



Regional Cadet Support Unit (Prairie)



Gold Star Expedition Centre Training



Joining Instructions
2011

INTRODUCTION

1. Gold Star cadets from across Prairie Region will attend Gold Star Expedition Centre Training Weekends. Expedition Centre (EC) 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 EC 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. ECs will conduct the a review with cadets on the following knowledges and skills:
 - a. campsite set-up;
 - b. types of expedition equipment;
 - c. navigation;
 - d. packing expedition equipment;
 - e. following daily expedition routine; and
 - f. assessment.
4. Cadets will be provided training the three following dynamic modes of travel:
 - a. paddling a canoe;
 - b. hiking along a route; and / or
5. A sample weekend training schedule is located at Annex C.
6. EC dates and corps allocations are located at Annex D.

PRE TRAINING

7. 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 ECs joining instructions and training schedule.

OBJECTIVES

8. 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

9. 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.
10. All cadets will receive an individual de-briefing by their assigned Team Instructor to discuss their performance over the course of the weekend.

ACCOMODATIONS AND MEALS

11. All accommodations and meals during the expedition will be pre-arranged and DND will bear the cost.
12. 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 EC CO to make necessary arrangements for a synthetic sleeping bag.
13. 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.
14. Cadets who are vegetarians, have food allergies or have special diet requirements should inform their corps CO who will then inform the EC CO who will make alternate arrangements.

DRESS

15. Dress during training shall be suitable 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. As such, appropriate civilian clothing is authorized.

ABSOLUTELY NO TYPE OF COMBAT / MILITARY CLOTHING, COMBAT BOOTS OR JEANS IS PERMITTED.

16. Annex A of these JIs provides a complete list of clothing that should be brought to the EC. 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 EC CO so that the items can be procured.

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

TRANSPORTATION/MOVEMENTS

18. All transportation to and from training site is provided by the DND. 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 EC and back.

19. For cadets who are taking commercial transportation to the EC they will be met by an officer at the start and end point of their journey.

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

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

22. There may be a requirement for parent(s)/guardian(s) to transport cadets to and from a specified pick-up / drop-off location. This location will not be more than 45 minutes from the corps parade location.

MEDICAL / DENTAL / HEALTH

23. All cadets participating in the training weekend must have a current Basic Health Questionnaire and Detailed Health Questionnaire, if required.

24. 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.

25. **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.

26. **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

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

EMERGENCY CONTACT NUMBERS

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

- a. Capt Cameron Thompson, Expd Trg O:
 - (1) office: (204) 833-2500 extension 5504;
 - (2) toll free: (800) 842-1851, opt 8, ext 5504; and
 - (3) cell: (204) 782-0201;

- b. Capt Melanie Turko, Army Trg O:
 - (1) office: (204) 833-2500 extension 4619; and
 - (2) toll free: (800) 842-1851, opt 8, ext 4619; and

- c. Major Bruce Kiecker, OIC Army Trg:
 - (1) office: (204) 833-2500 extension 6211; and
 - (2) toll free: (800) 842-1851, opt 8, ext 6211.

SECURITY / RESTRICTIONS

29. It is recommended that personal belongings be marked with the cadet's name or initials for identification purposes.

30. No radios, MP3 players, cellular phones, video games or similar electronic devices will be permitted during training hours.

31. Cadets are forbidden from bringing any firearms or weapons of any sort, excluding pocket knives.

32. **Cadets are forbidden from bringing any army related clothing.**

DRUGS, ALCOHOL AND TOBACCO

33. **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).

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

DISCIPLINE AND BEHAVIOUR

35. 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).

SPIRITUAL WELFARE

36. Special accommodations may be made possible for those requiring access to spiritual welfare.

CONSENT TO PARTICIPATE

37. All cadets must bring with them to the EC a signed copy of the Offer of Participation Courses, Positions and Activities. This form should be printed off by the corps Adm O and provided to the cadet and signed by the cadet's parent(s)/guardian(s).

PUBLIC AFFAIRS

38. Following the training weekend pictures taken during training will be posted on the Army Cadet League sponsored photo website Smugmug – www.prairecadets.smugmug.com

39. Cadets are also invited to join the Prairie 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 Prairie Region. The group will be monitored by regional expedition staff members. Go to this link to join:
<http://www.facebook.com/group.php?gid=114470728614838>

COMMUNICATIONS AND CONTACTS

40. Communications regarding the expedition are to be directed to the Expd Trg O or the EC CO. Contact information is as follows:

- a. Expd Trg O – Capt Cameron Thompson:
 - (1) office: (204) 833-2500 extension 5504;
 - (2) toll free: (800) 842-1851 opt 8 ext 5504;
 - (3) cell: (204) 782-0201; and
 - (4) email: cameron.thompson@forces.gc.ca; and
- b. Calgary EC CO – Capt Fenlon-MacDonald – chris.fenlon-macdonald@cadets.gc.ca;
- c. Edmonton EC CO – Capt Greenfield – patrick.greenfield@cadets.gc.ca;
- d. Winnipeg EC CO – Capt Turko – michael.turko@cadets.gc.ca; and
- e. Regina EC CO – Capt Lowndes – tara.lowndes@cadets.gc.ca.

41. As training will be conducted in remote locations, cadets will NOT have access to 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

Annex D – Expedition Centre Training Dates and Corps Allocations

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 EC CO.
2. Cadets are required to bring the following:

TO BE BROUGHT	CHECKLIST
4 pairs of warm wool/synthetic (not cotton) socks	
4 pairs of inner socks (not cotton)	
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 paddling shoes (not thongs / flip flops / crocs)	
1 pair shoes/sneakers for evening	
1 swimsuit	
1 water bottle	
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 EC CO, who will make arrangements to procure the equipment for the cadet.

4. The following items will be issued upon arrival at the EC 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 ECs only)
First aid kit	Gaiters
Backpacking tarp	Hiking boots
GPS	Plastic cup
Spot Locator	Water bottle
Satellite phone	Foot powder
Naphtha	30 SPF sunblock
Toilet paper	20 SPF lip balm
Glow sticks	Headlamp
Re-sealable plastic bags	Whistle
Garbage bags	Carabiner
Hand sanitizer	Journal
	Pencil

5. ECs 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 EC CO so that arrangements can be made.

6. **The following items will NOT be brought to the EC training site by any participants:**

- a. **personal climbing equipment,**
- b. **personal canoeing / hiking / mountain biking equipment,**
- c. **military related clothing,**

- d. junk food of any sort,**
- e. inappropriate books or magazines (due to pornographic or violent content),**
- f. lighters,**
- g. non-prescription drugs, alcohol or other controlled substances, and**
- h. 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?	
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 know exactly how you are travelling? If not, contact your CO.	
Do you have a copy of the Acceptance and Consent Courses, Positions and Activities from Fortress?	

SAMPLE WEEKEND TRAINING SCHEDULE

1. Below is a sample schedule of a Gold Star Expedition Centre 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	Expedition Centre staff.
	Set up campsite	Expedition Centre 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.
0630	Breakfast	Log O to prepare breakfast, expedition centre 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.
1600	Arrive at campsite #2	Teams will set up their campsites.
1730	Supper	
2000	Evening Activities	
2200	Lights Out	

Annex C
 Joining Instructions – Gold Star Expedition Training
 16 Aug 11

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 expedition centre Log O.
1330	Debrief	All cadets will be required to: fill out an expedition centre activity critique and complete a journal entry about their experiences during the weekend.
1400	Depart	

EXPEDITION CENTRE TRAINING DATES AND CORPS ALLOCATIONS

Edmonton Expedition Centre			
9-11 Sep 11		30 Sep – 2 Oct 11	
Corps		Corps	
180	Edmonton	1809	Edmonton
2551	Edmonton	2051	Evansburg
2561	Thorsby	2733	Edmonton
2638	Hinton	2979	High Level
2716	Mayerthorpe	2981	Edmonton
2836	Edmonton	3061	Morinville
2850	Grande Prairie	3068	Camrose
3053	Onoway	3069	St- Albert
3070	Evansburg		

Winnipeg Expedition Centre	
30 Sep – 2 Oct 11	
Corps	
38	Cross Lake
407	Winnipeg
2295	Winnipeg
2328	Flin Flon
2520	Brandon
2528	Virden

Calgary Expedition Centre					
23-25 Sep 11		30 Sep – 2 Oct 11		14-16 Oct 11	
Corps		Corps		Corps	
1390	Red Deer	1390	Red Deer	1292	Calgary
2296	Lethbridge	1955	Calgary	1955	Calgary
2309	Fort MacLeod	3016	Airdrie	2137	Calgary
2313	Medicine Hat	3025	Didsbury	2509	Calgary
2383	Turner Valley	3125	Chestermere	2554	Calgary
2384	Standoff	2512	Cochrane		
2512	Cochrane				
3025	Didsbury				
3125	Chestermere				

Regina Expedition Centre			
23-25 Sep 11		14-16 Oct 11	
Corps		Corps	
155	Regina	328	Saskatoon
1856	Moose Jaw	390	Prince Albert
2302	Weyburn	2293	Saskatoon
2370	Regina	2537	North Battleford
2517	Melville	2815	Naicam
2834	Yorkton	3071	Saskatoon
2901	Estevan		