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1085-20(TRG O)

11 October 2017

SURVIVAL EXERCISE 20-22 Oct 2017

During the weekend of 20-22 Oct 2017, 704 Squadron is conducting a survival exercise for all cadets at its training facility, Camp Ross, which is located east of Bancroft off Hwy #28. Outdoor sleeping bags and meal rations are provided. The cadets will sleep in tents on Friday night. Cadets will be expected to sleep in self-constructed shelters on Saturday night. Under normal circumstances your child will be outdoors continuously for 42 hours, from the time they get off the bus on Friday night until they board it again on Sunday afternoon

Your child will walk in and out of the camp from the main road. The distance is approximately three (3) kilometers. **Parents are to ensure that cadet gear consists only of what is really required (see attached kit list), keeping in mind that your child must carry it to and from the training site.** We can provide backpacks if you do not have access to anything suitable.

**It is mandatory that your child have in their possession their Ontario Health Card.** The staff will collect these at the beginning of the exercise and keep them in a secure place during the activity. You must return the attached permission form prior to departure on Friday night for your child to be able to attend. If your child has special dietary needs or is on any form of medication make certain it is noted on the permission form. We may stop at a local store on the way and your child may want to bring approximately \$10.00 for snacks.

Please have your child at the RCAF Flyers Arena parking lot by 5:00 PM on Friday, 20 October 2017. They will be boarding the bus in in the parking lot. They should have had their supper or pack a meal for them as we will not be providing meals on Friday. Cadets will be returning to the RCAF Flyer's Arena parking lot at 4:00 pm on Sunday, 22 October 2017. Once supplies have been returned and cleaned up, the cadets will be allowed to depart. **Please be on time for pick-up.**

If you require more information please speak with Capt Watts at the squadron between 6:00 and 9:00 pm on Monday or Wednesday evenings.

GA Watts  
Capt  
Training Officer

## **KIT LIST**

This list includes the clothing that you will be wearing when we depart for Camp Ross. You need plenty of socks because it is important to wear clean socks everyday to prevent blisters. You should also consider wearing two pair of socks (one cotton, one wool) for the same reason.

### **\*\*ONTARIO HEALTH CARD\*\***

Backpack

Plastic or metal cup with handle

Water bottle or canteen

flashlight with batteries

INSECT REPELLANT

Sunscreen

3 to 6 pair of socks

2 or 3 pair underwear

3 T-shirts

2 sweatshirts or sweaters

2 pair sweat pants or pants (non-denim recommended)

1-2 toque/hat (weather appropriate)

1 pair gloves

1 pair hiking-type footwear

1 pair running shoes

1 seasonal jacket

1 rain coat (if available)

Toiletries (soap, washcloth, towel, toothbrush, toothpaste, shave kit)

### **CADETS WILL NOT BRING THE FOLLOWING ITEMS**

Matches

Pyrotechnics

Knives

Firearms

Electronic devices (gaming device, MP3 Player, mobile phone, etc.)

Alcohol

Illicit Drugs

Bad Attitudes

