will adjust plans to suit weather, and other environmental changes during training.

5. With the proper training and preventative measures, expedition training can be a safe, fun, and meaningful experience. The expedition weekend will provide this safe, fun, and meaningful experience to cadets all while enabling them to enjoy the outdoors.

6. Cadets will be sleeping in tents for both nights and provided training in up to two of the following activities:

- a. **Trekking** a distance of up to 10 km (cadets will be introduced to and review/elaborate on previous trekking training. They will work and train with trekking equipment; packs, boots, trekking poles, stoves, water filtration, tents. They will also train in navigation and outdoor leadership); and/or
- b. **Flat water canoeing** a distance of up to 10 km (cadets will be introduced to and review/elaborate on previous canoe training. They will work and train with canoe equipment; packing, loading, unloading, launching/landing. They will also train in navigation and outdoor leadership) this activity will be condition permissive; and/or
- c. **Mountain biking** (trail riding) a distance of up to 30-40 km (cadets will be introduced to and review/elaborate on previous mountain bike training. They will work and train with mountain bike equipment; helmets, gloves, repair equipment, mountain biking techniques, balance, braking, shifting, ascending, descending. They will also train in navigation and outdoor leadership);

7. As with any training in a wilderness environment there is a degree of inherent risk associated with your child's/ward's participation. That being said, training injuries can and do occur. To further mitigate this eventuality we provide employed in supervisory positions on the course with the Wilderness First Aid Course. In addition, we have developed a detailed Emergency Response Plan which allows us to safely evacuate injured cadets from training sites to professional medical care in a timely fashion. The potential hazards associated with this training include, but are not limited to:

Extreme weather	Avalanches
Athletic injuries (sprains & strains)	Burns
Trips, Falls, Collisions (including cuts, head & spinal injury)	Allergic reactions to plants, insects, unknown food allergy

Fall from height	Cold/heat related injuries
Falling objects	Drowning
Driving accident	Lost participant
Animal encounter	Food/Water Loss or Contamination
Equipment failure	

PRE TRAINING

8. Prior to attending the training weekend each cadet should receive a briefing from their corps staff that reviews:

- a. selection of clothing, footwear and equipment,
- b. selection high-energy snacks; and
- c. the CESs joining instructions and training schedule.

OBJECTIVES

9. Specific objectives of expedition training are to:

- a. promote a feeling of fun and satisfaction of being a part of an exciting and adventurous activity;
- b. increase personal development; including self-confidence, self-discipline, self-esteem, self-worth and self-satisfaction;
- c. develop leadership and outdoor abilities, techniques, and skills;
- d. promote improvement in personal fitness conditioning and encourage healthy lifestyle choices;
- e. promote an increased awareness and concern for the natural environment; and
- f. develop an awareness of the skills and knowledge necessary to cope safely in adventure training activities.

ASSESSMENT OF PARTICIPANTS

10. All cadets participating in the training weekend will be formally assessed using the PO 426 Assessment Checklist. Assessment results will be entered into Fortress and forwarded to the respective cadets' cadet corps.

11. All cadets will receive an individual de-briefing by their assigned Team Instructor to discuss their performance over the course of the weekend.

CONSENT TO PARTICIPATE

12. All cadets must sign a copy of the Offer of Participation Courses, Positions and Activities. This form should be printed off by the corps Admin O and signed by the cadet's parent(s)/guardian(s), and kept at the corps.

TRANSPORTATION/MOVEMENTS

13. All transportation to and from training site is provided by the DND. Corps will receive transport itineraries in Fortress. A cadet corps officer will meet all cadets at the assigned pick-up / drop off point.

An escort officer will travel with the cadets from the pick-up point to the CES and back. Parental drop off may be required for corps in close proximity.

14. For cadets who are taking commercial transportation to the CES they will be met by an officer at the start and end point of their journey (luggage carousel at the airport).

15. **Cadets are NOT required to travel in their cadet uniform.** Cadets are required to **wear their issued Cadet Parka or fleece** along with **appropriate civilian clothing** while travelling.

16. All cadet transportation information will be sent to the corps CO not later than one week prior the expedition training weekend.

17. There may be a requirement for parent(s)/guardian(s) to transport cadets to and from a specified pick-up / drop-off location.

18. **COMMERCIAL AIR TRAVEL CARRY ON ITEMS** – Cadets travelling on commercial air shall pack into their carry on bag the following items: 2X pair socks (not cotton), underwear, extra pair pants (not cotton or denim), extra shirt, sweater, hat or toque, gloves). Cadet shall wear the clothing they will wear in the field for training and pack their extra set in the carry-on bag. This is to ensure cadets are able to participate in training in the event their luggage is delayed or misplaced in travel.

ACCOMMODATIONS AND MEALS

19. All accommodations and meals during the expedition will be pre-arranged and DND will bear the cost.

20. Cadets will be sleeping overnight in civilian pattern expedition style tents. Sleeping bags and air mattresses are provided. Cadets allergic to down should notify their Commanding Officer (CO) who will notify the CES CO to make necessary arrangements for a synthetic sleeping bag.

21. During the training weekend cadets will be fed Individual Meal Packages (IMPs) or Meals Ready to Eat (MREs). They will also receive a meal supplement each day that includes items such as nuts, crackers, granola bars, etc.

22. Cadets who are vegetarians, have food allergies or have special diet requirements should inform their corps CO who will then inform the CES CO who will make alternate arrangements.

DRESS

23. Dress during training shall be the cadet field Training Uniform (FTU) or suitable civilian equivalent clothing based on the both current and forecasted weather conditions, air temperatures, insulating properties of clothing worn, and the ability to allow the wearer to remain dry.

24. Annex A of these JIs provides a complete list of clothing that should be brought to the CES. If a cadet does not have access to all of the items listed in Annex A, they should inform their corps CO who will then inform the CES CO so that the items can be procured.

25. Annex A also provides a detailed list of clothing and equipment items that will be issued to each cadet while at the CES.

MEDICAL / DENTAL / HEALTH

26. All cadets participating in the training weekend must have a current Basic Health Questionnaire and Detailed Health Questionnaire (if required). Medical status must also be up to date without any medical restrictions that would prevent the cadet from participating in training.

27. If a cadet has a temporary medical issue, such as a sprained wrist or knee, broken arm, etc. they must notify their corps CO who must get in touch with the Expd Trg O to ensure they are capable of participating in training.

28. **Facilities / Services.** Medical and dental emergencies will be handled through a combination of on the spot first aid and the local 911 emergency systems. During training, medical incidents will be handled using first aid and evacuation to a designated medical facility. More serious incidents will involve the services of Emergency Services.

29. **Prescription Medication.** Cadets taking prescription medication for an existing medical condition must bring a sufficient supply for the duration the training weekend. Medications must be in clearly labelled containers. Individuals allergic to bee and wasp stings must have an ANAKIT with them and carry it on their person at all times.

EYE GLASSES / CONTACT LENSES

30. Either eyeglasses or contact lenses are suitable for expedition activities. **Cadets wearing eyeglasses during the expedition must wear a safety strap.**

DISCIPLINE AND BEHAVIOUR

31. Cadets indulging in inappropriate behaviour, violation(s) of rules/regulations or disrupting the learning of others will be subject to disciplinary action including the possibility of Return to Unit (RTU).

DRUGS, ALCOHOL AND TOBACCO

32. **Regulations.** The orders detailed in CATO 13-23 concerning drugs and alcohol will be applied to conduct of the training weekend. Cadets who possess or use drugs, prohibited substances or drug related material will be reported to local civilian police. The use of alcohol by cadets will result in an immediate return to unit (RTU).

33. **Tobacco.** Smoking by cadets will not be permitted.

PUBLIC AFFAIRS

34. Cadets are also invited to join the Northwest Region Army Cadet Expedition Group on Facebook. This group will provide cadets a web-based resource for pictures and information about expedition related training in Northwest Region. The group will be monitored by regional expedition staff members. Go to this link to join: <http://www.facebook.com/NWCadets/>

EMERGENCY CONTACT NUMBERS

35. The following is a list of emergency contact numbers:

- a. Capt Alex Lord, J35 Trg (Expedition) O:
 - (1) **Main point of contact during CES weekends Blackberry: (204) 227-1277;**
 - (4) alex.lord@forces.gc.ca.
- b. Lcdr Dave Fitzpatrick, J35 OIC Regional Training:
 - (1) **Blackberry: 204-899-5822**

(2) toll free: (800) 842-1851, opt 8, ext 5581.

c. Communications regarding the expedition are to be directed to the Expd Trg O

36. As training will be conducted in remote locations, cadets will NOT have access to a telephone. However, there will be both cellular and satellite phones for emergency communication purposes.

Annex A – Clothing and Equipment List

Annex B – Packing Tips

Annex C – Sample Weekend Training Schedule

CLOTHING AND EQUIPMENT LIST

1. The provision of all personal clothing and equipment items listed below is the responsibility of each cadet. Prior to purchasing any outdoor related clothing and equipment cadet's should contact their corps CO or the CES OIC.

2. Cadets are required to bring the following:

REQUIRED ITEMS TO BE BROUGHT BY CADETS	CHECKLIST
4 pairs of warm wool/synthetic (NOT COTTON) socks	
4 pairs of inner socks (NOT COTTON) for added comfort or to mitigate any possible hot spots, blisters	
3 pairs of underwear	
1 pair of long underwear (NOT COTTON) (top & bottom)	
2 short sleeve shirts or t-shirts (NOT COTTON)	
2 pairs of long pants (NOT COTTON or denim)	
1 pair shorts	
1 Cadet Parka with fleece liner	
pyjamas or sleepwear (suitable for shared sleeping)	
1 hat (i.e. Ball cap, Tilley Hat, etc)	
1 toque	
1 pair gloves	
1 pair close toed paddling shoes (not thongs / flip flops / crocs)	
1 pair shoes/sneakers for evening	
1 swimsuit	
1 water bottle 1L (issued on Silver Star)	
1 wrist watch	
travel-sized soap	
travel-sized deodorant	
travel-sized toothbrush and toothpaste	
comb/hairbrush	
camera (optional)	
1 duffle bag for bringing/stowing gear (NOT a rolling suitcase as these are difficult to store)	

3. Cadets who do not have an item should notify their corps CO, who will then contact the CES CO, who will make arrangements to procure the equipment for the cadet.
4. No radios, MP3 players, cellular phones, video games or similar electronic devices will be permitted during training hours.
5. The following items will be issued upon arrival at the CES training site:

GROUP EQUIPMENT	PERSONAL EQUIPMENT
Tent	Expedition field pack
Pocket knife	Pack liner
Compass	Compression sack(s)
Mountain Stove	Stuff sack(s)
Lantern	Sleeping bag
Fuel bottle	Sleeping bag liner
Pot set	Thermarest mattress
Waterproof match container	Trekking poles
Matches	Fleece jacket
Wash basin	Gore-Tex jacket
Jerry can	Gore-Tex pants
Fire extinguisher	Rad pants (EDM and CAL CESs only)
First aid kit	Gaiters
Backpacking tarp	Hiking boots
GPS	Plastic cup
Spot Locator	Water bottle
Satellite phone	Foot powder
Naphtha	30 SPF sunblock or higher
Toilet paper	20 SPF lip balm
Glow sticks	Headlamp
Re-sealable plastic bags	Whistle
Garbage bags	Carabiner
Hand sanitizer	Journal
	Pencil

4. CESs have a limited supply of large, x-large, and xx-large sizes of jackets and size 12 and higher in hiking boots. If a cadet requires these sizes please contact the CES CO so that arrangements can be made.
5. **The following items will NOT be brought to the CES training site by any participants:**

Forbidden items:
Personal climbing equipment
Personal canoeing/hiking/mountain biking equipment
Junk food of any sort
Inappropriate books or magazines
Non-prescription drugs, alcohol, or other controlled substances
Ammunition, firearms (or any other weapon) of any kind

PACKING TIPS

1. Before departure, double check all belongings and documents. Use this list to ensure that nothing has been forgotten.

INSTRUCTION	CHECK
Is your personal kit complete and marked?	
Do you have your prescription medication (enough to last the weekend)?	
Do you have a floating security strap for your glasses?	
Do you have your MEDIC ALERT bracelet or necklace, if applicable?	
Do you have your health insurance card / number?	
Do you have your signed copy 'Offer of Participation'?	
Do you know exactly how you are travelling? If not, contact your CO.	
Did you care for your feet, trim your toe nails?	
Did you get a haircut (gentleman, did you shave?)	
Did you check and re-check your required personal equipment?	

SAMPLE WEEKEND TRAINING SCHEDULE

1. Below is a sample schedule of a Gold Star Cadet Expedition Site Training Weekend.

FRIDAY		
Timings	Tasks/Activity	Remarks
	Collect all applicable paperwork.	Place cadets in teams of varied skill levels.
	Issue all personal and group expedition equipment	Cadet Expedition Site staff.
	Set up campsite	Cadet Expedition Site staff to rotate to ensure that cadets know how to set up tents, organize equipment, light lanterns, etc.
	Initial briefing/break cadets into teams	To include: activities, expectations, safety, timings, dress, meals, rules, etc. Cadets will be introduced to their TI.
	Navigation review	Completed as required, time permitting.
SATURDAY		
Timings	Tasks/Activity	Remarks
0600	Reveille/Ablutions	Cadets will pack all personal equipment prior to eating breakfast. Cadet Expedition Site staff to model daily routine activities as detailed in EO M326.06 (Follow Daily Routine).
0630	Breakfast	Log O to prepare breakfast, Cadet Expedition Site staff to model set-up of eating area, garbage collection, clean up, etc.
0730	Campsite tear down	Under direction of TI each team will tear down all components of the campsite, organize personal and group equipment for transport to a new campsite.
0800	Start Expedition	
	Mode of Travel #1	
1200 – 1300	Lunch	Lunch will occur at a designated point along the practical expedition route. TI will use time during lunch to instruct EO M326.06 (Follow Daily Routine).
1600	Arrive at campsite #2	Teams will set up their campsites.
1730	Supper	
2000	Evening Activities	
2200	Lights Out	
SUNDAY		
Timings	Tasks/Activity	Remarks
0600	Reveille/Breakfast/Tear down campsite	Teams will be required to complete daily routine activities.
0800	Mode of travel #2	
1200	Lunch	Lunch will occur at a designated point along the practical expedition route.
1300	Arrival at practical expedition activity end point	Upon arrival at practical expedition activity end point teams will complete the de-kitting process under the direction of the Cadet Expedition Site Log O.
1330	Debrief	All cadets will be required to: fill out an Cadet Expedition Site activity critique and complete a journal entry about their experiences during the weekend.
1400	Depart	

2. The above schedule may be adjusted due to weather or conditions at individual training sites.