EO M425.01 – ESTABLISH EXPEDITION PARAMETERS

1. **Performance**:Establish Expedition Parameters

2. **Conditions**:

   a. Given:

      (1) Section 1 of the Expedition Planning Booklet,

      (2) Supervision, and

      (3) Assistance as required.

   b. Denied: Nil.

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

3. **Standard**:The cadet shall establish expedition parameters, to include:

   a. determining expedition objectives; and

   b. identifying expedition guidelines, to include:

      (1) length,

      (2) time of year,

      (3) modes of travel,

      (4) types of terrain,

      (5) number of personnel, and

      (6) associated costs.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Discuss: a. reasons for conducting expeditions, such as: 1. challenging participants; 2. developing hard and soft skills; 3. providing leadership opportunities; 4. increasing physical fitness levels; and 5. providing opportunities to receive qualifications; b. the army cadet expedition philosophy; and c. the Outward Bound expedition philosophy.	Group Discussion	5 min	A2-035 C2-153 (pp. 265–269) C2-208 (pp. 129–130, pp. 138–139)

Unofficial convenience copy of A-CR-CCP-704/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-704-PG-001/A-CR-CCP-704-PG-001.pdf.
Verify against the official publication.

TP	Description	Method	Time	Refs
TP2	Discuss expedition goals and objectives, to include: a. defining goals and objectives; and b. creating goals and objectives.	Interactive Lecture	10 min	C2-009 (pp. 41–42) C2-153 (p. 229, pp. 265–268) C2-208 (pp.138–139)
TP3	Have the cadets, in groups of no more than three, identify the following expedition guidelines using the Expedition Planning Booklet: a. time of year, b. number of days, c. number of participants, d. participant experience level, e. budget, if applicable, and f. mode(s) of travel, to include: 1. distance, and 2. terrain.	In-Class Activity	10 min	C2-034 (p. 120) C2-153 (pp. 265–269) C2-208 (pp. 138–139)

5. **Time**:

a. Introduction / Conclusion:	5 min
b. Group Discussion:	5 min
c. Interactive Lecture:	10 min
d. In-Class Activity:	10 min
e. Total:	30 min

6. **Substantiation**:

a. A group discussion was chosen for TP 1 as it allows the cadets to interact with their peers and share their knowledge and opinions about the reasons for conducting expeditions. Sharing in the discussion encourages the cadets to examine their own thoughts and feelings and may prompt them to re-examine their previously held ideas. Participating in a group discussion improves the cadets' listening skills and team development.

b. An interactive lecture was chosen for TP 2 to orient the cadets to expedition objectives and generate interest.

c. An in-class activity was chosen for TP 3 as it is an interactive way to provoke thought and stimulate interest in planning an expedition.

7. **References**:

a. A2-035 CATO 41-05 Director Cadets 3. (2006). *Army cadet expedition program*. Ottawa, ON: Department of National Defence.

b. C2-009 ISBN 0-684-85909-2 Harvey, M. (1999). *The national outdoor leadership school's wilderness guide*. New York, NY: Fireside.

c. C2-034 ISBN 0-87322-637-2 Priest, S., & Gass, M. (2005). *Effective leadership in adventure programming* (2nd ed.). Windsor, ON: Human Kinetics Publishing Inc.

Unofficial convenience copy of A-CR-CCP-704/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-704-PG-001/A-CR-CCP-704-PG-001.pdf.
Verify against the official publication.

d. C2-153 ISBN 0-7360-5731-5 Martin, B., Cashel, C., Wagstaff, M., & Breunig, M. (2006). *Outdoor leadership: Theory and practice*. Windsor, ON: Human Kinetics Publishing Inc.

e. C2-208 ISBN 978-1-59485-033-2 Raynolds, J., Lodato, A., Gordon, R., Blair-Smith, C., Welsh, J., & Gerzon, M. (2007). *Leadership the outward bound way*. Seattle, WA: The Mountaineers Books.

8. **Training Aids**:

a. Presentation aids (eg, whiteboard / flip chart / OHP) appropriate for the classroom / training area, and

b. Completed example of Section 1 of the Expedition Planning Booklet.

9. **Learning Aids**:

a. Section 1 of the Expedition Planning Booklet,

b. Expedition Parameters Information Sheet,

c. Silver Star Expedition Information Sheet, and

d. Duo-Tang.

10. **Test Details**:Nil.

11. **Remarks**:Nil.

Unofficial convenience copy of A-CR-CCP-704/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-704-PG-001/A-CR-CCP-704-PG-001.pdf.
Verify against the official publication.

THIS PAGE INTENTIONALLY LEFT BLANK

Unofficial convenience copy of A-CR-CCP-704/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-704-PG-001/A-CR-CCP-704-PG-001.pdf.
Verify against the official publication.