ROYAL CANADIAN AIR CADETS

PROFICIENCY LEVEL FOUR

INSTRUCTIONAL GUIDE

SECTION 1

EO M490.01 – ASSEMBLE AN EMERGENCY SURVIVAL KIT

Total Time:	30 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-804/PG-001, *Proficiency Level Four Standard and Plan*, Chapter 4. Specific uses for said resources are identified throughout the instructional guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

Gather the emergency kit items needed for TP 3.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

An interactive lecture was chosen for TPs 1 and 2 to present basic material and give direction on assembling an emergency survival kit.

An in-class activity was chosen for TP 3 as it is an interactive way to provoke thought and stimulate interest among cadets about emergency survival kits.

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadets shall have assembled an emergency survival kit.

IMPORTANCE

It is important for cadets to be prepared for survival situations. Carrying an emergency survival kit at all times while in the field and knowing the purpose of the contents may help the cadets to react appropriately to survival situations.

Unofficial convenience copy of A-CR-CCP-804/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-804-PF-001/A-CR-CCP-804-PF-001.pdf.
Verify against the official publication.

Teaching point 1 **Discuss the characteristics of an emergency survival kit.**

Time: 5 min Method: Interactive Lecture

ESSENTIAL ITEMS

The items carried in a personal emergency survival kit must meet the needs of a person in a survival situation. The essential items to fulfill these needs can be categorized.

Personal protection. This includes clothing, shelter, and fire.

Signalling. Constructed signals are ground-to-air signals and signal fires. An improvised signal may be a piece of shiny metal used as a signal mirror.

Sustenance. Water and food.

Travel. Navigating with and without a compass.

Health. This includes trauma and environmental injuries as well as mental health, which affects the will to survive.

SMALL AND EASY TO CARRY IN A POCKET

If the emergency survival kit is not with the person when it is needed, it is worthless. It needs to be carried at all times during outdoor activities.

It should be small enough to fit into a pocket, but not so bulky as to restrict movement.

It should be easy and comfortable to carry so that once placed in the pocket, it stays there until the outdoor activities are over or it is needed.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS:

Q1. Name the five categories that should be considered when choosing essential items for an emergency survival kit.

Q2. When should you carry an emergency survival kit?

Q3. Where should an emergency survival kit be located?

ANTICIPATED ANSWERS:

A1. Personal protection, signalling, sustenance, travel, and health.

A2. At all times during outdoor activities.

A3. It should be in your pocket.

Unofficial convenience copy of A-CR-CCP-804/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-804-PF-001/A-CR-CCP-804-PF-001.pdf.
Verify against the official publication.

Teaching point 2 **Explain that emergency survival kit items should be placed in a durable container that is lightweight and waterproof.**

Time: 5 min Method: Interactive Lecture

The items in an emergency survival kit need to be readily available and in a useable condition, neither damaged by water nor compression (squished).

DURABLE

A container for an emergency survival kit must be durable to prevent compression, which can damage the items within.

LIGHTWEIGHT

The container should be lightweight. If it is too heavy, it becomes a burden to carry and therefore may be packed in the rucksack / backpack and not with the person when needed.

WATERPROOF

The container should be waterproof to protect items from water damage. Damaged items may be of no help in a survival situation.

Different types of containers have different characteristics which should be taken into account before deciding on which type a person will use. Types of containers include:

- **Hard plastic.** Very durable but may be uncomfortable to carry in a pocket.
- **Flexible plastic.** Durable, more comfortable than hard plastic in a pocket.
- **Metal.** Very durable but may be uncomfortable to carry in a pocket. However, unlike the plastic containers, a metal container may be used over a fire for multiple uses (eg, cooking, purifying water).

CONFIRMATION OF TEACHING POINT 2

QUESTIONS:

Q1. What three features should an emergency survival kit container have?

Q2. What are the differences between containers made from hard and flexible plastic?

Q3. What may be done with a metal container but not a plastic one?

ANTICIPATED ANSWERS:

A1. It should be durable (to prevent compression), lightweight and waterproof (to protect items from water damage).

A2. The hard plastic container is more durable, but the flexible plastic container will be more comfortable to carry in a pocket.

A3. It may be used over a fire.

Unofficial convenience copy of A-CR-CCP-804/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-804-PF-001/A-CR-CCP-804-PF-001.pdf.
Verify against the official publication.

Teaching point 5 **Explain the purpose of each emergency survival kit item and have the cadets, as a group, assemble an emergency survival kit.**

Time: 15 min Method: In-Class Activity

BACKGROUND KNOWLEDGE

THE PURPOSE OF EACH EMERGENCY SURVIVAL KIT ITEM

Adhesive bandages. Used for minor first aid.

Aluminum foil. May be used for cooking, water collection, and signalling.

Antibiotic tablets. Used to reduce the health risk of injuries.

Button compass. Used to determine direction.

Candle. May be used as a light source and a fire starter.

Condom. Used for water storage.

Cord. Used for lashings in multiple applications.

Cotton balls. May be used as tinder and to perform minor first aid.

Emergency blanket. Used to keep warm and may also be used for signalling.

Fish hooks. Used to catch fish.

Fishing line. Used to catch fish, but may also be used for lashings.

Fishing sinkers. Used to catch fish.

Flexible saw. Used to cut wood.

Garbage bag (small). This item has multiple uses: for raingear, as a water collector and for food storage.

Hard candies. Used as an energy food. It is also a morale booster.

Magnifying glass. Used to light fires and for first aid (to find small splinters).

Mirror (small). Used for signalling.

Moleskin. This item may be used as minor first aid for blisters.

Pain reliever (pills). Acetylsalicylic acid or acetaminophen, used as a pain reliever.

Paper. Used to write notes and may be used as tinder.

Pencil. Used to write notes.

Personal medication. Used to maintain health.

Re-sealable plastic bags (very small). Used to waterproof and organize small items within the kit.

Safety pins. These have multiple uses: to perform minor first aid and to repair clothing and equipment.

Salt. Used to maintain health.

Sewing needles. This item may be used for minor first aid and to repair clothing and equipment.

Unofficial convenience copy of A-CR-CCP-804/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-804-PF-001/A-CR-CCP-804-PF-001.pdf.
Verify against the official publication.

Small folding knife. Most versatile item in the survival kit.

Snare wire. Used to catch small animals and may also be used for lashings.

Thread. This item has multiple uses: used to create small lashings, for minor first aid and to repair clothing and equipment.

Tweezers. Used for minor first aid and to untie knots (so cord may be reused).

Water purification tablets. Used to purify water.

Waterproof matches. Used to light fires.

Whistle. Used to signal for help and to help scare off animals.

ACTIVITY

Time: 15 min

OBJECTIVE

The objective of this activity is to have the cadets assemble an emergency survival kit.

RESOURCES



This is not an exhaustive list and is designed to give cadets an idea of what an emergency survival kit could contain.

- hard or flexible plastic or metal container,
- adhesive bandages,
- aluminum foil,
- antibiotic tablets,
- button compass,
- candle,
- condom,
- cord,
- cotton balls,
- emergency blanket,
- fish hooks,
- fishing line,
- fishing sinkers,
- flexible saw,
- garbage bag (small),
- hard candies,

Unofficial convenience copy of A-CR-CCP-804/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-804-PF-001/A-CR-CCP-804-PF-001.pdf.
Verify against the official publication.

- magnifying glass,
- mirror (small),
- moleskin,
- pain reliever (pills),
- paper,
- pencil,
- personal medication,
- resealable plastic bags (very small),
- safety pins,
- salt,
- sewing needles,
- small folding knife,
- snare wire,
- thread,
- tweezers,
- water purification tablets,
- waterproof matches, and
- whistle.

ACTIVITY LAYOUT

Nil.

ACTIVITY INSTRUCTIONS

1. Show the cadets the hard or flexible plastic or metal container to be used for the emergency survival kit.
2. Ask the cadets what items should be in an emergency survival kit.
3. As each item is suggested, list it on the whiteboard / flip chart.
4. If the item suggested has been brought as an example, show it to the cadets.
5. Describe the purpose of the item.
6. Pass the item to a cadet.
7. Have the cadet place the item into the hard or flexible plastic or metal container to create an emergency survival kit.
8. Repeat Steps 3–7.



Ensure the items that are listed but not brought as examples are explained to the cadets.

Unofficial convenience copy of A-CR-CCP-804/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-804-PF-001/A-CR-CCP-804-PF-001.pdf.
Verify against the official publication.

SAFETY

Nil.

CONFIRMATION OF TEACHING POINT 3

The cadets' participation in the activity and the assembly of an emergency survival kit will serve as the confirmation of this TP.

END OF LESSON CONFIRMATION

The cadets' assembly of an emergency survival kit will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK / READING / PRACTICE

This EO is assessed IAW A-CR-CCP-804/PG-001, *Proficiency Level Four Standard and Plan*, Chapter 3, Annex B, 490 PC.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

Being in possession of an emergency survival kit will greatly enhance your capabilities in a survival situation.

INSTRUCTOR NOTES / REMARKS

Cadets who are qualified Survival Instructor may assist with this instruction.

REFERENCES

C2-010 ISBN 0-375-70323-3 Rawlins, C., & Fletcher, C. (2004). *The complete walker IV*. New York, NY: Alfred A. Knopf.

C3-002 ISBN 0-00-653140-7 Wiseman, J. (1999). *SAS survival handbook*. Hammersmith, London: HarperCollins Publishers.

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

C3-150 ISBN 978-0-8117-3292-5 Davenport, G. (2002). *Wilderness survival*. Mechanicsburg, PA: Stackpole Books.

Unofficial convenience copy of A-CR-CCP-804/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-804-PF-001/A-CR-CCP-804-PF-001.pdf.
Verify against the official publication.

THIS PAGE INTENTIONALLY LEFT BLANK

Unofficial convenience copy of A-CR-CCP-804/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-804-PF-001/A-CR-CCP-804-PF-001.pdf.
Verify against the official publication.