EO M223.CA – WEEKEND NAVIGATION/TREKKING FTX

1. **Performance**: Weekend Navigation/Trekking FTX
2. **Conditions**: N/A.
3. **Standard**: N/A.
4. **Teaching Points**:
   a. The following EOs shall be conducted prior to the weekend navigation/trekking FTX and confirmed through practical navigation/trekking activities.
      (1) M223.01 (Prepare for a Trekking); and
      (2) M223.02 (Participate in a Discussion on Crossing Obstacles While Trekking).
5. **Time**: This activity will be conducted during a supported weekend as follows:

a.	Instruction of EOs:	270 min
b.	Practical Activities:	270 min
c.	Total:	540 min

6. **Substantiation**:
   a. The instructional methods for EOs in paragraph 4a can be found in the individual lesson specifications.
   b. The performance method was chosen for practical activities as it allows an opportunity for the cadets to practice navigation and trekking skills under supervision.
7. **References**: N/A.
8. **Test Details**: N/A.
9. **Remarks**:
   a. No instructional guide will be provided for this activity.
   b. A total of 18 periods are allocated for the weekend navigation/trekking FTX.
   c. Unit training officers are required to produce an exercise instruction to include all EOs outlined in paragraph 4b.
   d. Resource requirements:
      (1) Sleeping bag;
      (2) Air mattress;
      (3) Wash basin;
      (4) Backpack;
      (5) Ground sheet;
      (6) Water container;
      (7) Two-burner stove;

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(8) Funnel;

(9) Naphtha fuel;

(10) Dual-generator lantern;

(11) Mantles;

(12) Pot set;

(13) Fire extinguisher;

(14) First aid kit;

(15) Blanket;

(16) Stretcher;

(17) Environmental spill kit;

(18) Garbage bags;

(19) Topographical map;

(20) Compass; and

(21) Any required optional gear.

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