EO M190.02 – MAINTAIN PERSONAL EQUIPMENT AND HYGIENE IN THE FIELD

1. **Performance**: Maintain Personal Equipment and Hygiene in the Field

2. **Conditions**:

   a. Given:

      (1) Supervision, and

      (2) Assistance as required.

   b. Denied: Nil.

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

3. **Standard**: The cadet shall maintain personal equipment and hygiene in the field, to include:

   a. ensuring clothing is clean;

   b. ensuring knife safety is adhered to; and

   c. maintaining personal hygiene in the field by:

      (1) washing;

      (2) caring for teeth; and

      (3) managing waste effectively.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Explain how to care for personal equipment.	Interactive Lecture	5 min	C3-003 (p. 6)
TP2	Explain knife safety in the field.	Interactive Lecture	10 min	C3-021 (pp. 32–33)
TP3	Explain how to maintain hygiene in the field, to include: a. identifying field hygiene requirements; b. washing in the field; c. dental care in the field; and d. disposing of waste.	Interactive Lecture	10 min	C3-003 (p. 6)

5. **Time**:

   a. Introduction / Conclusion: 5 min

   b. Interactive Lecture: 25 min

   c. Total: 30 min

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6. **Substantiation**: An interactive lecture was chosen for this lesson to orient the cadets to maintaining personal equipment and personal hygiene and generate an interest in the subject.

7. **References**:

   a. C3-003 ISBN 1-896713-00-9 Tawrell, P. (1996). *Camping and wilderness survival: The ultimate outdoors book*. Green Valley, ON: Author.

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

8. **Training Aids**:

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

   b. Knife.

9. **Learning Aids**: Nil.

10. **Test Details**: Nil.

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

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