## EO M326.01 – PREPARE FOR EXPEDITION TRAINING

1. **Performance.** Prepare for Expedition Training.

2. **Conditions**

   a. Given:

      (1) Supervision, and

      (2) Assistance as required.

   b. Denied: N/A.

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

3. **Standard.** The cadet shall prepare for expedition training by:

   a. discussing the selection of clothing, footwear and equipment;

   b. selecting high-energy snacks; and

   c. discussing the expedition centre's joining instructions and training schedule.

4. **Teaching Points**

| TP | Description | Method | Time | Ref |
|---|---|---|---|---|
| TP1 | Discuss the selection of:<br>a. clothing,<br>b. footwear,<br>c. personal equipment, and<br>d. group equipment. | Interactive Lecture | 10 min | C2-066 (pp. 22–34) |
| TP2 | Discuss high-energy snacks, to include:<br>a. granola bars,<br>b. dried fruit and nuts,<br>c. cheese, and<br>d. "Good Old Raisins and Peanuts" (GORP). | Interactive Lecture | 5 min | C2-051 (pp. 67–74)<br>C2-066 (pp. 67–70) |
| TP3 | Review, and brief the cadets on the joining instructions and training schedule for Silver Star Expedition Training. | Interactive Lecture | 10 min | A2-001 |

5. **Time**

   a. Introduction/Conclusion: 5 min

   b. Interactive Lecture: 25 min

   c. Total: 30 min



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

7. **References**

   a. A2-001 A-CR-CCP-951/PT-002 Director Cadets 3. (2006). *Royal Canadian Army Cadets Adventure Training Safety Standards*. Ottawa, ON: Department of National Defence.

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

   c. 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.

8. **Training Aids**

   a. Expedition clothing,

   b. Appropriate footwear, and

   c. High-energy snacks.

9. **Learning Aids.** Personal expedition equipment (specified in PO 326, paragraph 4.c.).

10. **Test Details.** N/A.

11. **Remarks**

   a. 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.

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



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