ROYAL CANADIAN ARMY CADETS

SILVER STAR

INSTRUCTIONAL GUIDE

SECTION 1

EO M326.01 – PREPARE FOR EXPEDITION TRAINING

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-703/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.

Obtain necessary examples of outdoor clothing and equipment.

Obtain the necessary examples of high-energy snacks if available.

Obtain the updated version of the expedition centre joining instructions.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

An interactive lecture was chosen for this lesson to orient the cadets to expedition training and their responsibilities with regard to equipment.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall be expected to prepare for expedition training.

IMPORTANCE

It is important for cadets to understand the importance of preparing for expedition training to allow the cadet to be more comfortable. Reviewing the joining instructions prior to undergoing training will assist cadets in preparing for training.

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Teaching point 1 **Discuss the Selection of Clothing, Footwear, and Personal and Group Equipment**

Time: 10 min Method: Interactive Lecture



This TP is designed to familiarize cadets with the proper clothing and equipment to pack for expedition training.

This TP is an introduction to selection criteria for personal clothing and equipment as well as group equipment. Cadets should have some knowledge of this subject from previous information presented in Green and Red Star.

Have examples of outdoor clothing available if possible.

Customize the lesson to the anticipated weather for the respective expedition centre and its activities. Cadets should be advised to check the weather forecast prior to the training.

CLOTHING

The most effective way to maintain warmth and comfort in varying conditions is by using multiple layers of clothing, rather than just one. Layers allow one to build a microclimate that surrounds the body which can then be adapted to moisture, wind, temperature and exertion levels.



Remember:

- It is easier to stay warm than to try to warm up after getting cold.
- It takes more insulation to stay warm when sitting still than when moving.
- Heat is lost faster to a cold solid object through conduction than to cold air through convection, which is the transfer of heat by upward movement.

FOOTWEAR

Footwear is an important aspect of dressing for expedition training. Properly fitting, comfortable shoes/boots will make the cadet more comfortable during training. Low-ankle hiking boots are the ideal footwear. Finding shoes/boots that provide adequate ankle protection is important.



Combat boots or other military issue high-ankle support boots should not be worn during expedition training.

PERSONAL EQUIPMENT



Consult the joining instructions for a specific list of requisite personal kit.

Personal expedition equipment are items which benefit the participant and should be maintained by that person. Personal equipment is the kit the cadets need to carry on them.

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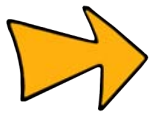
Items to bring from home:

- **Hygiene Kit.** Includes all personal items required to maintain good health and hygiene. A hygiene kit should include:
  - camp soap (biodegradable),
  - toothbrush,
  - toothpaste,
  - toilet paper, and
  - facecloth or small towel.
- **Insect Repellent.** The active ingredient in bug repellent is DEET. Many brands are available and can be purchased at most grocery stores.
- **Lip Balm.** Lip balm with sunscreen will help protect lips. Lips burn easily at any elevation and cold dry winds can make lips crack and bleed.
- **Sunscreen.** A Sun Protection Factor (SPF) of 4 means that it will take four times longer to burn as when unprotected. Most sunburns can be prevented with a SPF of 15 with UVA and UVB protection, however an SPF of 30 or higher is recommended for most activities.
- **Sunglasses.** Protective eyewear.
- **Notepad and Pencil.** Allows for note taking/leaving a message in any situation.
- **Water Carrier.** A leak proof water bottle or canteen.
- **Camera.** Cameras are great to record new experiences.

Items that the expedition centre may provide:

- **Flashlight/Headlamp.** A flashlight/headlamp should always be carried; smaller is better to control weight (be sure to have a spare set of batteries and bulb before each trip). Headlamps allow for hands-free operation.
- **Matches.** At least 20 matches that can strike anywhere and are waterproof are best. Store matches with a striker in a separate container inside the kit (35 mm film cases would suffice).
- **Pocket Knife/Multi-tool.** Useful tool for many applications in the field. Hunting-type knives with long fixed blades are not appropriate for cadet activities.
- **Survival Kit.** Fill with useful items that are specific for the environment you will be travelling in.
- **Whistle.** For use as a signalling device in emergencies.
- **High-Energy Snacks.** As detailed in TP 2.



There may be a requirement for each participant to have a plate, a bowl and cutlery depending on food being consumed during expedition training.

GROUP EQUIPMENT

Group equipment should be selected for its versatility, weight and ease of use and packing. The more compact an item is or can become, the easier it will be to pack and carry.

Group equipment will be given to cadets upon arrival at the expedition centre.

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CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. What is the most effective way to maintain warmth and comfort in varying conditions?

Q2. What is the ideal footwear for expedition training?

Q3. What are the personal items a cadet should bring to the expedition centre?

ANTICIPATED ANSWERS

A1. The most effective way to maintain warmth and comfort in varying conditions is by using multiple layers of clothing, rather than just one garment.

A2. Low-ankle hiking boots are the ideal footwear for expedition training.

A3. The personal items that should be brought to the expedition centre are:

- hygiene kit,
- insect repellent,
- lip balm,
- sunscreen,
- sunglasses,
- notepad and pencil,
- water carrier, and
- camera.

Teaching point 2 **Discuss High-Energy Snacks**

Time: 5 min Method: Interactive Lecture



This TP is designed to introduce cadets to the importance of eating and snacking while performing high-energy activities.

Use actual food examples if available.

Food is one of the most important factors to consider when expending large amounts of energy during activities. Choosing the right snacks to supplement meals is important to maintain energy and nutrition.



People are more prone to injuries around 1100 hours and 1500 hours when blood sugar is low and people are tired from activities.

GRANOLA BARS

Granola bars are an easy snack that can be brought on the trail with little waste. The wrapper of the granola bar can be folded and placed in a resealable plastic bag for disposal. When eating on the move, the wrapper can simply be placed in a pocket.

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Granola bars come in a variety of flavours and often include chocolate. The nutrition in granola bars is largely grain based and provides a high calorie count. Granola bars often have 10–14 grams of sugar and 11–16 grams of fat.



Stay away from granola bars with more than 20 percent fat. These bars will only impede energy levels.

DRIED FRUIT AND NUTS

Dried fruits last for months, and keeps most of their nutritional value. Dried fruit provides energy benefits without the added weight of 80 percent water content. Most grocery stores have varieties of mixed fruit, which can be dried at home.



Homemade Dried Apples

(1) Slice the apples thinly.

(2) Place on baking tray in a single layer.

(3) Place in oven on a low temperature setting (60 degrees Celsius [140 degrees Fahrenheit]).

(4) Check dryness every 20 minutes.

(5) Crack open the oven door to remove moist air and improve result.

This process can take up to four hours.

Seeds and nuts are great sources of carbohydrates, protein and fat. Proteins are an essential part of any diet; known as the “don’t leave home without it” snack. The high fat content will slow digestion so seeds and nuts are best used for refuelling during longer breaks. Nuts also provide magnesium, guarding the muscles against burn from lactic acid.

CHEESE

A good source of dairy on the trail, cheese is a great form of calcium.



Cheese with a high moisture content does not keep well when not refrigerated for extended periods of time.

Cheeses with a low moisture content include:

- cheddar,
- colby, and
- swiss.

Cheeses with low moisture content can keep longer. The liquefied milk fat will run off at high temperatures. While this is not a pleasant sight, it is not a sign of spoilage.

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“GOOD OLD RAISINS AND PEANUTS” (GORP)

“Good old raisins and peanuts,” is just that – a mixture of raisins, peanuts and anything else a person might want to add. There is often a sugar source like chocolate chips added to a dried fruit.

There are many varieties of GORP recipes. GORP can be bought in most groceries stores – pre-made – or made at home. Everyone has their favourite recipe. A person’s GORP may change every expedition depending on what is available, or what they feel like eating.



Small items like sunflower seeds will settle to the bottom of the bag while larger items will float to the top. Mix up the contents of the bag before eating.



Simple GORP Recipe:

118 mL (1/2 cup) peanuts,

118 mL (1/2 cup) raisins,

59 mL (1/4 cup) chocolate chips*, and

59 mL (1/4 cup) dried cranberries.

*In warmer weather, chocolate chips can be substituted with candy-coated chocolate which will not melt.

Mix in a bowl and store in an air tight container or resealable bag.

This makes a little more than 354 mL (1 1/2 cups). Add or take away items as you like.

Examples of food items to put in GORP:

- dried apples,
- banana chips,
- dried papaya,
- dates,
- dried cranberries,
- coconut,
- almonds,
- cashews,
- peanuts,
- chocolate,
- carob chips,
- candy-coated chocolate,
- chocolate or yogourt covered raisins,
- sunflower seeds,
- dried green peas, and

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- pretzels.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. When are people more prone to injuries on the trail?

Q2. What nutrients are in nuts?

Q3. What is GORP?

ANTICIPATED ANSWERS

A1. People are more prone to injuries around 1100 hours and 1500 hours when blood sugar is low and people are tired from activities.

A2. Nuts are great source of carbohydrates, protein and fat.

A3. Good old raisins and peanuts. There is often a sugar source like chocolate chips added to dried fruit.

Teaching point 3 **Review, and Brief the Cadets on the Joining Instructions and Training Schedule for Silver Star Expedition Training**

Time: 10 min Method: Interactive Lecture



This TP is designed to introduce and brief cadets on what is required during training at the expedition centre.

Review joining instructions and after briefing cadets, answer any questions the cadets have.

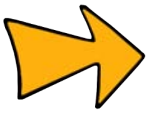
RISKS IN EXPEDITION TRAINING

Activities conducted at the expedition centres will likely include hiking, biking, canoeing and camping. With all adventure activities there are inherent risks. Risk is the chance or possibility of danger, loss or injury. Each activity has its own risks.

Hiking is the activity of walking outdoors on unpaved trails in a wilderness environment and may include many types of terrain and environments. It is not uncommon for cadets to be injured by tripping, falling and slipping over wet roots or rocks, or falling down a small slope.

Mountain biking is riding a bike on trails and secondary roads, using specialized equipment. Cadets are at risk of falling off the bike, or not using the bike properly which may cause injury. Injuries that may occur mountain biking are cuts and scrapes, bruising, flesh wounds, or broken bones.

Canoeing is travelling by canoe. Cadets should be seated, wearing PFDs and acting responsibly while canoeing. These actions will minimize the risks associated with canoeing.



Canoeing is of great cultural significance to Canadians and canoeing in expedition training allows cadets to see Canada’s wilderness from a different perspective.

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Refer to CATO 40-01, *Army Cadet Expedition Program* for general expedition information.

Policies

Prior to participating in expedition training, all cadets shall be reminded of the following policies:

- CATO 11-08, *Environmental Stewardship Policy*,
- CATO 13-23, *Drug and Alcohol Policy*,
- CATO 13-24, *Harassment Prevention and Resolution Policy*,
- CATO 13-26, *Return To Unit Policy*, and
- CATO 15-22, *Cadet Conduct and Discipline Policy*.

JOINING INSTRUCTIONS

Joining instructions are issued to provide cadets with all the required information they may need to arrive at the expedition centre prepared and capable of performing the required training. They are issued for all activities outside of the local cadet corps.

Each region will have different joining instructions for each expedition centre.



Joining instructions for expedition training can be found at the regional website, through www.cadets.ca.

The joining instructions will have information such as:

- general information on the activity,
- directions to the expedition centre,
- dates of training,
- transportation requirements,
- what identification is required,
- administrative and claim information,
- rations and quarters information,
- uniform requirements,
- expected cadet conduct, and
- required kit list.

Joining instructions will often have a schedule/timetable included.

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CONFIRMATION OF TEACHING POINT 3

The cadets participation in the briefing on the expedition centres training weekend will serve as confirmation of this TP.

END OF LESSON CONFIRMATION

The cadets participation in the briefing of the expedition centres training weekend will serve as confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

Participating in a briefing on the local expedition centre, wearing clothing, and bringing equipment and snacks will better prepare cadets for the upcoming challenges of expedition training.

INSTRUCTOR NOTES/REMARKS

The joining instructions and timetable referred to in TP 3 will vary depending on the region. Instructors should acquire these from the local expedition centre.

This EO should be conducted in the two weeks preceding the cadet's Silver Star expedition centre training weekend.

REFERENCES

A2-001 A-CR-CCP-930/AG-001, National Cadet & Junior Canadian Rangers Support Group (2019). *Cadet Program Interim Activity Safety Direction*. Ottawa, ON: Department of National Defence.

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

C2-066 (ISBN 1-4000-5309-9) Curtis, R. (2005). *The Backpacker's Field Manual: A Comprehensive Guide to Mastering Backcountry Skills*. New York, NY: Three Rivers Press.

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