

Winter Training Exercise

Cadet Kit List & Activity Summary

Required Personal Items:

- | | |
|--|--|
| <input type="checkbox"/> Toothbrush & toothpaste | <input type="checkbox"/> Water Bottle (must seal) |
| <input type="checkbox"/> Comb or brush | <input type="checkbox"/> Pyjamas or sleeping clothing |
| <input type="checkbox"/> Facecloth & Towel | <input type="checkbox"/> Underwear (3) |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Socks (5) Wool or Heavy socks |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Jeans/Sweats/Shorts (3) |
| <input type="checkbox"/> Shaving items (razor/cream) | <input type="checkbox"/> Shirts (3) |
| <input type="checkbox"/> Other personal items | <input type="checkbox"/> Sweaters (2) |
| <input type="checkbox"/> Ski pants | <input type="checkbox"/> Toques (2), Gloves & Mitts (2) |
| <input type="checkbox"/> Indoor slippers or shoes (shower) | <input type="checkbox"/> Heavy winter coat /w room to layer up with sweater |
| <input type="checkbox"/> Sleeping Bag | <input type="checkbox"/> Winter boots |

Optional Items:

- | | |
|-------------------------------------|------------------------------------|
| <input type="checkbox"/> Camera | <input type="checkbox"/> Pillow |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Chapstick |
| <input type="checkbox"/> Kleenex | |

Restricted Items:

- Inappropriate Materials and or media
- Knives
- Drugs or Alcohol
- Radios/Stereos
- Cell phones or other communication devices
- Matches & Lighters
- Outside Food. Unattended food attracts animals

Emergency Contact Information

Cellular communication at the training area is **very** poor. Officers do check for messages throughout the day and text messages do come in at random intervals. If you need to get in contact with your cadet, please text or leave a voicemail at one or both numbers below.

Capt. Alison Giesinger 306-737-8032

Capt. Shawn Drew

306-570-5073

About Field Training Exercises

The outdoor training exercises are run twice per year, once in the fall and again in the winter or spring. This is mandatory training for your cadet and they must attend at least one of the two in order to complete their level. During this 3-day excursion, cadets participate and learn activities such as survival psychology, compass and map reading, knots and lashings, camp and signal fires, improvised shelters, hiking techniques and safe use of camp stoves and lanterns. They also learn how to setup and tear down tents and work together in a group setting. The exercise is a lot of fun with time for socializing, camaraderie, and evening campfire activities.

Spring Exercise

Environmental - Early June is when the spring training exercise occurs. Often during this time, the daytime weather is quite nice, but evenings can get cooler. Cadets should bring layers of clothing so that they can dress appropriately for the variance in weather.

It is also a bad time of year for wood ticks. While the unit will provide insect repellent, and ask the cadets to frequently check themselves, it is advised they do a complete check once they arrive home.

Fall Exercise

Environmental - Late September or early October is when the fall training exercise occurs. Like the spring exercise, daytime temperatures can reach mid-to-high 20's during the day, and the sun can still be quite intense. The nights however can get quite cool, sometimes dropping below freezing. The unit is provided cold-weather sleeping bags, tents and air mattresses that can be issued to cadets to stay warm, but it is also important they bring heavier clothing to layer over their lighter daytime gear. It's also important they have different clothing to sleep in. During cooler weather, the warmth of sleeping bags can cause worn clothing to become damp. When they leave the sleeping bag, this can cause the cadet to become chilled.

Winter Exercise

Environmental - January or February is when the winter training exercise occurs. Unlike exercises at other times of year, temperatures are cold, reaching as low as -30. Depending on the temperature outside, Cadets do a combination of indoor as well as outdoor activities, which teach winter survival. Unlike other exercises, no Cadets sleep outdoors on winter exercises. As with all exercises its important your Cadet comes with the appropriate clothing as outlined in the kit list. Some cold-weather gear is provided on site, (ie. cold weather boots and gloves), but it is designed to complement what the cadet brings of their own.

Medication:

Please bring required medication in original packaging with documentation. Give the Meds to the OIC or appointed Medical Officer to administer throughout the exercise.

You MUST return the below portion to the OIC of the Ex on day of departure:

I hereby authorize squadron staff to give my cadet, _____ the
Cadet name
below checked items for a headache or upset stomach.

- | | |
|---------------|---------------|
| _____ Advil | _____ Tylenol |
| _____ Aspirin | _____ Gravol |
| _____ None | |

Unless an emergency situation arises, your Cadet will only be given medication you have indicated above. Cadets with incomplete or missing release forms, or forms with a check beside 'none' will not be given any of the above medication. If a Cadets' situation becomes severe enough, parents will be contacted for further guidance and if necessary to arrange pickup of their Cadet.

Other Medication (Provided by Cadet)

Medication Name: _____ Frequency of Use: _____

Special Instructions _____

Medication Name: _____ Frequency of Use: _____

Special Instructions _____

Medication Name: _____ Frequency of Use: _____

Special Instructions _____

Parent Name Print

Parent Signature

Date