ROYAL CANADIAN ARMY CADETS

RED STAR

INSTRUCTIONAL GUIDE

SECTION 1

EO M223.01 – PREPARE FOR TREKKING

Total Time: 60 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-702/PG-001, 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.

Review EO M123.01 (Select Trekking Gear) to prepare for the activity in TP1.

Review the activity for TP1 and set up the classroom as per the activity instructions.

Photocopy the handouts at Annexes A, B and D for each cadet. Prepare the cards at Annex A for the activity in TP1.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

An in-class activity was chosen for TP1 and TP2 as it is an interactive way to present a personal kit list.

An interactive lecture was chosen for TP3 and TP4 to introduce preparing for a trek.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall be expected to prepare a personal kit list and physically prepare before a trek.

IMPORTANCE

It is important for cadets to know how to organize and prepare for a trek – selecting trekking gear, creating an important item lists and identifying the physical demands of a trek. Trekking is one component of expeditions. By

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being prepared for such an activity, cadets will be better equipped to meet the mental and physical challenges of an expedition.

Teaching point 1 **Conduct an Activity on Trekking Gear**

Time: 15 min Method: In-Class Activity

ACTIVITY

OBJECTIVE

The objective of this activity is to review the characteristics of trekking gear.

RESOURCES



For this activity, it is recommended to have two cadets help monitor the game.

- Pre-cut trekking gear cards located at Annex A (one set per team);
- Flip chart paper (one sheet per team); and
- Tape.

ACTIVITY LAYOUT

Set up two flipchart sheets side by side labelled Team A and Team B.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into two teams.
2. Have each team line up in front of their flipchart sheet.
3. The first cadet on each team will draw a trekking gear card.
4. Have the cadet read the characteristics on the card to their team. The team must guess what item the card is describing.
5. When the team guesses the item correctly, the cadet will go and post the card on the team's flipchart sheet.
6. The rest of the team (one after the other) will draw a card and repeat steps 4 and 5.
7. The first team that has all their cards posted, wins and can go on a trek.

SAFETY

N/A.

CONFIRMATION OF TEACHING POINT 1

The cadet's participation in the activity will serve as the confirmation of this TP.

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Teaching point 2 **Conduct an Activity to Identify Permanent Items and a Personal Kit List**

Time: 15 min Method: In-Class Activity

Before going on a trek, it is essential that no extra equipment is carried. Avoid over packing to reduce the weight of the backpack. A checklist is a good way of keeping track of what is needed. After each trek, the list should be amended to reflect what was used and in what quantity in order to be prepared for the next time.

Before going on a trek, the following considerations will help when making a checklist:

- the distance (long distance treks determine the equipment one should bring);
- the type of terrain;
- the weather forecast; and
- the cadet's interests (photography, rock climbing, etc.).



Raingear and a first aid kit should always be part of your kit list.

PERMANENT ITEMS LIST

Personal Items. A personal items list will not change much from trek to trek. The following should be part of the list:

- personal hygiene kit (toothbrush and paste, biodegradable soap, razor, comb or brush, towel, toilet paper and women's sanitary supplies);
- personal medication;
- insect repellent;
- lip balm;
- cookware and utensils;
- pen and paper (notebook); and
- money.

Six Essential Items. The following items can be used to avoid difficult situations and prepare for the unexpected:

- a pocket knife or multi-tool;
- a water container;
- extra food (energy bars, dried fruit or nuts, hard candies, etc.);
- extra clothing (warm clothing and raingear);
- sunscreen and sunglasses; and
- a survival kit, to include:
    - a water filter;
    - a flashlight;

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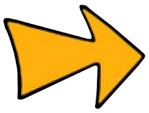
- waterproof matches;
- a signalling device (e.g. whistle and mirror); and
- a first aid kit.

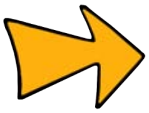


It is a good idea to layout all equipment before packing it. It allows the person to see what is there and if something is missing.

It is also a good way to see which items need to be put in plastic bags to keep them dry.

Last Minute Checklist. A checklist of things to do before a trek should always be kept up to date. The following should be considered:

- Fill water containers.
- Check equipment (cooking devices, boots, review the six essential items).
- Check for an updated weather forecast.
- Check trail conditions with local management or park office.



It is always a good idea to:

- make copies of the itinerary and leave one with local land management or the park office; and
- tell a reliable friend of the itinerary and what to do and who to contact if one does not return as scheduled.

ACTIVITY

Time: 10 min

OBJECTIVE

The objective of this activity is to identify items to include in a personal items list based on a weather forecast.

RESOURCES

- Pen; and
- Answer sheet and scenarios located at Annex B.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into groups of four.

2. Distribute one scenario (located at Annex B) to each group. It is acceptable for more than one group to have the same scenario.

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3. Have cadets select the equipment from the list that they would take on a trek depending on the weather forecast on their sheet.

4. Give them five minutes to identify their items. Review the answers as a group. If there is a mistake, explain why it is not the best choice. The answer key is located at Annex C.

SAFETY

N/A.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. What are some considerations that help a cadet make a checklist?

Q2. Name three items that fall under a permanent list.

Q3. Name three items that fall under the six essential list.

ANTICIPATED ANSWERS

A1. Some considerations are the distance, the type of terrain, the weather forecast and the cadet's interest.

A2. Personal hygiene kit, personal medication, insect repellent, lip balm, cookware and utensils, pen, paper or notebook and money are items that fall under the permanent list.

A3. Pocket knife or multi-tool, water container, water filter, flashlight, extra food, extra clothing, waterproof matches, sunscreen, sunglasses, signalling device and first aid kit are items that fall under the six essential list.

Teaching point 3 **Discuss the Physical Demands of a Trek**

Time: 5 min Method: Interactive Lecture

In order to facilitate the trek, one should have the physical strength to trek successfully. By working toward improving cardiovascular endurance, strength and balance, one should have fewer difficulties completing an all day trek.

Cardiovascular Endurance. Improving cardiovascular endurance means to strengthen the heart, lungs and leg muscles. It will enhance the body's ability to deliver larger amounts of oxygen to working muscles. By doing so, the muscles will develop a greater capacity to use oxygen and it will be easier to recover from the stress of exercise. It will also increase energy level and allow the cadet to hike longer on uneven terrain.

Strength. Improving strength means developing muscle tone. By doing so, endurance will increase. It will make a difference on the distance of the trek and when crossing obstacles with a backpack. Greater strength means the trekker will hike longer and, with little difficulty, across uneven terrain.

Balance. Improving balance means improving physical skills and increasing body control and awareness. It improves stability and helps avoid injuries. Good balance improves walking techniques on uneven terrain and helps when crossing obstacles.

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CONFIRMATION OF TEACHING POINT 3

QUESTIONS

Q1. What parts of the body are strengthened by cardiovascular activities?

Q2. What does improving strength mean?

Q3. What can you avoid if you improve your balance?

ANTICIPATED ANSWERS

A1. Cardiovascular activities will strengthen the heart, lungs and leg muscles.

A2. Improving strength means developing muscle tone.

A3. You can avoid injuries.

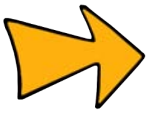
Teaching point 4 **Discuss How to Physically Prepare for a Trek**

Time: 15 min Method: Interactive Lecture

EXERCISES TO BUILD BODY STRENGTH

Aerobic Exercises

It is recommended to improve cardiovascular endurance by practicing activities that one enjoys. Consistency is the key to success. Exercises should focus on increasing distance and duration as personal fitness improves. Exercises should be regular and well-balanced.



When increasing your cardiovascular and strength training activities, it is important to remember that pain is not an indicator of improvement.

To improve cardiovascular endurance, practice some of the following activities twice a week for at least 20 minutes:

- cycling (road or mountain biking);
- walking (on flat ground, briskly walk for a minimum of 40 minutes);
- going to the gym (stationary bike, cross trainer, rowing machine, etc.);
- running (progress from brisk walking to jog-walking to running);
- participating in classes (aerobics, step-aerobics, aqua-aerobics);
- swimming (lane swimming);
- playing any racquet sports;
- playing soccer; and
- any activities that use arms and legs causing the pulse to work at a minimum of 65% of one's maximum heart rate.

In order to keep interest, a person should vary their aerobic activities.

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Remember, being active is easy to achieve without spending money or a great deal of time organizing an activity.

Strength Building Exercises

For this part, demonstrations may be performed by the instructor or an assistant instructor.

Distribute the handout, located at Annex D, to the cadets.

Explain to the cadets that if at any point these exercises hurt the body or become difficult, they should stop immediately.

For all weight exercises, weights should be conducive to fitness level. It should start with one pound and progress with the fitness level. Cadets do not have to buy a set of hand weights. They can use any objects with a handle (milk jug, soft drink or water bottle filled with sand or water).

Any “homemade” weights need to be weighed to ensure the pair are the same.

With any weight training, cadets should remember to:

- Control their movements in order to avoid swinging the weights.
- Avoid using the momentum to lift the weights.
- Stop any exercises that hurt or do not feel right.

LEGS

Abductor Raise. Lie on the floor on the left side with the left leg slightly bent. Use the left hand to support the head and place the right hand in front for support. Keeping the right leg straight and in line with the body, raise it with a slow, controlled movement. Hold for one second, lower and then repeat. This exercise should be repeated a minimum of 10 times on both sides.



Yahoo Health, 2007, Basic Muscle-conditioning Exercises, Copyright 2002 by Nucleus Communications Inc. Retrieved 29 March 2007, from http://health.yahoo.com/topic/weightloss/overview/article/healthwise/popup/zm2427

Figure 1 Abductor Raise

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Lunge. Keep hands on sides with feet shoulder-width apart. Step forward with one leg, bending both knees until the thigh is parallel with the knee. Push back to the starting position. Alternate legs. Do not let the knee touch the ground. This exercise should be repeated a minimum of 10 times on both sides.



Department of Public Health County of Los Angeles California, 2006, LAPublicHealth.org/Strength Training, Copyright 2006 by LADPH. Retrieved 27 March 2007, from http://www.lapublichealth.org/physact/physactstrength.htm

Figure 2 Lunges With Weights

Glutes Raise. Support body weight on the elbows and knees with hands together in front. The back should stay straight. Keeping the right leg bent, raise it into the air. Press up into the heel. Count two seconds up and two seconds down. This exercise should be repeated a minimum of 10 times on both sides.



Bodybuilding.com, 2007, Exercise Guides-Glute Kickback, Copyright 2007 by Bodybuilding.com. Retrieved 29 March 2007, from http://bodybuilding.com/fun/exercises.php?mainmuscle=glute

Figure 3 Glutes Raise

ARMS

Pushups. Place hands directly under the shoulders, keeping fingers pointed forward and legs in line with the body. Lower the body toward the floor without touching it and then push off the floor to the start position. Do as many as you can.

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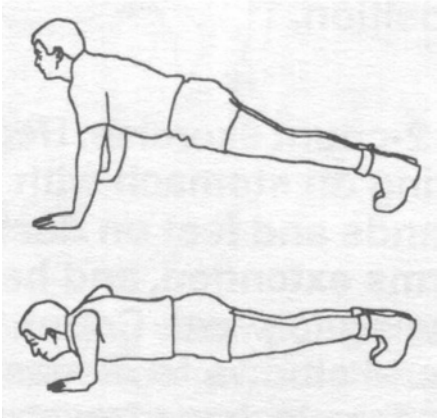
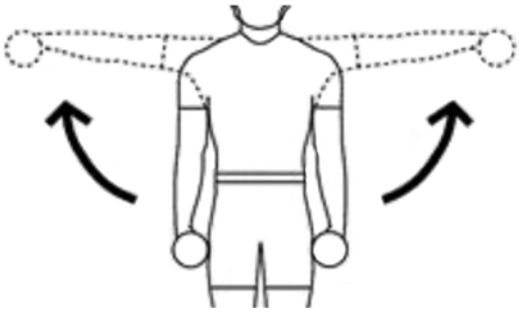


The Fitness Motivator.com, 2006, Add these Basic Exercises to your fitness plan. Retrieved on 29 March 2007, from http://www.the-fitness-motivator.com/basicexercises.html

Figure 4 Push Up

BACK AND SHOULDERS

Lateral Raise With Weights. Hold weights at the sides, palms facing in. Slowly raise arms to shoulder level and lower. Keep arms and wrists straight. This exercise should be repeated a minimum of 10 times on both sides.



Weight Lifting Workout Routines, 2006, Shoulder Exercises, Copyright, 2006 by Weight Lifting Workout Routines. Retrieved 29 March 2007, from http://www.weight-lifting-workout-routines.com/shoulder-exercises.html

Figure 5 Lateral Raise With Weights

STOMACH

Crunches. Lie on the back bringing the legs up over the hips and cross the ankles. Place the arms either on the thighs, across the chest or beside the head (hardest). Pull stomach muscles in tight and then slowly curl up using abs to lift shoulders from the ground at the same time. Do not swing legs. This exercise should be repeated a minimum of 10 times for the left and right side. The number of repetitions can increase with comfort level.

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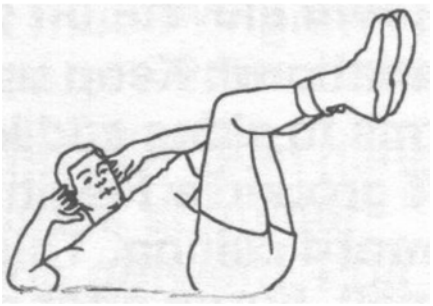


The Fitness Motivator.com, 2006, Add these Basic Exercises to Your Fitness Plan. Retrieved on 3 April 2007, from http://www.the-fitness-motivator.com/basicexercises.html

Figure 6 Crunches Position

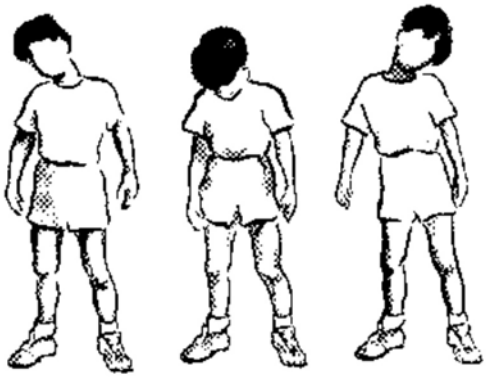
STRETCHING EXERCISES BEFORE AND DURING THE TREK

The following exercises should be conducted before and after a trek. They will reduce stiffness of muscles and prevent any stress or possible injuries.

It is a good idea, during the trek, to use a few minutes of your rest breaks to stretch.

Warming up before a trek allows the muscles to loosen. Stretches should be executed slowly and smoothly. Bouncing exercises or forced stretches are not recommended.

Neck. Slowly roll the head across the chest from shoulder to shoulder. Do not roll head backwards. This exercise should be repeated 10 times.



Moving on the Spot: A Collection of 5-Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, ON: Toronto Public Health. Retrieved 26 October 2006, from http://www.lin.ca/resource/html/dn3.htm#I1

Figure 7 Neck Stretch

Shoulders. Stand and raise the top of the shoulders toward the ears until a slight tension in the neck and shoulders is felt. Hold for five seconds. Then relax shoulders downward. This exercise should be repeated a minimum of 10 times.

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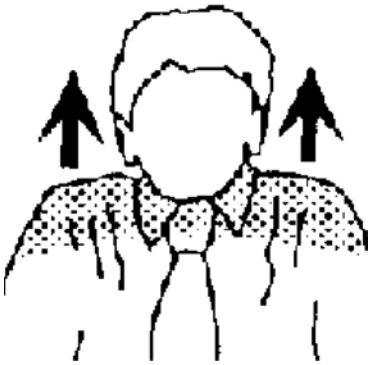

University of Michigan Occupational Safety and Environmental Health, 2007, Basic Office Stretches, Copyright 2007 by The Regents of the University of Michigan. Retrieved 28 March 2007, from http://www.oseh.unmich.edu/ergonomics_intro.hmtl

Figure 8 Shoulders Stretch

Triceps and Top of Shoulders. Stand up and bring the right arm over the head, bent at the elbow. Use the left hand to gently pull the arm down. Hold this position for a minimum of 10 seconds. This exercise should be repeated a minimum of 10 times on both sides.



Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/

Figure 9 Triceps Stretch

Shoulders, Arms and Chest. Interlace fingers behind the back. If this feels fairly easy, then lift the arms up behind the back until a stretch is felt in the arms, shoulders, or chest. Hold for 10 to 15 seconds. Keep chest and chin out.

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Verify against the official publication.



University of Michigan Occupational Safety and Environmental Health, 2007, Basic Office Stretches, Copyright 2007 by The Regents of the University of Michigan. Retrieved 28 March 2007, from http://www.oseh.unmich.edu/ergonomics_intro.hmtl

Figure 10 Shoulders, Arms and Chest Stretch

Hamstrings, Back Knees and Legs. Stand with the feet shoulder-width apart and pointed straight ahead. Slowly bend forward from the hips. Keep the knees slightly bent. Go to the point where a slight stretch is felt in the back of your legs. Hold for 10 to 15 seconds.



PC Coach, 2005, Stretching for Runners, Copyright 2005 by Biometrics Inc. Retrieved on 29 March 2007, from http://www.pccoach.com/newsletters/may05/stretching.htm

Figure 11 Hamstring, Back Knees and Leg Stretch

Front Hip and Lower Back Area. Start with one leg in front of the other, with the ankle of the front leg directly below the front knee. The other knee is resting on the ground. Place the hands on top of each other on the thigh, just above the knee. Hold for 10 to 15 seconds and repeat for the other side.

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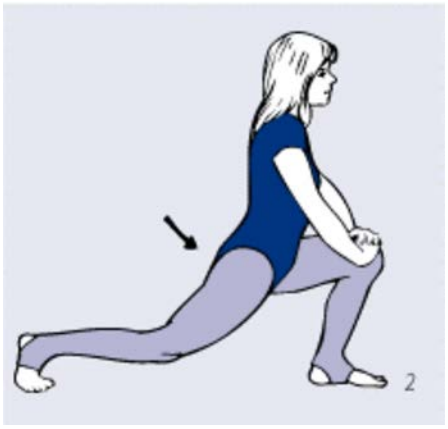

ARC Committed to Curing Arthritis, 2007, Back Pain, Copyright 2007 for Arthritis Research Campaign. Retrieved 27 March 2007, from http://www.arc.org.uk/about_arth/booklets/6002/6002

Figure 12 Stretch for Hip and Lower Back Area

Quads and Knees. Hold the top of the right foot with the left hand and gently pull the heel toward the buttocks. The knee bends at a natural angle when holding the foot with the opposite hand. Hold for 10 to 15 seconds and repeat for the other leg.



Women's Heart Foundation, 2005, Stretching Exercises for Women, Copyright 2005 for Women's Heart Foundation. Retrieved 28 March 2007, from http://www.womensheart.org/content/exercises/stretching_exercises.asp

Figure 13 Quads and Knees Stretch

Squat. Squat down with feet flat and toes pointed out at 15 degrees. Heels should be apart depending on how flexible one is. Keep knees to the outside of the shoulders, directly above the big toes. Hold for 15 to 30 seconds. Using a fence or pole for balance is acceptable.

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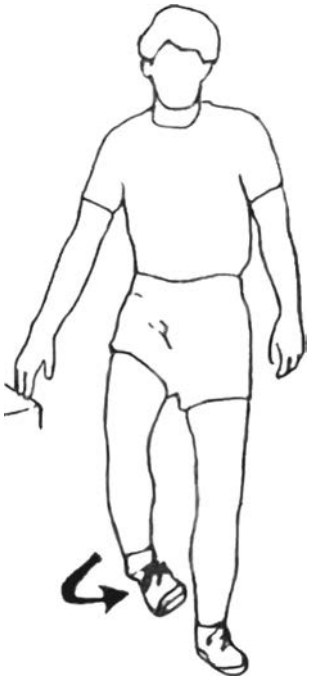
Verify against the official publication.



The Back Rack, 1999, Cycling Stretches After Riding, Copyright 1999 by Stretching Inc. Retrieved 29 March 2007, from http://thebikerack.com/page.cfm?pageId=247

Figure 14 Squat Position

Ankles. Lift the left foot off the ground and rotate the foot and ankle 10 to 15 times clockwise and then counterclockwise. Repeat for the right foot and ankle.



Women's Heart Foundation, 2005, Stretching Exercises for Women, Copyright 2005 by Women's Heart Foundation. Retrieved 28 March 2007, from http://www.womensheart.org/content/exercises/stretching_exercises.asp

Figure 15 Ankle Rotation

CONFIRMATION OF TEACHING POINT 4

QUESTIONS

Q1. Name two aerobic activities that improve strength.

Q2. Why is it important to stretch before, during and after a trek?

Q3. If experiencing pain during a stretch, what should you do?

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ANTICIPATED ANSWERS

A1. Cycling, walking, running, aerobic classes, swimming, squash, soccer and any other activities that use arms and legs are all aerobics activities.

A2. Stretching allows the muscles to warm up and loosen and will reduce stiffness in the muscles for the trekker. It will prevent any stress or possible injuries.

A3. Stop the stretch and ask for help.

END OF LESSON CONFIRMATION

QUESTIONS

Q1. What can you do to improve your cardiovascular endurance?

Q2. Name the exercise that can improve your back/shoulders strength.

Q3. Why should you stretch before, during and after the trek?

ANTICIPATED ANSWERS

A1. Practice favourite activities such as cycling, walking, gym, running, classes, swimming, squash, soccer or any other activities that use arms and legs.

A2. It is the lateral raise with weights.

A3. Stretching allows the muscles to warm up and loosen while reducing stiffness in the muscles for the trekker and preventing any stress or possible injuries.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

Knowing how to prepare for a trek may save time and prevent difficult experiences. It is imperative for cadets to be prepared before leaving for a trek as it may make the trip easier and more enjoyable for everyone.

INSTRUCTOR NOTES/REMARKS

For the activity in TP1, trekking equipment may be borrowed. Some sponsors may be able to provide a deposit so that some outdoor stores will loan outdoor equipment. This activity may also be conducted in an outdoor store.

A hand out on the exercises and stretches is located at Annex D.

REFERENCES

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C2-051 (ISBN 978-0-7153-2254-3) Bagshaw, C. (Ed.). (2006). *The Ultimate Hiking Skills Manual*. Cincinnati, OH: David & Charles.

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TREKKING GEAR CARDS

Fanny Packs	**Characteristics**
 *ABC-of-Hiking, 2007, Shop Backpacks, Copyright 2007 by Max Lifestyle.net "Go Hiking like Max". Retrieved 19 April 2007, from http://www.abc-of-hiking/shopitems/backpacks/prowler5-backpacks.asp* Figure A-1 Fanny Pack	• Small and unobtrusive; • Thin belt with pouch sewn on; • Lightweight; and • Maximum capacity should be 10 pounds.
Daypacks	**Characteristics**
 *ABC-of-Hiking, 2007, Shop Backpacks, Copyright 2007 by Max Lifestyle.net "Go Hiking like Max". Retrieved 17 April 2007, from http://www.abc-of-hiking/shopitems/backpacks/team-backpacks.asp* Figure A-2 Daypacks	• Available in various models and sizes; • May have extra features (loops, pockets, hydration system); • Firm padding should be found on shoulder straps, waist belt and back padding; and • Capacity from 15 to 35 L.

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Verify against the official publication.

Boots	**Characteristics**
 *Internet Outdoors Unlimited, 2003, Alpina Trekking Boots, Copyright 2003 by Internet Outdoors Unlimited. Retrieved 17 April 2007, from http://www.shopoutdoors.com/Alpinahikingboots.html* Figure A-3 Hiking Boot	• Sturdy; • Lightweight; • Offers protection and support; • Comfortable; and • Correct size.
Water Carriers	**Characteristics**
 *ABC-of-Hiking, 2007, Shop Water Bottles, Copyright 2007 by Max Lifestyle.net "Go Mountain Biking like Max". Retrieved 17 April 2007, from http://www.abc-of-mountainbiking/ shopitems/water-bottles/unbottle7002-water-bottles.asp* Figure A-4 Hydration System	• Available in various models and capacities; • Lightweight and durable; • Many forms, colours and materials; and • Helps one to stay hydrated.

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Verify against the official publication.

Socks	**Characteristics**
 *ABC-of-Hiking, 2007, Shop Hiking Socks, Copyright 2007 by Maxi Lifestyle.net "Go hiking like Max". Retrieved 17 April 2007, from http://abc-of-hiking.com/shopitems/socks/trailsock-socks.asp* Figure A-5 Sock	• Made from various materials; • Absorbs moisture; • Provides insulation; and • Works better in pairs.
Rain Gear	**Characteristics**
 *ABC-of-Biking, 2007, Shop Outdoor Jackets, Copyright 2007, by Maxi Lifestyle.net "Go biking like Max". Retrieved 17 April 2007, from http://www.abc-of-mountainbiking.com/shopitems/jackets/stanza-jackets.asp* Figure A-6 Rain Jacket	• Available in various models, colours, sizes and shapes; • Breathable fabric; • Lightweight; • Folds away; • Should have a hood; and • Waterproof.

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Verify against the official publication.

Hats	**Characteristics**
 *ABC-of-Fishing, 2007, Shop Fishing Hats, Copyright 2007 by Maxi Lifestyle.net "Go Fishing like Max". Retrieved 17 April 2007, from http://www.abc-of-fishing.net/shopitems/hats/voodoo-hats.asp* Figure A-7 Hat	• Absorbs sweat; • Available in various models, colours, sizes and shapes; • Protects head and neck from the sun and rain; and • Should have a wide brim.
Extra Insulation	**Characteristics**
 *ABC-of-Hiking, 2007, Shop Men's Sweatshirts, Copyright 2007 by Maxi Lifestyle.net "Go Hiking like Max". Retrieved 17 April 2007 from http://www.abc-of-hiking.com/shopitems/sweatshirts/covertcardigan-mens-sweatshirts.asp* Figure A-8 Fleece	• Available in various models, colours, sizes and shapes; • Lightweight; • Fast drying; and • To be worn under a jacket.

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Verify against the official publication.

Sunscreen and Insect Repellent	**Characteristics**
 *Forest Home Outfitters, 2007, Ooops I forgot. Retrieved 17 April 2007, from http:// foresthomeoutfitters.org/index.php?cPath=37* Figure A-9 Sunscreen and Insect Repellent	• Protects against exposure from the sun; and • Wards off insects.
Camera and Film	**Characteristics**
 *WP ClipArt, 2007, Camera Section. Retrieved 18 April 2007 from http://www.wpclipart.com/camera/index.html* Figure A-10 Digital Camera	• Various sizes, models and colours; • Records memorable moments; and • Uses batteries.

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Bathing Suit and Towel	**Characteristics**
 *Simply Swim, 2007, Arrow One Piece, Copyright 2007 by Hostshopping.co.uk. Retrieved 17 April 2007, from http://cylinder-bag.hotshopping.co.uk/swimsuits.html* Figure A-11 One-piece Bathing Suit  *Morth Marine Austria, 2007, Cliff Swim Trunk, Copyright 2007 by Vorbehaltich Tippfehler Zuletzt. Retrieved 17 April 2007, from http://www.marine-moerth.com/Hellyhansenl.hmt* Figure A-12 Bathing Suit	• Comfortable; • As to fit the person; and • Allows a person to go for a swim or wash.
Binoculars	**Characteristics**
 *ABC-of-Hiking, Shop Binoculars, Copyright 2007 by Maxi Lifestyle.net "Go Hiking like Max". Retrieved 17 April 2007, from http://www.abc-of-hiking.com/shopitems/binoculars/echocompact-binoculars.asp* Figure A-13 Binoculars	• Various sizes and models; and • Views objects, routes and wildlife from a far distance.

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WEATHER FORECAST SCENARIOS

Scenario A: Sunny Day

The last weekend in June, your cadet corps is going on a trek. The weather forecast for your region says it will be sunny throughout the weekend. What should you bring?

Clothing	Personal Items
• balaclava; • extra pair of pants, shirt and socks; • face mask; • gloves; • insulated pants; • jacket; • mittens; • neck gaiter; • pants; • parka; • parka hood; • fleece jacket; • raingear (jacket and pants); • scarf; • shirt; • shorts; • sweater; • tilley cap; • toque/cap; • turtleneck; • undershirt; • vest; and • windbreaker.	• cookware and utensils; • extra food (energy bars, dried fruit or nuts, hard candies, etc.); • extra clothing (warm clothing and raingear); • first aid kit; • flashlight; • insect repellent; • lip balm; • money; • pen and paper (notebook); • personal hygiene kit; • personal medication; • pocket knife or multi-tool; • sunscreen and sunglasses; • a signalling device; • water container; • water filter; and • waterproof matches.

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Scenario B: Rainy Day

During your fall navigation/trekking FTX, the Red Star cadets are going on a trek. For the weekend, the weather forecast says it might be windy and rainy. What should you bring?

Clothing	Personal Items
• balaclava; • extra pair of pants, shirt and socks; • face mask; • gloves; • insulated pants; • jacket; • mittens; • neck gaiter; • pants; • parka; • parka hood; • fleece jacket; • raingear (jacket and pants); • scarf; • shirt; • shorts; • sweater; • tilley cap; • toque/cap; • turtleneck; • undershirt; • vest; and • windbreaker.	• cookware and utensils; • extra food (energy bars, dried fruit or nuts, hard candies, etc.); • extra clothing (warm clothing and raingear); • first aid kit; • flashlight; • insect repellent; • lip balm; • money; • pen and paper (notebook); • personal hygiene kit; • personal medication; • pocket knife or multi-tool; • sunscreen and sunglasses; • a signalling device; • water container; • water filter; and • waterproof matches.

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Scenario C: Cold and Snowy Day

During your winter adventure training activities FTX, the Red Star cadets are going on a trek. For the weekend, the weather forecast says it will snow and the temperature will be -25 degrees. What should you bring?

Clothing	Personal Items
• balaclava; • extra pair of pants, shirt and socks; • face mask; • gloves; • insulated pants; • jacket; • mittens; • neck gaiter; • pants; • parka; • parka hood; • fleece jacket; • raingear (jacket and pants); • scarf; • shirt; • shorts; • sweater; • tilley cap; • toque/cap; • turtleneck; • undershirt; • vest; and • windbreaker.	• cookware and utensils; • extra food (energy bars, dried fruit or nuts, hard candies, etc.); • extra clothing (warm clothing and raingear); • first aid kit; • flashlight; • insect repellent; • lip balm; • money; • pen and paper (notebook); • personal hygiene kit; • personal medication; • pocket knife or multi-tool; • sunscreen and sunglasses; • a signalling device; • water container; • water filter; and • waterproof matches.

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Weather Forecast Scenarios – Answer Sheet

Clothing	Personal Items

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WEATHER FORECAST SCENARIOS – ANSWER KEY

Sunny Day Scenario	Rainy Day Scenario
• extra pair of pants, shirt and socks; • jacket; • pants; • fleece jacket; • raingear (jacket and pants); • shirt; • shorts; • sweater; • sweater; and • windbreaker.	• extra pair of pants, shirt and socks; • gloves; • jacket; • pants; • fleece jacket; • raingear (jacket and pants); • scarf; • shirt; • sweater; • tilley cap; • toque/cap; • turtleneck; • undershirt; • vest; and • windbreaker.
• cookware and utensils; • extra food (energy bars, dried fruit or nuts, hard candies, etc.); • extra clothing (warm and including the raingear); • first aid kit; • flashlight; • insect repellent; • lip balm; • money; • pen and paper (notebook); • personal hygiene kit; • personal medication; • pocket knife or multi-tool; • sunscreen and sunglasses; • a signalling device; • water container; • water filter; and • waterproof matches.	• cookware and utensils; • extra food (energy bars, dried fruit or nuts, hard candies, etc.); • extra clothing (warm and including the raingear); • first aid kit; • flashlight; • insect repellent; • lip balm; • money; • pen and paper (notebook); • personal hygiene kit; • personal medication; • pocket knife or multi-tool; • sunscreen and sunglasses; • a signalling device; • water container; • water filter; and • waterproof matches.
* The items underlined are not mandatory but are acceptable.	

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Cold and Snowy Day Scenario	
• balaclava; • extra pair of pants, shirt and socks; • face mask; • gloves or mittens; • insulated pants; • jacket; • neck gaiter or scarf; • pants; • parka; • parka hood; • fleece jacket; • shirt; • sweater; • toque/cap; • turtleneck; • undershirt; • vest; and • windbreaker.	• cookware and utensils; • extra food (energy bars, dried fruit or nuts, hard candies, etc.); • extra clothing (warm and including the raingear); • first aid kit; • flashlight; • insect repellent; • lip balm; • money; • pen and paper (notebook); • personal hygiene kit; • personal medication; • pocket knife or multi-tool; • sunscreen and sunglasses; • a signalling device; • water container; • water filter; and • waterproof matches.
* The items underlined are not mandatory but are acceptable.	

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STRETCHES AND EXERCISES

EXERCISES TO BUILD BODY STRENGTH

Legs

Abductor Raise. Lie on the floor on the left side with the left leg slightly bent. Place the right hand in front for support. Keeping the right leg straight and in line with the body, raise it with a slow, controlled movement. Hold for one second, lower and then repeat. Repeat the exercises a minimum of 10 times on both sides.



Yahoo Health, 2007, Basic Muscle-conditioning Exercises, Copyright 2002 by Nucleus Communications Inc. Retrieved 29 March 2007, from http://health.yahoo.com/topic/weightloss/overview/article/healthwise/popup/zm2427

Figure D-1 Abductor Raise

Lunge. Keep hands on sides with shoulder-width apart. Step forward with one leg, bending both knees until the thigh is parallel with the knee. Push back to starting position. Alternate legs. Do not let back knee touch the ground. Repeat this exercise a minimum of 10 times on both sides.



Department of Public Health County of Los Angeles California, 2006, LAPublicHealth.org/Strength Training, Copyright 2006 by LADPH. Retrieved 27 March 2007, from http://www.lapublichealth.org/physact/physactstrength.htm

Figure D-2 Lunges With Weights

Glutes Raise. Hands in front shoulder-width apart. The back should stay straight. Keeping the right leg bent, raise it into the air. Press up into the heel. Count two seconds up and two seconds down. Repeat a minimum of 10 times on both sides.

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Verify against the official publication.

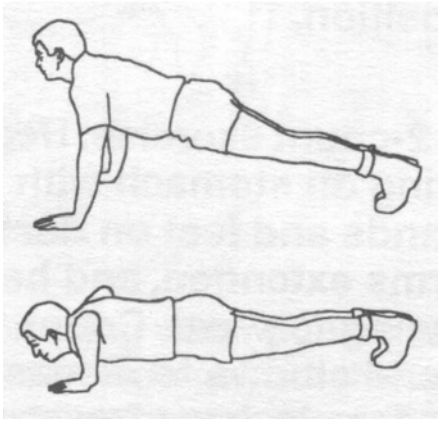


Bodybuilding.com, 2007, Exercise Guides-Glute Kickback, Copyright 2007 by Bodybuilding.com. Retrieved 29 March 2007, from http://bodybuilding.com/fun/exercises.php?mainmuscle=glute

Figure D-3 Glutes Raise

Arms

Pushups. Place hands directly under the shoulders, keeping fingers pointed forward and legs in line with the body. Lower the body toward the floor without touching it and then push off the floor to the start position. Do as many as you can.



The Fitness Motivator.com, 2006, Add these Basic Exercises to your fitness plan. Retrieved on 29 March 2007, from http://www.the-fitness-motivator.com/basicexercises.html

Figure D-4 Push Up

Back and Shoulders

Lateral Raise With Weights. Hold weights at the sides, palms facing in. Slowly raise arms to shoulder level and lower. Keep arms and wrists straight. This exercise should be repeated a minimum of 10 times on both sides.

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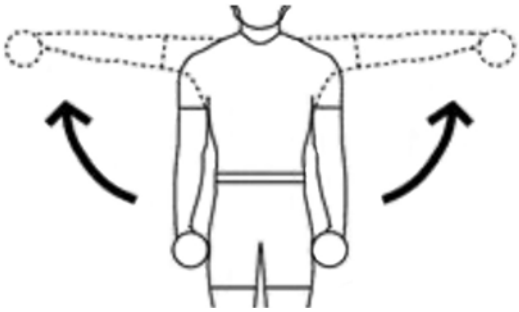
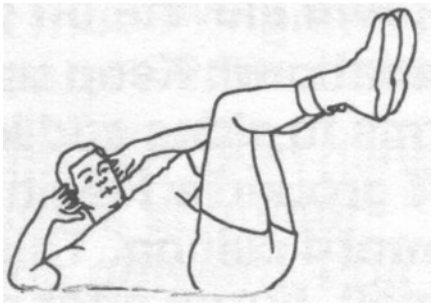


Weight Lifting Workout Routines, 2006, Shoulder Exercises, Copyright, 2006 by Weight Lifting Workout Routines. Retrieved 29 March 2007, from http://www.weight-lifting-workout-routines.com/shoulder-exercises.html

Figure D-5 Lateral Raises With Weights

Stomach

Crunches. Lie on the back bringing the legs up over the hips and cross the ankles. Place the arms either on the thighs, across the chest or beside the head (hardest). Slowly curl up using abs to lift shoulders from ground at the same time. Do not swing legs. Repeat a minimum of 10 times on both sides. The number of repetitions can increase with comfort level.

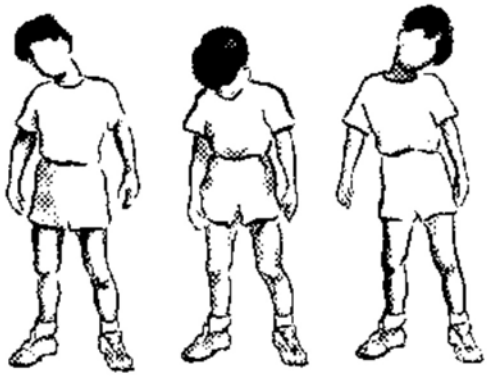


The Fitness Motivator.com, 2006, Add these Basic Exercises to Your Fitness Plan. Retrieved on 3 April 2007, from http://www.the-fitness-motivator.com/basicexercises.html

Figure D-6 Crunches Position

STRETCHING EXERCISES BEFORE AND DURING THE TREK

Neck. Slowly roll the head across the chest from shoulder to shoulder. Do not roll head backwards.



Moving on the Spot: A Collection of 5-Minute Stretch and Movement Sessions, by B. Hanson, 1999, Toronto, ON: Toronto Public Health. Retrieved 26 October 2006, from http://www.lin.ca/resource/html/dn3.htm#I1

Figure D-7 Neck Stretch

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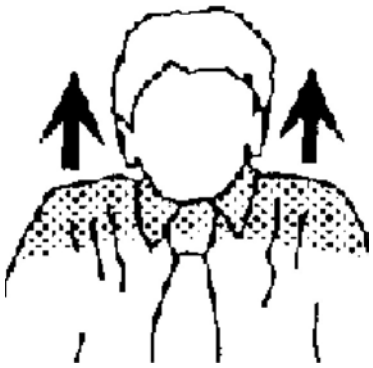
Shoulders. Stand and raise the top of the shoulders toward the ears until a slight tension is felt in neck and shoulders. Hold for five seconds. Then relax shoulders downward. This exercise can be repeated several times.



University of Michigan Occupational Safety & Environmental Health, 2007, Basic Office Stretches, Copyright 2007 by The Regents of the University of Michigan. Retrieved 28 March 2007, from http://www.oseh.unmich.edu/ergonomics_intro.hmtl

Figure D-8 Shoulders Stretch

Triceps and Top of Shoulders. Stand up and bring the right arm over the head, bent at the elbow. Use the left hand to gently pull the arm down. Hold this position for a minimum of 10 seconds. This exercise should be repeated a minimum of 10 times on both sides.



Smart Start: A Flexible Way to Get Fit. Retrieved 26 October 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/

Figure D-9 Triceps Stretch

Shoulders, Arms and Chest. Interlace fingers behind the back. If this feels fairly easy, then lift the arms up behind the back until a stretch is felt in the arms, shoulders, or chest. Hold for 10 to 15 seconds. Keep chest and chin out.

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Verify against the official publication.



University of Michigan Occupational Safety & Environmental Health, 2007, Basic Office Stretches, Copyright 2007 by The Regents of the University of Michigan. Retrieved 28 March 2007, from http://www.oseh.unmich.edu/ergonomics_intro.hmtl

Figure D-10 Shoulders, Arms and Chest Stretch

Hamstrings, Back Knees and Legs. Stand with feet shoulder-width apart and pointed straight ahead. Slowly bend forward from the hips. Keep your knees slightly bent. Go to the point where a slight stretch is felt in the back of the legs. Hold for 10 to 15 seconds.



PC Coach, 2005, Stretching for Runners, Copyright 2005 by Biometrics Inc. Retrieved on 29 March 2007, from http://www.pccoach.com/newsletters/may05/stretching.htm

Figure D-11 Hamstring, Back Knees and Leg Stretch

Front Hip and Lower Back Area. Start with one leg in front of the other, with the ankle of the front leg directly below the front knee. The other knee is resting on the ground. Place hands on top of each other on the thigh, just above the knee. Hold for 10 to 15 seconds and repeat for the other side.

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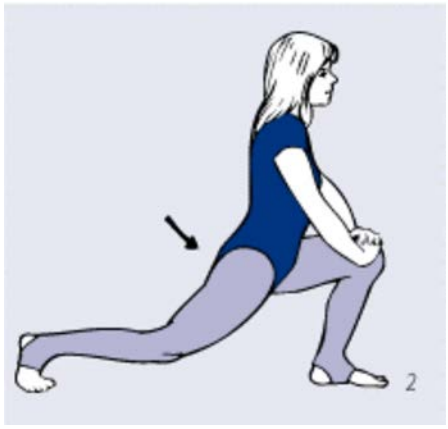

ARC Committed to Curing Arthritis, 2007, Back Pain, Copyright 2007 for Arthritis Research Campaign. Retrieved 27 March 2007, from http://www.arc.org.uk/about_arth/booklets/6002/6002

Figure D-12 Stretch for Hip and Lower Back Area

Quads and Knees. Hold the top of the right foot with the left hand and gently pull the heel toward the buttocks. Hold for 10 to 15 seconds and repeat for the other leg.



Women's Heart Foundation, 2005, Stretching Exercises for Women, Copyright 2005 for Women's Heart Foundation. Retrieved 28 March 2007, from http://www.womensheart.org/content/exercises/stretching_exercises.asp

Figure D-13 Quads and Knees Stretch

Squat. Squat down with feet flat and toes pointed out at 15 degrees. Heels should be apart depending on how flexible one is. Keep the knees to the outside of the shoulders, directly above the big toes. Hold for 15 to 30 seconds. Using a fence or pole for balance is acceptable.

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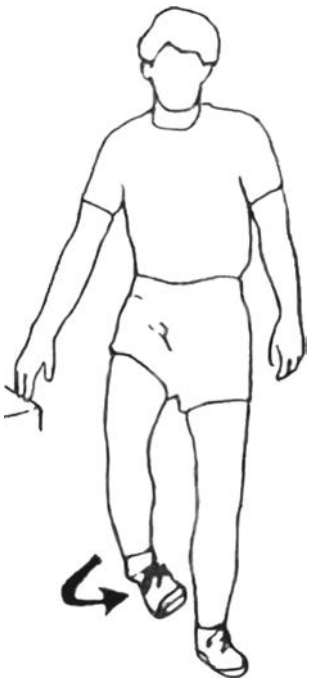
Verify against the official publication.



The Back Rack, 1999, Cycling Stretches After Riding, Copyright 1999 by Stretching Inc. Retrieved 29 March 2007, from http://thebikerack.com/page.cfm?pageId=247

Figure D-14 Squat Position

Ankles. Lift the left foot off the ground and rotate the foot and ankle 10 to 15 times clockwise and then counterclockwise. Repeat for the right foot and ankle.



Women's Heart Foundation, 2005, Stretching Exercises for Women, Copyright 2005 by Women's Heart Foundation. Retrieved 28 March 2007, from http://www.womensheart.org/content/exercises/stretching_exercises.asp

Figure D-15 Ankle Rotation

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