ROYAL CANADIAN ARMY CADETS

SILVER STAR

INSTRUCTIONAL GUIDE

SECTION 8

EO M326.06 – FOLLOW DAILY ROUTINE

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.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

A demonstration was chosen for TP 1 as it allows the instructor to explain and demonstrate campsite selection.

An interactive lecture was chosen for TPs 2–4 to orient the cadet to following campsite routines during expedition training.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall be expected to follow daily routine during expedition training.

IMPORTANCE

It is important for cadets to understand the procedures involved in selecting a campsite and the routine that is to be followed during the occupation of that campsite. The departure routine is equally important in order to maintain organization and safety. The information in this lesson will assist the cadets during all corps exercises and expedition training.

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Teaching point 1 **Demonstrate Campsite Selection**

Time: 10 min Method: Demonstration

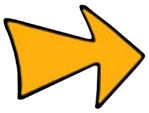


The information in this TP has been previously taught. Instructors should demonstrate campsite selection in an area that will allow cadets to recognize the tasks involved.



When selecting a campsite, ensure permission is obtained from the park auhority. Failure to do so could result in fines being issued by provincial or federal parks officers.

Determining the suitability of a campsite is key to the enjoyment of the time spent there. After a long day it is important that the cadets take the extra few minutes to choose an appropriate campsite.



Great campsites are found, not made. At the end of a day of travel take the pack off, put on a warm layer and drink something, eat if low on energy, then look for a good campsite. It is important that there is not a lot of time spent on this task.

DETERMINING THE SUITABILITY OF A CAMPSITE

Absence of Potential Hazards

Fallen Trees/Branches. Look up and around the campsite. Is there a potential for limbs of trees to fall on the tent or campsite?

Care must be taken as the cadets can easily trip over fallen trees/branches. A sharp branch can also cause damage to equipment such as tents and groundsheets. Tent sites should not be set up where fallen trees are present. However, fallen trees can mark boundaries, hold signs and help weatherproof a site.

Areas with dead trees should be avoided. Dead trees lack strength and therefore should not be in the area when considering a campsite. These trees can easily fall during high winds and storms. Also, look closely for any branches that may fall.

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"Colby-Sawyer College", Kelsy Forest Walk, Copyright 2007. Retrieved November 22, 2007, from www.colby-sawyer.edu/images/image_9614.jpg

Figure 1 Fallen Trees

Poisonous Plants. Always look for poisonous plants prior to setting up a campsite. Common poisonous plants such as poison ivy, poison sumac and poison oak were identified in EO M121.05 (Recognize Environmental Hazards, A-CR-CCP-701/PF-001, Chapter 10, Section 5). Contact with poisonous plants will cause severe itching of the skin, red inflammation and blistering. Keep campsites away from areas containing poisonous plants.

Insects, Beehives and Hornet's Nests. Most insects are a nuisance rather than a danger. When bothered by insects like mosquitoes, blackflies and deer flies/chiggers, hikers have several options available to thwart such nuisances and reduce exposure by controlling their surroundings. Try to avoid camping areas with tall grass, weeds and standing water where insects are abundant.

In the field, beehives and hornet's nests can be found in trees, shrubs and even in the ground. When nests are disturbed, bees and hornets will get defensive and sting. Always look for beehives and hornet's nests before setting up a campsite. A good sign that a hive or nest is nearby is when a large number of bees or hornets are flying around.

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P. Tawrell, Camping and Wilderness Survival, Paul Tawrell (p. 898)

Figure 2 Hornet's Nest

Ant Hills. Once disturbed, ant hills can become a big nuisance. Check the ground for ant hills prior to setting up a campsite.

Animal Dens. Prior to setting up a campsite, look for any areas that may be near animal dens. A group of cadets could easily disturb resting animals. A den may be found on a trail or at the end of a trail in the field.

Accessible Water

There should be an accessible water point within 60 m (200 feet) of the campsite. When in the wilderness, water sources can become contaminated very easily by such things as soap and feces.

Distancing the campsite from the accessible water point is an important step to ensure that contaminants from cooking and human waste do not pollute the water.

Space for Tents

There should be enough space for all tents and they should not have guy lines overlapping each other. Ideally, tents should be roughly 5 m (15 feet) away from each other to avoid this.

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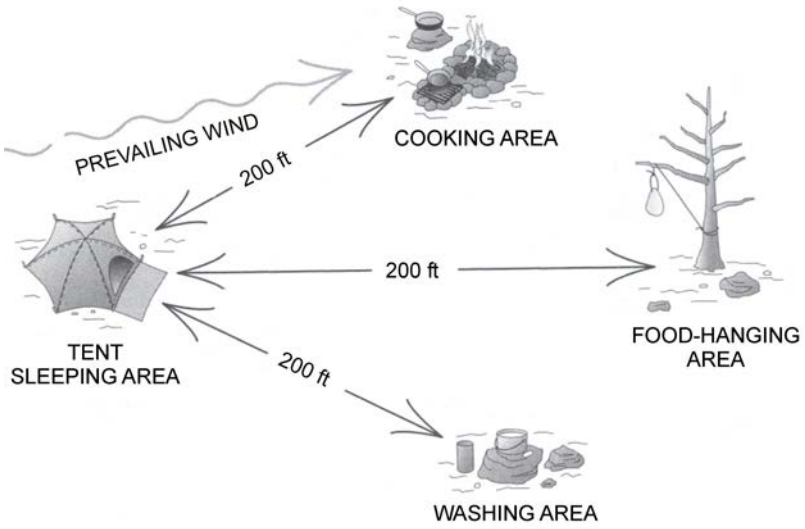
DETERMINING THE CAMPSITE LAYOUT



R. Curtis, The Backpackers Field Manual, Three Rivers Press (p 113)

Figure 3 Common Campsite Layout

Sleeping Area

Above all, the sleeping area should be upwind of the cooking area. Flat ground works best. If there is a slight angle in the ground, it is best to lie with the head uphill.

There may be many cadets in the field at any given time. It is important that tents are spread out. In both the male and female lines, tents should be spaced at least 5 m apart. Where guy lines exist, there must be adequate space between tents so the cadets can easily walk without stepping over lines.

By spacing tents a small distance apart, the cadets are provided with privacy, while still being able to easily communicate.

When night falls, shelters may be hard to see. When shelters are close together there is a greater chance of having an accident, such as tripping over guy lines.

It is a good idea to mark the guy lines with flagging tape or Glow Sticks.

Washroom/Latrine

Whenever possible, existing outhouses should be used. The smell in existing outhouses may be concentrated, but using them instead of catholes all over the area, will minimize the impact on the environment.

Washrooms/latrines are often the most uncomfortable thing to set up when camping. If group members will be using individual catholes, each cathole should be at least 60 m (200 feet) from water sources. In addition to the distance, the group should establish a route out of the campsite which the group will use.

In a group setting, it is best to set up a toilet and then pack out the waste. A group latrine should be downwind at least 60 m (200 feet) from the sleeping area as well as any trails or water sources.

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Cooking Area

This is the area where most campers will spend the majority of their time. Naturally, the cooking area is popular due to the time spent cooking, washing dishes or eating a quick snack.

The best cooking area location is a durable surface such as a large flat rock or sandy area. If a durable surface cannot be found, meadow grass or gravel are the next best choices.

In some situations it may be beneficial to set up a separate area for eating. This is recommended for larger groups to prevent people from milling around hot stoves and boiling water, which are a primary source of accidents. The eating area can be just metres away.

Fire Area

Be aware of the fire regulations in the area being used. Certain times, especially late summer when forest fires are likely, there are often fire restrictions.



Discuss how the Fire Weather Index and the Canadian Forest Fire Danger Rating System (CFFDRS) measures the possibility of forest fires.

Pay attention to any individuals who may exhibit bad habits when dealing with fire and work to correct their bad habits.

Safety is paramount when lighting a fire. Be sure fire safety equipment is available when lighting fires.

Parks commonly follow the Fire Weather Index, which provides an assessment of relative fire potential that is based solely on weather observations. Check with park administration for rules and regulations when planning to light fires within the park boundaries.

Canadian Forest Fire Danger Rating System (CFFDRS)

The CFFDRS is Canada's national system for rating forest fire danger. The system evaluates and integrates data to help managers predict woodland fire potential.

The CFFDRS provides an index (see Figure 1) on how easy it is to ignite vegetation, how difficult a fire may be to control, and how much damage a fire may do.

BLUE	GREEN	YELLOW	ORANGE	RED
LOW	MODERATE	HIGH	VERY HIGH	EXTREME

Director Cadets 3, 2007, Ottawa, ON: Department of National Defence

Figure 4 CFFDRS Fire Index

Low. Low chance of fires occurring. Fires that do occur are likely to be self-extinguishing and new ignitions are unlikely.

Moderate. Moderate chance of fires starting. These fires are creeping or gentle surface fires. They are easily contained by ground crews with water pumps.

High. High chance of fire starting. These fires are challenging for ground crews to handle and heavy equipment (tanker trucks and aircraft) are often required to contain the fire.

Very High. Very high chance of a fire starting. These fires are fast spreading and are of high intensity. They are hard to control and require aircraft support.

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Extreme. The environment is very dry and chances of fire are extreme. These fires are fast spreading, of high intensity and very difficult to control.

Advise cadets they can review this information for themselves by looking up the CFFDRS on the Internet for their area at https://nofc1.cfsnet.nfis.org/mapserver/cwfis/index.phtml.

Check for existing fire rings. Building a fire in a new spot all the time is damaging to the environment. Incorrectly built fires sterilize the soil below the fire, and it will take years before something can grow there again.

Food Storage Area

The food storage area should be a minimum of 60 m (200 feet) from the sleeping area. When possible, a food hang should be used.

Equipment Drying Area

A drying line should be put up within the sleeping area but not where members of the group could run into it or get caught up on it.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. What should be taken into consideration when choosing a campsite?

Q2. Describe the common campsite layout.

Q3. Where is the best place to put the cooking area?

ANTICIPATED ANSWERS

A1. Absence of potential hazards, accessible water and space for tents should all be considered when choosing a campsite.

A2. The common campsite layout includes the sleeping area, latrine/washroom, cooking area, fire area, food storage area and equipment drying area.

A3. The best place to put a cooking area is on a durable surface such as a large flat rock or sandy area.

Teaching point 2 **Discuss Campsite Set-Up Routine**

Time: 5 min Method: Interactive Lecture



This TP details the process of elements of the campsite set-up when on expedition training.

Upon arrival at a suitable area, this process should be established to set up the campsite. All the cadets will have the opportunity to follow the process by delegating their peers to assist. Group work should be utilized whenever possible to keep the cadets active.

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CAMPSITE SET-UP ROUTINE

The following is a sample routine that can be used when the cadets are tasked to lead a campsite set-up. These cadets will have selected the campsite and will delegate a section to complete the following tasks.

- All the cadets will set up their tents.
- Two cadets will locate and build a food hang.
- One cadet will identify and set up the cooking area and begin preparations for a meal.
- Two cadets will identify and set up the equipment drying area.
- Two cadets will purify water for cooking and drinking.
- Two cadets will gather firewood and set up the fire.
- One cadet will mark washrooms/latrines.

When these tasks have been completed, the entire section will gather for further instruction.

Organizing and Erecting Tents

The first step of the campsite set-up routine is to identify the sleeping area where the tents will be set up. Distinguish an area for males and females that is a minimum of 15 m apart. All the cadets should set up the tents upon arrival.



Erecting a tent was taught in EO M121.07 (Erect a Group Tent, A-CR-CCP-701/PF-001, Chapter 10, Section 7).

Setting up a Food Hang

Immediately upon arrival at the campsite, the food hang should be set up a minimum of 60 m (200 feet) from the sleeping area. A few members of the group should be tasked to set up the food hang so that everyone can hang their food bags when other tasks are completed.

The preferred method of constructing a food hang is:

(1) Find a tree with a live branch a minimum of 10 cm (4 inches) in diameter.

(2) Throw a weighted rope over the branch.

(3) Pull about two-thirds of the rope over the branch.

(4) Attach the food bag to one end of the rope and haul it up as high as possible.

(5) Tie the loose end of the rope to the trunk of the tree.

To retrieve the bag, untie the end tied to the tree and lower the bag to the ground.

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An alternate method of constructing a food hang is taught in C121.01 (Construct Field Amenities, A-CR-CCP-701/PF-001, Chapter 10, Section 10).



In established campsites, bear boxes or bear poles may be available to store food. When available, these are the preferred methods of protecting food.

Establishing a Cooking Area

The cooking area will remain the same during the entire time the group occupies the site. One or two cadets will be required to set up this area.

Setting up a Clothesline

A clothesline should be set up close to the sleeping area. Two cadets will be required to set up the clothesline.

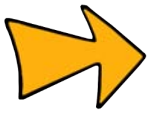


If there is no drying area available, a drying rack can be constructed using the method taught in EO C121.01 (Construct Field Amenities, A-CR-CCP-701/PF-001, Chapter 10, Section 10).

Collecting Water

The best source of water will come from a fast moving stream. Avoid collecting water near livestock, human activity or from still water sources such as a small lake or pond. Muddy rivers are also poor sources of water.

Treat most water with suspicion. Boil the water for a minimum of 5 minutes adding 1 minute for every additional 300 m (1000 feet) in elevation. Whenever possible, use a water filter with micro-filtration systems to get rid of water-borne particles and viruses.



If the group plans to boil all collected water needed for the duration of the expedition, a greater amount of fuel will be required.

Gathering Firewood

It is best practice not to have a fire. Around highly-used campsites, most deadfall and downed trees have already been burned. It is getting increasingly difficult to find fallen wood to use in campfires. If this is the case, it likely means group members will have to forage further away from the site.

Starting a Fire

If using a fire, it should be started shortly before all other tasks are completed. Do not start a fire immediately on arriving at the site, as the fire will burn for no reason wasting valuable firewood.

Marking the Washrooms/Latrines

The washrooms/latrines should be marked using flagging tape and Glow Sticks before night falls. A good practice is to hang Glow Sticks when setting up the facilities and when dusk falls, a member of the group can activate the Glow Stick.

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Cooking and Eating

A few group members should be assigned to oversee the cooking and other members of the group should clean up afterwards. Individuals will keep their food scraps with their garbage to keep the group waste smaller.



Hot water left on the stoves from meal time can be used for washing dishes or oneself later in the day. Water that has been used to cook Individual Meal Packages (IMPs) can be used for washing after the evening meal. It is important to ensure the water is used for washing only and not ingested.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. What tasks are done immediately upon arriving at a site?

Q2. Where is the best source of water?

Q3. When is a fire started?

ANTICIPATED ANSWERS

A1. Setting up tents and setting up a food hang are done immediately upon arriving at a site.

A2. The best source of water is from a fast moving stream.

A3. A fire is started prior to most of the routine tasks being completed.

Teaching point 3 **Discuss Campsite Routine**

Time: 5 min Method: Interactive Lecture



This TP is intended to give an overview of the elements of campsite routine when occupying a campsite.

Tasks should be divided among the cadets to follow the established routine that will be followed throughout the time the group occupies that campsite.

CAMPSITE ROUTINE

It is important that every member of the group understands campsite routine and its importance. It is important to have a campsite routine in order to maintain control, keep equipment organized and maintain the safety of every member of the group.

Ensuring Personal and Group Equipment is Always Organized

It is essential that all personal and group equipment be secured at all times. It is the responsibility of the individual to ensure that the equipment they have brought is in good repair and that they are aware of where it is. It is good practice to prepare for an exercise in advance. As an example, at dusk, retrieve the headlamp and any other equipment required to negate the task of going through packs in the dark.

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Conforming to the Principles of Leave No Trace Camping

It is critical to ensure that the principles of Leave No Trace camping are followed. The Leave No Trace principles were covered in detail in EO M121.08 (Apply 'Leave No Trace' Camping, A-CR-CCP-701/PF-001, Chapter 10, Section 8). It is important to follow the Leave No Trace principles whenever training in the wilderness.

The principles of Leave No Trace camping are:

- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly.
- Leave what you find.
- Minimize campfire impacts.
- Respect wildlife.
- Be considerate of other visitors.

Cooking and Eating

All aspects of cooking and eating will be completed within the cooking area.

Before cooking or handling any food, be sure that the person washes their hands thoroughly.

If extra pots are available, put water on the stove immediately after the meal has finished cooking. This water can be used for making hot drinks later in the day.

Storing Garbage

Everything that goes into the field with the group, from socks to sunscreen, leaves the field with the group.

Keep track of individual garbage by storing it all in one bag. Keep the bag accessible within the pack in order to add to the waste whenever needed. This will negate putting apple cores and garbage into pack pockets. A bread bag or resealable plastic bag works well as a waste bag.

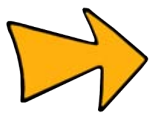


Ensure that all garbage is placed in the food hang at night.

Dealing With Food Scraps

Pay close attention to and retrieve any pieces of food that are dropped on the ground. This includes crumbs.

Food scraps, including leftovers, should never be buried. Animals will dig as soon as they smell it. This could happen before leaving the campsite.



Remember: Any and all food waste should be packed out.

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CONFIRMATION OF TEACHING POINT 3

QUESTIONS

Q1. What does a campsite routine entail?

Q2. What is the correct procedure for dealing with garbage?

Q3. Why are food scraps not buried?

ANTICIPATED ANSWERS

A1. Campsite routine entails:

- organizing individual and group equipment;
- conforming to the principles of Leave No Trace camping;
- cooking and eating;
- storing garbage; and
- dealing with food scraps.

A2. The correct way to deal with garbage is to store it all in one re-sealable bag.

A3. Food scraps should not be buried because animals will smell the scraps and dig them up.

Teaching point 4 **Discuss Campsite Departure Routine**

Time: 5 min Method: Interactive Lecture



This TP details a step-by-step process of the campsite departure when on expedition training or corps exercise.

The importance of having a routine is crucial here as there may be little time to complete the departure routine.

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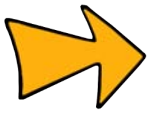
CAMPSITE DEPARTURE ROUTINE



The following is a sample routine that can be used when the cadets are tasked to lead a campsite departure. These cadets will delegate a section to complete the following tasks:

- All cadets will strike their tents.
- Two cadets will dismantle campsite amenities.
- All cadets will organize their personal equipment.
- Two cadets will purify water for drinking during travel.
- One cadet will dismantle the cooking area and remove any food waste.
- Two cadets will ensure fire is extinguished.
- One cadet will remove any markings from washrooms/latrines.
- One cadet will erase all signs of occupancy.
- One cadet and a staff member will conduct a final sweep.

When these tasks have been completed the entire section will gather for further instruction.

When leaving any campsite, the site should look like there was never anyone there. This includes biodegradable material like fruit and vegetable leftovers. These will still take a very long time to decompose.

Striking Tents

It is advisable to leave the tents up a little longer in the morning to allow any condensation/water to dry before packing up.

To remove a tent from the campsite, one must first strip the tent site of all components belonging to the tent. Importance should be placed on removing pieces of string or rope that are used to tie down the structure. The sleeping surface should be returned to its original appearance (replacing sticks and stones removed for sleeping). Remove any left over garbage.

Dismantling Campsite Amenities

If a clothesline or other amenities were built, they should be dismantled. Do not cut ropes and be sure to remove any rope from the tree entirely.

Organizing Personal Equipment

Personal equipment should be packed shortly after waking, to ensure the task is completed and equipment is organized.



Pack all individual sleeping equipment prior to leaving the tent.

Dismantling Food Hang

The food hang should be dismantled when packing up personal equipment to ensure that individuals have their food.

The immediate area of the food hang should be checked to ensure that no waste has been left behind.

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Purifying Water

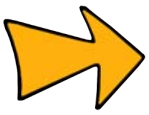
Two cadets in the section shall be tasked to purify water for all members of the group to ensure everyone has a full canteen. This will also serve as a time management activity while packing.

Cooking and Eating

All members of the group shall ensure they have eaten a meal relatively close to departure time and have packaged and put away all food waste.

Ensuring Fire is Fully Extinguished

Extinguish a small fire by burning all the wood down to ash, then saturating the ash with water and scattering the ash broadly away from the campsite. Use a stick to stir up the ash and water. Stop burning the wood long before the requirement to put it out.



"Night logs" are not necessary as they will most likely only be half-burned in the morning.

Organizing Group Equipment

Establish what equipment members of the group will be carrying. Sharing the load is advantageous for a few reasons: the weight is spread out, packs are less bulky and the group must communicate with each other in order to set up and tear down camp.

Erasing Signs of Occupancy

Easy steps to erase the signs of occupancy:

1. Dismantle secondary fire rings at established campsites.
2. Disperse rocks and other natural objects to their original position.
3. Fluff the grass where tents were and fill in tent peg holes.
4. Use a fallen pine branch to sweep the sand and dirt of any footprints.

Conducting a Final Sweep of the Area

Inspect the ground after all equipment has been packed to ensure nothing is hidden in the grass or buried. A final sweep of the area will include:

- checking tent areas;
- checking garbage has been picked up;
- ensuring latrine/washroom area is clean; and
- scattering ash once the fire is completely out by using a trowel.

If using a civilian campsite, try to make the site more appealing to users. This will keep them from going to find a 'wilder' site.

Pack out any garbage and waste that was left by previous campers.

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CONFIRMATION OF TEACHING POINT 4

QUESTIONS

Q1. When are the tents struck?

Q2. Why should everyone understand the routine at a campsite?

Q3. What is checked during the final sweep?

ANTICIPATED ANSWERS

A1. Tents are struck in the morning after waking. If tents are damp, they can be left a bit longer to dry out.

A2. Campsite routine should be understood by everyone to ensure that the campsite can be set up quickly and efficiently.

A3. During the final sweep, the following items are checked:

- tent areas;
- garbage has been picked up;
- latrine/washroom area is clean; and
- ash is scattered once the fire is completely out by using a trowel.

END OF LESSON CONFIRMATION

QUESTIONS

Q1. What are some hazards to be considered when choosing a campsite?

Q2. What activities are completed when setting up a campsite?

Q3. What are the elements of a campsite departure routine?

ANTICIPATED ANSWERS

A1. Hazards to consider are:

- fallen trees/branches,
- poisonous plants,
- insects, beehives and hornet’s nests,
- ant hills, and
- animal dens.

A2. The activities to be completed are:

- organizing and erecting tents;
- setting up a food hang;
- establishing a cooking area;
- setting up a clothesline;

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- collecting water;
- gathering firewood;
- starting a fire;
- marking the washrooms/latrines; and
- cooking and eating.

A3. The campsite departure routine is:

- striking tents;
- dismantling campsite amenities;
- organizing personal equipment;
- dismantling food hang;
- purifying water;
- cooking and eating;
- ensure fire is fully extinguished;
- organizing group equipment;
- erasing signs of occupancy; and
- conducting a final sweep of the area.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

This EO is assessed IAW A-CR-CCP-703/PG-001, Chapter 3, Annex B, Appendix 8 (326 PC).

CLOSING STATEMENT

The ability to move from campsite to campsite in an efficient way is important as the cadets could arrive at a campsite late in the day with minimum light and have to leave early the next morning. The key to an efficient routine is work and time management. These skills will assist the cadets in corps exercises and expedition training.

INSTRUCTOR NOTES/REMARKS

Personal and group expedition equipment is outlined in PO 326 (Perform Expedition Skills).

The knowledge presented in this EO will enhance the cadets' participation in daily routine as part of the expedition training experience.

This EO has been allocated one period in the overall course period allocation. Each expedition centre may adjust this allocation to reflect the choice of activities, facilities and available resources at the expedition centre.

Timings for this EO will vary. While there is a requirement for some initial training, the focus should be on having the cadets practice hiking techniques through practical application.

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