

872 Kiwanis Kanata Air Cadet Squadron

To: Cadets, Parents / Guardians

Re: 872 Field Training Exercise – October 29-30 2022

872's Fall Field Training Exercise is fast approaching. Cadets are highly encouraged to participate in this event. It is a mandatory activity during the cadet year and a cadet must attend at least one each year to qualify for promotion. It is also part of a cadet's training requirement to complete their present Level and move onto the next Level in the following year. This weekend is designed to give cadets the opportunity to participate as members of a team during an outdoor weekend activity. It also gives cadets the opportunity to learn practical skills that they can and will use on future weekend exercises. The exercise will be held at Connaught Ranges in Ottawa.

Emergency phone number for the FTX: 613-698-5474 (Maj Wood)

Dates:	Saturday, October 29 th to Sunday, October 30 th , 2022
Begin Exercise:	All cadets must be at Connaught Ranges for 08:00hrs 29 Oct 2022. Any cadets who have been ill or put on medication within 48 hours prior to departure must have the CO's permission to participate. Cadets must eat breakfast before arriving at the site.
Cease Exercise:	16:00hrs (4:00pm) October 30 th at Connaught Ranges
Additional Information:	All meals and snacks will be provided throughout the weekend. Personal snacks are not permitted as they attract wildlife. Medications, including over-the-counter, will be collected for safekeeping and will be made available to cadets upon request.

Cadets' parents are asked not to leave until their cadet has been checked to ensure that they are properly kitted (have everything they need) and not heading off to the exercise unprepared.

Cadets are highly encouraged to participate in this event. It is a core activity during the cadet year. Parents requiring additional details may speak with squadron staff or me on Wednesday evenings. A complete list of required cadet equipment for the weekend is attached and on the Squadron's website at [http:// www.872-squadron-rcac.ca](http://www.872-squadron-rcac.ca)

Best regards,

Major J.M. Wood
Commanding Officer

Attendance & Permission Form - Return this portion on or before October 26, 2022
872 Field Training Exercise – October 29 to 30, 2022

Cadets MUST attend 1 of the 2 FTX's each year to pass their Level.

Please confirm your son's/daughter's attendance by completing the form below.

The following cadet(s) will attend the Field Training Exercise: (Please print)	Gender	Special medications/meal requirements: (Allergies, restrictions)
Cadet 1		
Cadet 2		
Cadet 3		

Over-the-counter medication: I authorize the administration of over-the-counter medication (Tylenol, Ibuprofen, Benadryl, Gravol) by the Squadron Commanding Officer or delegate if deemed necessary and appropriate.
Please **initial** as appropriate:

YES _____ NO _____

Emergency Contact Name(s) (Please Print)	Phone Number(s)

Parent/Guardian Name (Please Print): _____

Parent/Guardian Signature: _____ Date: _____

Kit List will be posted on the Squadron Website and included in this form.

872 Training Exercise Kit List

Cadets are to bring the following items with them for the weekend. Please remember that Fall weather is variable; it may be warm, cold, or wet. It may even snow. **Cadets must bring appropriate weather clothing and bedding.** Cadets will be sleeping outdoors in tents/shelters on the Saturday night.

Cadets are instructed to bring the following items:

Bedding

- | | |
|--------------------------------------|----------------------------------|
| 1 – Sleeping Bag, or similar (warm)* | 1 – Sleeping pad or air mattress |
| 1 – Pillow | 1 – Blanket |

* Sleeping bag should be rated for at least -10 degrees Celsius. If you do not have one, please advise a staff member.

Clothing

FTU Uniform (pants, elemental undershirt, jacket, socks, boots, field cap)

- | | |
|-------------------------------------|---|
| 2 – Pants (not jeans.) | 2 – T-Shirts – short/long sleeve |
| 1 – Sweater, sweatshirt or fleece | 3 – Pair warm socks |
| 1 – Winter hat or toque | 2 – Long sleeve shirt or t-shirt |
| 1 – Hiking boots/shoes (waterproof) | 2 – Sets of undergarments |
| 1 – Jacket, warm | 1 – Warm weather hat with brim (baseball cap) |

1 – Extra pair of shoes. Waterproof suggested, but runners are acceptable **as back ups.**

1 – Jacket, waterproof/resistant. Rain/cold is almost guaranteed in October.

2 – Large Plastic garbage bags with twist tie – 1 for dry, 1 for wet or soiled clothing

****CURRENT ISSUE CF GEAR (CadPat) IS FORBIDDEN****

Other:

- Toiletries (towel / facecloth, soap, deodorant, toothbrush / toothpaste etc.) Note: there are no shower facilities.
- Flashlight
- Water bottle/canteen
- Sunscreen, lip balm/protector,
- Notebook or paper and pen/pencil

Medication:

- **Cadets requiring daily prescription medication must bring enough for the weekend**
 - o **as well as providing an administrative schedule for reference purposes.** All prescription medications must be turned in to the designated officer before boarding the bus and will be held by the designated officer during the weekend. Cadets are responsible for taking their own medication at their scheduled time.
- Cadets with Epi-Pens or emergency inhalers must keep them on their possession at all times, and are to notify staff that they possess an Epi-Pen/inhaler and the reasons it would need to be administered.

What Not To Bring: The following items will be confiscated from the cadets:

- Electronics or other valuables including money. **The Squadron assumes no responsibility for lost, missing, or broken items.**
- Knives Level (1 & 2 cadets). Knives are optional for cadets in levels 3+, but must have a locking blade and not to exceed 4 inches.
- Weapons of any other kind.
- Matches, lighters, flammable liquids or other devices.
- Alcohol, non-prescription drugs, cigarettes.
- Food, candy, chocolate, drinks, gum, and peanut butter – all food will be confiscated! This is a safety issue due to allergies and the potential to attract wild animals into the sleeping areas.
All meals, snacks and drinks are provided.