EO M326.06 – FOLLOW DAILY ROUTINE

1. **Performance.** Follow Daily Routine.

2. **Conditions**

   a. Given:

      (1) Personal expedition equipment,

      (2) Group expedition equipment,

      (3) Supervision, and

      (4) Assistance as required.

   b. Denied: N/A.

   c. Environmental: Expedition centre, field setting, during expedition training.

3. **Standard.** The cadet shall follow daily routine during expedition training by:

   a. determining the suitability of a campsite;

   b. setting up a campsite;

   c. applying the principles of Leave No Trace camping;

   d. securing safe drinking water;

   e. organizing daily equipment based on weather; and

   f. following departure routine.

Unofficial convenience copy of A-CR-CCP-703/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PG-001/A-CR-CCP-703-PG-001.pdf.
Verify against the official publication.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Demonstrate campsite selection, to include: a. determining the suitability of a campsite, to include: (1) absence of potential hazards, such as: (a) fallen trees/branches, (b) poisonous plants, (c) insects, beehives, and hornet's nests, (d) ant hills, and (e) animal dens; (2) accessible water, and (3) space for tents; and b. determining the campsite layout, to include the location of: (1) sleeping area, (2) washroom/latrine, (3) cooking area, (4) fire area, (5) food storage area, and (6) equipment drying area.	Demonstration	10 min	C2-051 (pp. 98–99)
TP2	Discuss campsite set-up routine, to include: a. organizing and erecting tents; b. setting up a food hang; c. establishing a cooking area; d. setting up a clothesline; e. collecting water; f. gathering firewood; g. starting a fire; h. marking the washrooms/latrines; and i. cooking and eating.	Interactive Lecture	5 min	C2-016 (pp. 111–113) C2-051 (pp. 98–99)
TP3	Discuss campsite routine, to include: a. ensuring personal and group equipment is always organized; b. conforming to the principles of Leave No Trace camping; c. cooking and eating; d. storing garbage; and e. dealing with food scraps.	Interactive Lecture	5 min	C2-009 (pp. 112–115) C2-011 (pp. 52–53) C2-051 (p. 99)

Unofficial convenience copy of A-CR-CCP-703/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PG-001/A-CR-CCP-703-PG-001.pdf.
Verify against the official publication.

TP	Description	Method	Time	Ref
TP4	Discuss campsite departure routine, to include: a. striking tents; b. dismantling campsite amenities; c. organizing personal equipment; d. dismantling food hang; e. purifying water; f. cooking and eating; g. storing garbage; h. dealing with food scraps; i. ensuring fire is fully extinguished; j. organizing group equipment; k. erasing signs of occupancy; and l. conducting a final sweep of the area.	Interactive Lecture	5 min	C2-011 (pp. 54-55) C2-051 (p. 100)

5. **Time**

a.	Introduction/Conclusion:	5 min
b.	Demonstration:	10 min
c.	Interactive Lecture:	15 min
d.	Total:	30 min

6. **Substantiation**

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

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

7. **References**

   a. C2-009 (ISBN 0-684-85909-2) Harvey, M. (1999). *The National Outdoor Leadership School's Wilderness Guide*. New York, NY: Fireside Books.

   b. C2-011 (ISBN 0-89886-910-2) McGivney, A. (2003). *Leave No Trace: A Guide to the New Wilderness Etiquette* (2nd ed.). Seattle, WA: The Mountaineers Books.

   c. C2-016 (ISBN 1-4000-5309-0) Curtis, R. (2005). *The Backpacker's Field Manual*. New York, NY: Three Rivers Press.

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

8. **Training Aids.** Group expedition equipment.

9. **Learning Aids**

   a. Personal expedition equipment, and

Unofficial convenience copy of A-CR-CCP-703/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PG-001/A-CR-CCP-703-PG-001.pdf.
Verify against the official publication.

b. Group expedition equipment.

10. **Test Details.** This EO is assessed IAW Chapter 3, Annex B, Appendix 8 (326 PC).

11. **Remarks**

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

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

c. 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.

d. 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.

Unofficial convenience copy of A-CR-CCP-703/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PG-001/A-CR-CCP-703-PG-001.pdf.
Verify against the official publication.