**EO M121.02 – TRANSPORT PERSONAL EQUIPMENT**

1. **Performance:** Transport 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 transport personal equipment.

4. **Teaching Points:**

| TP | Description | Method | Time | Refs |
|---|---|---|---|---|
| TP1 | Explain packing personal equipment, to include:<br>a. types of backpacks, to include:<br>1. external frames,<br>2. internal frames, and<br>3. backpack features, such as:<br>(a) compression straps,<br>(b) external pockets,<br>(c) sleeping bag storage areas, and<br>(d) the quick release straps; and<br>b. general guidelines that apply to packing a pack, to include:<br>1. accessibility,<br>2. balance,<br>3. compactness,<br>4. weight, and<br>5. packing considerations. | Interactive lecture | 15 min | C2-004 (p. 36)<br>C2-005 (p. 64)<br>C2-009 (pp. 77-83) |
| TP2 | Explain and demonstrate how to properly wear a backpack, by:<br>a. loosening shoulder straps;<br>b. bending the knees and holding the shoulder straps;<br>c. lifting and resting the pack on the right (left) thigh;<br>d. putting the right (left) arm through the shoulder strap and swinging it onto the back; | Demonstration | 40 min | C2-017 (pp. 13 - 14, pp. 29 – 31) |



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| TP | Description | Method | Time | Refs |
|---|---|---|---|---|
| | e. putting the left (right) arm through the other shoulder strap; and<br>f. clipping the hip belt and tightening the shoulder straps.<br>**Note**: If CF rucksacks are to be used, they should be assessed for proper assembly prior to being given to the cadets. | | | |

5. **Time:**

| | | |
|---|---|---|
| a. | Introduction / Conclusion: | 5 min |
| b. | Interactive Lecture: | 15 min |
| c. | Demonstration and Performance: | 25 min |
| d. | Total: | 30 min |

6. **Substantiation:**

   a. An interactive lecture was chosen for TP 1 to introduce the cadets to packing personal equipment.

   b. A demonstration was chosen for TP 2 as it allows the instructor to explain and demonstrate the wearing of a backpack.

7. **References:**

   a. C2-004 1-896713-00-9 Tawrell, P. (1996). *Camping and wilderness survival: The ultimate outdoors book*. Green Valley, ON: Paul Tawrell.

   b. C2-005 0-393-31334-4 Berger, K. (1995). *Hiking and backpacking, a trailside guide*. New York, NY: Norton and Company, Inc.

   c. C2-009 0-684-85909-2 Harvey, M. (1999). *The national outdoor leadership school's wilderness guide*. New York, NY: Fireside.

   d. C2-017 0-7627-0476-4 Roberts, H. (1999). *Basic essentials, backpacking*. Guilford, CT: The Globe Pequot Press.

8. **Training Aids:**

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

   b. Backpacks (external and internal frames), and

   c. Examples of personal equipment.

9. **Learning Aids:**

   a. Backpack, and

   b. Personal equipment.

10. **Test Details:** Nil.

11. **Remarks:**

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



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b. Cadets' backpacks should be verified for proper packing during the FTX.

c. Cadets should transport their personal equipment during the FTX.



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