

**Regional Cadet Support Unit (Prairie)  
Expedition Centre**



**Gold Star Expedition Training  
Joining Instructions  
2010**

## **INTRODUCTION**

1. Gold Star cadets from across Prairie Region will attend the Gold Star Expedition Centre Training Weekends (GSECTW). Expedition Centre (EC) training has been designed to provide the Gold Star cadet with the opportunity to continue 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 and hiking through direct experience at a personal level.
2. The purpose of these joining instructions is to provide the cadets and their parent(s)/guardian(s) with the information necessary for the cadets to prepare for and participate in the expedition. It is extremely important that cadets and parent(s)/guardian(s) review these instructions thoroughly in preparation for the expedition.

## **GENERAL**

3. ECs will conduct the following reviews with cadets:
  - a. campsite set-up,
  - b. personal equipment issue,
  - c. navigation review,
  - d. pack an expedition pack,
  - e. expedition daily routine,
  - f. expedition briefing, and / or
  - g. assessment overview.
4. ECs will provide continued training in the following dynamic modes of travel:
  - a. EO M426.02a (Paddle a Canoe), and
  - b. EO M426.02c (Hike Along a Route).
5. A sample weekend training schedule is located at Annex C.
6. Specific EC dates and locations are located at Annexes D—G.

## **PRE TRAINING**

7. Prior to the cadet attending the GSECTW each cadet should receive a briefing from 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. There will be no formal assessment; however EC COs may forward performance information to corps COs.

## **ACCOMODATIONS AND MEALS**

10. All accommodations and meals during the expedition will be pre-arranged and DND will bear the cost.
11. 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.
12. During the GSECTW 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.
13. 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**

14. 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 clothing, combat boots or jeans is permitted.

15. Annex A of these JIs provides a complete list of clothing that should be brought to the EC. If you do not have access to all of the items listed in Annex A, please inform your Corps CO who will then inform the EC CO so that the items can be procured.

16. 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**

17. All transportation to and from training sites is provided by the Department of National Defence. 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.

18. 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.

19. Cadets are NOT required to travel in their cadet uniform. Appropriate civilian clothing is authorized for travel.

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

21. 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 cadets corps parade location.

## **MEDICAL / DENTAL / HEALTH**

22. **Medical Entitlement.** While participating in the GSECTW cadets are considered to be on cadet duty (Class 'B' Service) and as such will be entitled to medical care by DND as prescribed in Queen's Regulations (Cadets) 6.12.

23. **Dental Entitlement.** While participating in the GSECTW cadets will be entitled to restricted (emergency) dental treatment in accordance with Canadian Forces Administration Order 35-4 while in Canada and Queen's Regulations & Orders 35.06 while outside Canada.

24. **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. The Cadet Instructor Cadre (CIC) Officers leading the expedition are first aid qualified, CPR qualified and trained in emergency procedures for outdoor activities.

25. **Prescription Medication.** Cadets taking prescription medication for an existing medical condition must bring a sufficient supply for the duration the GSECTW. 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.

26. **Medic Alert.** Cadets who have a pre-existing medical condition that could present a problem during the expedition are encouraged to wear a Medic Alert® bracelet.

### **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 Nicole Stark, 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 Michael Turko, Winnipeg EC CO – (204) 918-9536;
- c. Capt Tara Lowndes, Regina EC CO – (306) 665-1907;
- d. Capt Chris Novak, Calgary EC CO – (403) 923-8633; and
- e. Capt Patrick Greenfield, Edmonton EC CO – (780) 887-2701.

### **SECURITY / RESTRICTIONS**

29. All personal belongings must 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.

### **DRUGS, ALCOHOL AND TOBACCO**

32. **Regulations.** The orders detailed in CATO 13-23 concerning drugs and alcohol will be applied to conduct of the expedition. 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.

### **DISCIPLINE AND BEHAVIOUR**

34. 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**

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

### **COMMUNICATIONS AND CONTACTS**

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

- a. OPI – Expd Trg O – Capt Nicole Stark:
  - (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: [nicole.stark@forces.gc.ca](mailto:nicole.stark@forces.gc.ca); and
- b. OIC – Winnipeg EC CO – Capt Michael Turko:
  - (1) cell: (204) 918-9536; and
  - (2) email: [Michael.turko@cadets.gc.ca](mailto:Michael.turko@cadets.gc.ca);
- c. OIC – Regina EC CO – Capt Tara Lowndes:
  - (1) cell: (306) 665-1907; and
  - (2) email: [tara.lowndes@cadets.gc.ca](mailto:tara.lowndes@cadets.gc.ca);
- d. OIC – Calgary EC CO – Capt Chris Novak:
  - (1) cell: (403) 923-8633; and
  - (2) email: [christopher.novak@cadets.gc.ca](mailto:christopher.novak@cadets.gc.ca); and
- e. OIC – Edmonton EO CO – Capt Patrick Greenfield:

- (1) cell: (780) 887-2701; and
- (2) email: [Patrick.greenfield@cadets.gc.ca](mailto:Patrick.greenfield@cadets.gc.ca).

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



*Ec* B. H. Kiecker  
Major  
OIC Army Training  
for Commanding Officer

- Annex A – Clothing and Equipment List
- Annex B – Packing Tips Checklist
- Annex C – Sample Weekend Training Schedule
- Annex D – Winnipeg Expedition Center Dates and Locations
- Annex E – Regina Expedition Center Dates and Locations
- Annex F – Calgary Expedition Center Dates and Locations
- Annex G – Edmonton Expedition Center Dates and Locations
- Annex H – Consent to Participate in Adventure Training / Medical Information

## CLOTHING AND EQUIPMENT LIST

1. EC staff, staff cadets, escort officers, and cadets will bring the following:

TO BE BROUGHT	CHECKLIST
4 pairs of warm wool/synthetic (not cotton) socks	
4 pairs of inner socks (not cotton)	
4 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 fleece or long sleeve shirt/sweater	
1 wind/water resistant (proof) jacket	
pyjamas or sleepwear (suitable for shared sleeping)	
1 hat (i.e. Ball cap, Tilley Hat, etc)	
1 toque	
1 pair paddling shoes (not thongs) will get wet	
1 pair hiking boots/footwear with good ankle support	
1 pair shoes/sneakers for evening	
1 swimsuit	
1 water bottle	
1 wrist watch	
1 kit bag or equivalent for bringing/stowing gear.	
soap	
deodorant	
toothbrush and toothpaste	
shaving kit	
comb/hairbrush	

2. Cadets who do not have an item should notify their unit CO, who will then contact the EC CO, who will make arrangements to procure the equipment for the cadet.

3. EC staff, staff cadets, escort officers, and cadets may bring the following:

MAY BE BROUGHT	CHECKLIST
sunglasses	
camera	
healthy snacks (i.e. trail mix, granola bars, dried fruit)	
journal	

4. The following items will be issued upon arrival at the EC training site:

ISSUED AT THE EC TRAINING SITE
waterproof jacket
waterproof pants
fleece jacket
fleece pants
sleeping bag with liner
air mattress
gaiters
expedition backpack
water bottle
cup
headlamp
hiking boots (if required)
whistle
trekking poles

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

- a. personal abseil equipment,
- b. personal canoeing equipment,
- c. junk food of any sort,
- d. inappropriate books or magazines (due to pornographic or violent content),
- e. lighters,
- f. non-prescription drugs, alcohol or other controlled substances, and
- g. knives, ammunition, firearms (or any other weapon) of any kind.

6. The pack light philosophy will apply for all items brought and carried. Rucksacks and backpacks will be loaded IAW CATO 14-37 – Rucksack Weight. Cadets aged 12 – 15 can carry a load not exceeding 25% of their body weight. Cadets 16 years of age and older can carry a load not exceeding 30% of their body weight.

Weight		12–15 years old		16 years old – up		Weight		12–15 years old		16 years old – up	
Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms
80	36.4	20.0	9.1	24.0	10.9	185	84.1	46.3	21.0	55.5	25.2
85	38.6	21.3	9.7	25.5	11.6	190	86.4	47.5	21.6	57.0	25.9
90	40.9	22.5	10.2	27.0	12.3	195	88.6	48.8	22.2	58.5	26.6
95	43.2	23.8	10.8	28.5	13.0	200	90.9	50.0	22.7	60.0	27.3
100	45.5	25.0	11.4	30.0	13.6	205	93.2	51.3	23.3	61.5	28.0
105	47.7	26.3	11.9	31.5	14.3	210	95.5	52.5	23.9	63.0	28.6
110	50.0	27.5	12.5	33.0	15.0	215	97.7	53.8	24.4	64.5	29.3
115	52.3	28.8	13.1	34.5	15.7	220	100.0	55.0	25.0	66.0	30.0
120	54.5	30.0	13.6	36.0	16.4	225	102.3	56.3	25.6	67.5	30.7
125	56.8	31.3	14.2	37.5	17.0	230	104.5	57.5	26.1	69.0	31.4
130	59.1	32.5	14.8	39.0	17.7	235	106.8	58.8	26.7	70.5	32.0
135	61.4	33.8	15.3	40.5	18.4	240	109.1	60.0	27.3	72.0	32.7
140	63.6	35.0	15.9	42.0	19.1	245	111.4	61.3	27.8	73.5	33.4
145	65.9	36.3	16.5	43.5	19.8	250	113.6	62.5	28.4	75.0	34.1
150	68.2	37.5	17.0	45.0	20.5	255	115.9	63.8	29.0	76.5	34.8
155	70.5	38.8	17.6	46.5	21.1	260	118.2	65.0	29.5	78.0	35.5
160	72.7	40.0	18.2	48.0	21.8	265	120.5	66.3	30.1	79.5	36.1
165	75.0	41.3	18.8	49.5	22.5	270	122.7	67.5	30.7	81.0	36.8
170	77.3	42.5	19.3	51.0	23.2	275	125.0	68.8	31.3	82.5	37.5
175	79.5	43.8	19.9	52.5	23.9	280	127.3	70.0	31.8	84.0	38.2
180	81.8	45.0	20.5	54.0	24.5	285	129.5	71.3	32.4	85.5	38.9

### 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 for medication?	
Do you have a prescription for your corrective lenses?	
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?	
Do you know exactly how you are travelling? If not, contact your CO.	
Do you have your consent form / medical questionnaire – signed?	

### SAMPLE WEEKEND TRAINING SCHEDULE

1. Below is a sample schedule of a Gold Star Expedition Centre Training Weekend. This should provide you an idea of what you will be doing on the weekend.

<b>FRIDAY</b>		
<b>Timings</b>	<b>Tasks/Activity</b>	<b>Remarks</b>
	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.
<b>SATURDAY</b>		
<b>Timings</b>	<b>Tasks/Activity</b>	<b>Remarks</b>
0600	Reveille/Ablutions	Cadets will pack all personal equipment prior to eating breakfast. Expedition Centre staff to model daily routine activities as detailed in EO M326.06 (Follow Daily Routine).
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. 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	
<b>SUNDAY</b>		
<b>Timings</b>	<b>Tasks/Activity</b>	<b>Remarks</b>
0600	Reveille/Breakfast/Tear down campsite	Teams will be required to complete daily routine activities.
0800	Mode of travel #2	

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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	

## **WINNIPEG EXPEDITION CENTER DATES AND LOCATIONS**

1. The following corps will be participating in expedition training, run by the Winnipeg EC on 10-12 Sep 2010:

- a. 19 Portage La Prairie,
- b. 38 Cross Lake,
- c. 1226 Winnipeg,
- d. 2520 Brandon,
- e. 2528 Virden, and

2. The following corps will be participating in expedition training, run by the Winnipeg EC on 24-26 Sep 2010:

- a. 407 Winnipeg,
- b. 526 Winnipeg,
- c. 553 Winnipeg,
- d. 774 Kenora,
- e. 2072 Dryden,
- f. 2294 Thunder Bay,
- g. 2295 Winnipeg,
- h. 2328 Flin Flon, and
- i. 2511 Thunder Bay.

3. The Gold Star Expedition Training location is at Caddy Lake located in White Shell Provincial Park, approximately two hours west of Winnipeg.

## **REGINA EXPEDITION CENTER DATES AND LOCATIONS**

1. The following South Zone corps will be participating in expedition training, run by the Regina EC on 10-12 Sep 2010:

- a. 155 RCACC Regina,
- b. 1856 RCACC Moose Jaw,
- c. 2302 RCACC Weyburn,
- d. 2370 RCACC Regina,
- e. 2517 RCACC Melville,
- f.
- g. 2834 RCACC Yorkton,
- h. 2901 RCACC Estevan, and
- i. 2988 RCACC Montmartre.

2. The Gold Star Expedition training location for the South Zone is located at the Saskairie Outdoor Education Centre near Carlyle, SK.

3. The following North Zone corps will be participating in expedition training, run by the Regina EC on 24-26 Sep 2010:

- a. 328 RCACC Saskatoon,
- b.
- c. 390 RCACC Prince Albert,
- d. 572 RCACC Humboldt,
- e. 2271 RCACC Wadena,
- f. 2293 RCACC Saskatoon,
- g. 2537 RCACC North Battleford, and
- h. 2815 RCACC Naicam.

4. The Gold Star Expedition training location for the North Zone is located at Canadian Forces Detachment Dundurn; approximately, thirty minutes south of Saskatoon.

## **CALGARY EXPEDITION CENTER DATES AND LOCATIONS**

1. The following corps will be participating in expedition training, run by the Calgary EC on 10-12 Sep 2010:

- a. 2137 Calgary,
- b. 2296 Lethbridge,
- c. 2309 Fort MacLeod,
- d. 2313 Medicine Hat,
- e. 2383 Turner Valley,
- f. 2509 Calgary,
- g. 2554 Calgary, and
- h. 2384 Standoff.

2. The following corps will be participating in expedition training, run by the Calgary EC on 24-26 Sep 2010:

- a. 1292 Calgary,
- b. 1955 Calgary,
- c. 2512 Cochrane,
- d. 1390 Red Deer,
- e. 3016 Airdrie,
- f. 3025 Didsbury, and
- g. 1325 Chestermere.

3. The Gold Star Expedition Training location is in Kananaskis Country – the cadets will travel between the Porcupine Group Camp and the Quaiite Valley Campground.

## **EDMONTON EXPEDITION CENTER DATES AND LOCATIONS**

1. The following corps will be participating in expedition training, run by the Edmonton EC on 10-12 Sep 2010:

- a. 2467 Westlock,
- b. 2561 Thorsby,
- c. 2638 Hinton,
- d. 2716 Mayerthorpe,
- e. 2890 Slave Lake,
- f. 3053 Onoway,
- g. 3061 Morinville,
- h. 3069 St-Albert, and
- i. 3070 Evansburg.

2. The following corps will be participating in expedition training, run by the Edmonton EC on 24-26 Sep 2010:

- a. 180 Edmonton,
- b. 1809 Edmonton,
- c. 2551 Edmonton,
- d. 2733 Edmonton, and
- e. 2981 Edmonton.

3. The following corps will be participating in expedition training, run by the Edmonton EC on 1-3 Oct 2010:

- a. 2051 Edmonton,
- b. 2395 Mallaig,
- c. 2645 Vermillion,
- d. 2803 Fort McMurray,
- e. 2836 Edmonton,
- f. 2979 High Level,

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- g. 2995 Lac La Biche,
- h. 3003 Edgerton, and
- i. 3068 Camrose.

4. The Gold Star Expedition Training location is Elk Island Provincial Park  
Recreational area located west of Edmonton.

**CONSENT FOR EXPEDITION TRAINING**

**Parent Consent (Please Read Carefully)**

Name of Cadet Participating \_\_\_\_\_

**Parent – Please read carefully and initial each paragraph as well as sign below.**

I consent to the participation of my son/daughter/ward in the requested cadet activity(ies). I am aware that the activity(ies) in which my son/daughter/ward participates could involve inherent risks and/or dangers and that injury(ies) might/may occur as a result.

I hereby declare that I have understood each of this provisions of this agreement

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Name of Parent/Guardian \_\_\_\_\_

**(Required for participant under 18 years of age.)**

**Participant Statement (Please Read Carefully)**

**Cadet - Please read carefully and initial each paragraph as well as sign below.**

The activity has been explained to me to my satisfaction, including the nature, risks and dangers of this activity and I accept these risks.

I am aware that the activity in which I plan to participate has some risks and dangers and that injury(ies) may result

I pledge to abide by all directives issued by the Training Officer, Instructors and directing staff

I attest that I am (check one):

A non-swimmer and comfortable in and around the water;

A non-swimmer but comfortable in and around the water when wearing a PFD;

Have some swimming abilities, comfortable in and around water, capable of swimming short distances and treading water for short periods of time without the assistance of a PFD;

A skilled swimmer, capable of swimming long distances and treading water for long periods of time without assistance of a PFD.

I hereby declare that I have understood each provision of this agreement.

**Cadet Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**MEDICAL INFORMATION**

**Section A – Medical Conditions**

Yes	No	Has your doctor ever told you that you have a heart problem and that you should only take your part in physical activities prescribed and approved by a medical doctor?
		Do you ever experience chest pain engaging in physical activity?
		In the past month, have you ever experienced chest pain at times when not engaging in physical activity?
		Do you ever experience balance problems associated with dizziness of have you ever lost consciousness?
		Do you have bone or joint problems that may be aggravated by a change in your level of participation in a physical activity?
		Are you currently being prescribed medication to control your blood pressure or a heart problem (for example, diuretics)?
		Are you aware of any other reasons why you should not engage in physical activity?

**Section B – Are you suffering from or have you ever suffered from**

Yes	No	Epilepsy, Hemophilia, or Psychiatric problems
		Serious allergies (eg nuts, peanuts, stinging insects or hypersensitivity to cold)

**Section C – General**

Yes	No	Are you pregnant?
		Have you undergone surgery in the last ten months?
		Are you currently taking any medication(s) if so please indicate:
		Do you have any dietary restrictions? If so please indicate:
		Do you have any physical restrictions that would affect your participation in the adventure training? If so, please indicate:

**Section D – Participant Statement**

Please read carefully and initial each paragraph

Initial \_\_\_\_\_

I hereby declare that I am not under the influence of alcohol or any drug, and I formally pledge to refrain from using drugs or alcohol during the activity.

I hereby declare that I have read, understood and agree to the provisions in this document and all the information contained herein is true.