ROYAL CANADIAN ARMY CADETS

GOLD STAR

INSTRUCTIONAL GUIDE

SECTION 3

EO M425.03 – DEVELOP AN EXPEDITION EQUIPMENT LIST

Total Time: 60 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-704/PG-001, *Gold Star Qualification Standard and Plan*, 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.

Have the cadets bring their Expedition Duo-Tang.

Photocopy Section 3 of the Expedition Planning Booklet located at Attachment A for each group.

Photocopy Section 3 of the Expedition Planning Booklet located at Attachment A for each cadet.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

An in-class activity was chosen for this lesson as it is an interactive way to provoke thought and stimulate interest about developing expedition equipment lists.

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadet shall have developed an expedition equipment list.

IMPORTANCE

It is important for cadets to examine every part of an expedition and consider what equipment and materials are required to successfully complete the desired training. Each activity has unique characteristics, even the same activity at the same location during the same time of year may present equipment differences. Cadets must scrutinize every expedition and ensure all materials and equipment have been determined so orders and requests can be placed and materials prepared prior to the commencement of the expedition.

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Teaching point 1 **Have the cadets, in groups of no more than three, develop an expedition equipment list.**

Time: 50 min Method: In-Class Activity

BACKGROUND KNOWLEDGE



Cadets shall be informed of the estimated fuel consumption information below prior to carrying out the activity. This information should be available for all cadets to reference.

FUEL CONSUMPTION

When determining how much fuel to pack for an expedition, refer to the owners' manual of the stove being used to determine how much fuel it will consume. Estimates of fuel consumption for a Coleman Peak One single-burner mountain stove per day are:

SUMMER

- One person requires 1 / 6 L (5.5 ounces) of fuel.
- A group of three requires 1 / 3 L (11 ounces) of fuel.

Spring / Fall

- One person requires 1 / 4 L (8.5 ounces) of fuel.
- A group of three requires 1 / 2 L (17 ounces) of fuel.

WINTER

- One person requires 1 / 2 L (17 ounces) of fuel.
- A group of three requires 3 / 4 L (25.5 ounces) of fuel.

ACTIVITY

Time: 50 min



Cadets will be referencing the guidelines and information developed in their Expedition Duo-Tang.

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OBJECTIVE

The objective of this activity is to have the cadets to develop an expedition equipment list, to include:

- personal equipment,
- group equipment, and
- activity-specific equipment.

RESOURCES

- Section 3 of the Expedition Planning Booklet located at Attachment A (one per group),
- Completed example of Section 3 of the Expedition Planning Booklet located at Attachment B,
- Expedition Duo-Tang, and
- Pens / pencils.

ACTIVITY LAYOUT

Set up the classroom for group work, with the required resources, for groups of three cadets.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into groups of no more than three.

2. Distribute Section 3 of the Expedition Planning Booklet to each group.

3. Have each group review Sections 1 and 2 in their Duo-Tang.

4. Based on the information recorded and established in Sections 1 and 2, have the cadets identify the required equipment for the expedition, to include:

    - personal equipment,
    - group equipment, and
    - activity-specific equipment, to include:
        - mountain biking; and
        - canoeing.

5. Tell the groups that they will have five minutes for each list.

6. Circulate among the groups and assist the cadets as necessary, offering suggestions and advice. Refer to the completed example of Section 3 of the Expedition Planning Booklet, as required. Cadets answers may differ depending on the guidelines and route developed.

7. Review the answers with the groups.

8. Distribute Section 3 of the Expedition Planning Booklet to each cadet.

9. Allow 15 minutes for each cadet to record their findings in Section 3 of their Expedition Planning Booklet, using the complied information from the group.

10. Have the cadets place the completed Section 3 of the Expedition Planning Booklet into their Expedition Duo-Tang.

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SAFETY

Nil.

CONFIRMATION OF TEACHING POINT 1

The cadets' participation in the activity will serve as the confirmation of this TP.

END OF LESSON CONFIRMATION

The cadets' developing of an expedition equipment list will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK / READING / PRACTICE

Have the cadets complete any unfinished areas of Section 3 of the Expedition Planning Booklet that could not be completed during the lesson.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

A successful expedition relies on many conditions. Taking the time to properly assess the required materials for an expedition helps guarantee a positive expedition experience. Shortages and missing materials place stress on the conducting staff and the quality of training being conducted. A well thought-out expedition leads to a successful expedition.

INSTRUCTOR NOTES / REMARKS

Nil.

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.

C2-042 ISBN 0-7566-0946-1 Berger, K. (2005). *Backpacking & hiking*. New York, NY: DK Publishing, Inc.

C2-051 ISBN 978-0-7153-2254-3 Bagshaw, C. (2006). *The ultimate hiking skills manual*. Cincinatti, OH: David & Charles.

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SECTION 3 – EXPEDITION EQUIPMENT LIST

PERSONAL EQUIPMENT

Personal expedition equipment are items that are used by an individual and are maintained by that person. Personal equipment is the kit a cadet carries in their expedition field pack.

List all items that cadets are required to bring with them to successfully complete the expedition.

NON-ISSUED EQUIPMENT SUPPLIED BY CADET	
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ISSUED EQUIPMENT UPON ARRIVAL	
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GROUP EQUIPMENT

Group equipment is selected for its versatility, weight and ease of use. The more compact an item is or can become, the easier it is to pack and carry. Group equipment is given to the cadets upon arrival at the expedition centre.

List all the items the cadets require to successfully complete the expedition. Group equipment includes items that cadets are not expected to purchase, such as two-man tents, water filters and stoves.

ISSUED GROUP EQUIPMENT

Number of persons per group:____

1.		27.	
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ACTIVITY—SPECIFIC EQUIPMENT

Record the materials and equipment required to effectively complete the desired training. List all associated equipment and materials that are used for each mode of travel.

MODES OF TRAVEL

Mode of Travel #1 Equipment Required	
Type of Activity:	
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Mode of Travel #2 Equipment Required	
Type of Activity:	
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COMPLETED EXAMPLE OF SECTION 3 OF THE EXPEDITION PLANNING BOOKLET

PERSONAL EQUIPMENT

Personal expedition equipment are items that are used by an individual and are maintained by that person. Personal equipment is the kit a cadet carries in their expedition field pack.

List all items that cadets are required to bring with them to successfully complete the expedition.

NON-ISSUED EQUIPMENT SUPPLIED BY CADET	
1.	**Camera**
2.	**Camp soap (biodegradable)**
3.	**Clothing (for 2 days 2 nights)**
4.	**Facecloth or small towel x 2**
5.	**Gloves x 1 pair**
6.	**High energy snacks**
7.	**Lip balm**
8.	**Matches (minimum of 20 strike anywhere)**
9.	**Notepad and pencil**
10.	**Pocket knife / survival knife**
11.	**Rain gear**
12.	**Sunglasses**
13.	**Sunscreen—SPF 15, (30 recommended)**
14.	**Survival kit**
15.	**Toilet paper x 1 roll**
16.	**Toothbrush**
17.	**Toothpaste**
18.	**Wide brim hat**
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ISSUED EQUIPMENT UPON ARRIVAL	
1.	**Backpack (one per cadet)**
2.	**Carabiner (one per cadet)**
3.	**Flashlight / headlamp (one per cadet)**
4.	**Insect repellent (one per cadet)**
5.	**KFS (knife, fork, spoon,) set (one per cadet)**
6.	**Plate (one per cadet)**
7.	**Sleeping bag (one per cadet)**
8.	**Sleeping mats (one per cadet)**
9.	**Small bowl (one per cadet)**
10.	**Trekking pole (one per cadet)**
11.	**Valise (one per cadet)**
12.	**Water bottle (one per cadet)**
13.	**Water carrier (one per cadet)**
14.	**Whistle (one per cadet)**
15.	**Mosquito net (one per cadet)**
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GROUP EQUIPMENT

Group equipment is selected for its versatility, weight and ease of use. The more compact an item is or can become, the easier it is to pack and carry. Group equipment is given to the cadets upon arrival at the expedition centre.

List all the items the cadets require to successfully complete the expedition. Group equipment includes items that cadets are not expected to purchase, such as two-man tents, water filters and stoves.

ISSUED GROUP EQUIPMENT

Number of persons per group: 9

1.	**15-m rope (one per group)**
2.	**Batteries** (spares for communication device and GPS)
3.	**Compass (two per group)**
4.	**First-aid kit (one per group)**
5.	**Food (as detailed in the ration plan)**
6.	**Fuel bottle(s) (three, one litre bottles per group)**
7.	**Garbage bags (one per meal)**
8.	**Glow sticks (two per cadet)**
9.	**GPS receiver (one per group)**
10.	**Hand-held radio (two per group)**
11.	**Naphtha (three litres)**
12.	**Pot set (two sets)**
13.	**Large resealable bags (10 per group)**
14.	**Single burner mountain stove (two per group)**
15.	**Tent complete, 3-person (three per group)**
16.	**Topographical map / guidebook (one per group)**
17.	**Water filter (two per group)**
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ACTIVITY—SPECIFIC EQUIPMENT ANSWER KEY

Record the materials and equipment required to effectively complete the desired training. List all associated equipment and materials that are used for each mode of travel.

MODES OF TRAVEL

Mode of Travel #1 Equipment Required	
Type of Activity: Canoeing	
1.	**Bailer (one per canoe)—22**
2.	**Canoes (one per tandem group)—22**
3.	**Canoe repair kit (one per canoe group)—4**
4.	**Paddles (three per canoe)—66**
5.	**Painters (two per canoe)—44**
6.	**PFD (one per person)— 44**
7.	**Throw Bag with rope, not less than 15 m (49 ft) (one per canoe)—22**
8.	**15-m buoyant heaving line or throw bag (one per canoe)—22**
9.	**Wet / dry suits for each person if water conditions are below 10 degrees Celsius—44**
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Mode of Travel #2 Equipment Required	
Type of Activity: Mountain Biking	
1.	**Basic bike repair kit (one per group)—4**
2.	**Helmet (one per person)—44**
3.	**Mountain Bike complete (one per person)—44**
4.	**Reflective vest (one per group)—4**
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