EO M121.01 – SELECT PERSONAL EQUIPMENT

1. **Performance:** Select Personal Equipment

2. **Conditions:**

   a. Given:

      (1) Examples of personal equipment,

      (2) Supervision, and

      (3) Assistance as required.

   b. Denied: Nil.

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

3. **Standard:** The cadet, shall select personal equipment, to include:

   a. personal clothing,

   b. sleeping bags,

   c. sleeping pads, and

   d. additional items.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain what should be considered when selecting clothing for an outdoor activity, to include: a. the layering system, to include: 1. principles, such as: (a) temperature control, (b) insulation, and (c) appropriate materials; and 2. common layering systems, to include: (a) base layer, (b) insulation layer, and (c) outer layer; b. dressing the parts of the body; and c. additional articles of clothing that would be required according to environmental conditions, to include: 1. cold weather wear, 2. wet weather wear, and 3. warm weather wear.	Interactive Lecture	20 min	C2-012 (pp. 39-47, 62-65) C2-010 (pp. 502-515)

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.

TP	Description	Method	Time	Refs
TP2	Discuss the following considerations when selecting a sleeping bags for an outdoor activity, to include: a. insulating material, such as: 1. natural insulation, and 2. synthetic insulation; b. types, to include: 1. rectangular bags, 2. barrel bags, 3. mummy bags, and 4. military bags; and c. other selection considerations, to include: 1. temperature range the bag will be used in, 2. compactness, 3. weight, 4. cost, 5. fit to the cadet's body, and 6. durability.	Interactive Lecture	10 min	C2-012 (pp. 62-65) A2-010
TP3	Describe sleeping pads, to include: a. cushioning, b. insulating, and c. types.	Interactive Lecture	10 min	C2-009 (pp. 76-77)
TP4	Explain the selection of additional personal equipment based on the season and type of activity, to include: a. bug repellent, b. flashlight, c. lip balm, d. map and compass, e. matches, f. notepad and pencil, g. pocket knife, h. sun screen, i. survival kit, and j. whistle.	Interactive Lecture	10 min	

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.

5. **Time:**

a.	Introduction / Conclusion:	10 min
b.	Interactive Lecture:	50 min
c.	Total:	60 min

6. **Substantiation:**

   a. The group discussion was chosen for TP 1 as it allows the cadets to interact with their peers and share their knowledge, experiences, opinions and feelings on what needs to be considered when selecting clothing for an outdoor activity. Sharing in the group discussion encourages the cadets to examine their own thoughts and may prompt them to re-think their previously held ideas. Participating in a group discussion improves the cadets' listening skills and team development.

   b. An interactive lecture was chosen for TPs 2 – 4 to introduce the cadets to the types of sleeping bags and additional items required for an outdoor activity.

7. **References:**

   a. A2-010 B-GG-302-002/FP-001 FMC. (1982). *Basic cold weather training, arctic and sub arctic operations* (Vol. 2). Ottawa, ON: The Department of National Defence.

   b. C2-009 Harvey, Mark (1999). *The national outdoor leadership school's wilderness guide*. New York, NY: Fireside.

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

   d. C2-012 0-89886-643-X Weiss, H. (1988). *Secrets of warmth for comfort for survival*. Seattle, WA: The Mountaineers.

8. **Training Aids:**

   a. Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area,

   b. Sleeping bag,

   c. Sleeping pad, and

   d. Personal equipment (i.e., toques, scarves, undershirts and undergarments, coats and trousers, coat liners, sleeping bags, etc).

9. **Learning Aids:** Personal equipment (i.e., toques, scarves, undershirts and undergarments, coats and trousers, coat liners, sleeping bags, etc).

10. **Test Details:** Nil.

11. **Remarks:**

   a. This lesson should be delivered prior to the bivouac FTX.

   b. Cadets' backpacks should be verified for proper equipment prior to the FTX.

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.

THIS PAGE INTENTIONALLY LEFT BLANK

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.