EO M190.01 – PACK PERSONAL EQUIPMENT FOR AN AIRCREW SURVIVAL EXERCISE

1. **Performance**: Pack Personal Equipment for an Aircrew Survival Exercise

2. **Conditions**:

   a. Given:

      (1) Personal clothing and equipment,

      (2) Backpack / rucksack,

      (3) Sleeping bag,

      (4) Supervision, and

      (5) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Classroom or training area large enough to accommodate the entire group.

3. **Standard**: The cadet shall:

   a. select appropriate clothing for field training; and

   b. pack personal equipment.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Explain how to select field clothing, to include: a. the layering principle, b. advantages and disadvantages of fabrics, c. footwear, and d. weather conditions.	Interactive Lecture	30 min	C3-021 (pp. 22–25) C3-024 (p. 47)
TP2	Explain, demonstrate and have the cadets pack personal equipment for the field, to include: a. lining the backpack / rucksack with a large plastic bag before packing the kit; b. placing personal kit items into a separate bag with air removed to conserve space; c. placing items that are heavier and used least often at the bottom and back of the pack; d. placing lighter and often used items on the top and near the front of the pack; e. placing the tent at the top of the pack; and f. attaching the sleeping bag and sleeping pad firmly to the bottom of the pack.	Demonstration and Performance	25 min	C3-021 (pp. 22–25) C3-024 (p. 47)

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5. **Time**:

a.	Introduction / Conclusion:	5 min
b.	Interactive Lecture:	30 min
c.	Demonstration and Performance:	25 min
d.	Total:	60 min

6. **Substantiation**:

a. An interactive lecture was chosen for TP 1 to orient the cadets on how to select field clothing and generate an interest in the subject.

b. A demonstration and performance was chosen for TP 2 as it allows the instructor to explain and demonstrate packing personal equipment skills the cadet is expected to acquire while providing an opportunity for the cadets to practice the skill under supervision.

7. **References**:

a. C3-021 ISBN 0-7715-9035-0 McManners, H. (1994). *The complete wilderness survival manual*. Toronto, ON: McMillan Canada.

b. C3-024 ISBN 0-7627-0476-4 Roberts, H. (1999). *Basic essentials backpacking*. Guildford, CT: The Globe Pequot Press.

8. **Training Aids**:

a. Core layer clothing,

b. Second layer clothing,

c. Outer layer clothing,

d. Pants suitable for field training,

e. Wool clothing,

f. Cotton clothing,

g. Fleece clothing,

h. Clothing made of synthetic fibres,

i. Socks appropriate for field training,

j. Footwear appropriate for field training,

k. Backpack / rucksack,

l. Hygiene items,

m. Water bottle, and

n. Presentation aids (eg, whiteboard / flipchart / OHP / multimedia projector) appropriate for the training area.

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9. **Learning Aids**:

    a. Backpack / rucksack,

    b. Hygiene items, and

    c. Various clothing items.

10. **Test Details**: Nil.

11. **Remarks**: This EO is to be delivered at the squadron on the training night prior to the weekend aircrew survival exercise.

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