

Appendix 1
Annex C
1085-28 (SI)
1 Jul 17

KIT LIST
CANADIAN CADET ORGANIZATIONS

SECTION 1: TRAINING OR ACTIVITY DETAILS

Exercise: Winter Training FTX	Location: Stevensville Conservation Area
Start Date: 11 January 2019 – 1830hrs (630pm)	End Date: 13 January 2019 – 1300hrs (1pm)

SECTION 2: KIT LIST

ITEM TO WEAR OR BRING FOR TRAINING	QTY
Field Training Uniform with boots and beret (with uniform sweater)	1
Cadet Parka	1
Winter Coat	1
Toque and Gloves	1
Sweater and pants (sweat pants preferred – NO JEANS)	1
Survival kit (Red Star and above – MANDATORY)	1
Foot Wear (for changing into at night)	1
Kit Bag (all kit packed in)	1
T-Shirt / Underwear / Socks	3
Chapstick	1
Water Bottle/Bag	1
Any additional clothing the cadet may wish to bring to stay warm and dry	1

ITEM TO WEAR OR BRING FOR OVERNIGHT

Sleeping Attire	1
Pillow	1
Blanket (Optional)	1
Hygiene Supplies	1

SECTION 3: PROHIBITED

The wearing or bringing of valuables, money, jewelry, electronics, mp3 players, knives and attractive items are not allowed. Any personnel bringing such items shall be responsible for same. The corps and facility will not be held responsible for lost/stolen/damaged items.

Alcohol, illegal/non-prescription drugs, drug paraphernalia, weapons, cigarettes, e-cigarettes/vaping, pornography or anything else deemed illicit are forbidden. Anyone in possession of, distributing or using illicit items shall be RTU from the exercise at parents / guardians expense. If warranted, local police services shall be contacted.

SECTION 4: NOTES

- This weekend training activity is mandatory and is required for completing star training / promotion;
- Original provincial health cards are **mandatory**. Anyone not in possession of the card will be denied to participate in the weekend;
- All medication must be declared during In-Routine;
- The entire weekend will be conducted outdoors;
- The average daily temperature for January is High 0C / Low -15C . There is typical moisture in the air with wet snow;
- **Cadet must be at the Stevensville Conservation Area, 2555 Ott Rd., Fort Erie NLT 1830 (630pm) on Friday, 11 January 2019. Pick up will be at NLT 1300 (1pm) on Sunday, 13 January 2019**

WEEKEND CONTACT: Phone: 905-991-8278 E-Mail: 2966army@gmail.com

Appendix 3
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MEDICAL CONSENT
CANADIAN CADET ORGANIZATIONS

SECTION 1: IDENTIFICATION			
Last Name:	First Name:		
SECTION 2: TRAINING OR ACTIVITY DETAILS			
Exercise: Winter Training FTX	Location: Stevensville Conservation Area		
Start Date: 11 January 2019 – 1830hrs (630pm)	End Date: 13 January 2019 – 1300hrs (1pm)		
SECTION 3: PARENTAL/GUARDIAN MEDICAL CONSENT			
Parents/Guardians are requested to initial if they agree or disagree to have the medications listed below administered if necessary by the Commanding Officer (CO) / Officer-In-Charge (OIC) to their son / daughter / ward during the course of the exercise.			
MEDICAL DESCRIPTION	INITIALS		
TYLENOL 325mg tablets for pain of fever will be administered according to the package directive	Agree	Disagree	_____
IBUPROPHEN tables for pain relief, muscle pain and reduced fever will be administered according to the package directive	Agree	Disagree	_____
GRAVOL 50mg tablets for travel nausea will be administered according to the package directive	Agree	Disagree	_____
DIPHENHYDRAMINE (Benadryl) for symptoms of allergic rhinitis, motion sickness and bites and stings be administered according to the package directive	Agree	Disagree	_____
ROBITUSSIN DM syrup for cough suppression will be administered according to the package directive	Agree	Disagree	_____
PRESCRIBED MEDICATION			
<i>Medication</i>	<i>Reason</i>	<i>Dosage</i>	<i>Time</i>
ALLERGIES (KNOWN)			
SECTION 4: CONSENT AND ACKNOWLEDGEMENT			
<i>"I consent to my son/daughter/ward being administered the above medical support from the Commanding Officer (CO) / Officer in Command (OIC) or their designate. I also acknowledge that all the medication and allergies that my son/daughter/ward have listed are correct"</i>			
Parent/Guardian Name (print)	Signature	Date	