ROYAL CANADIAN ARMY CADETS

GOLD STAR

INSTRUCTIONAL GUIDE

SECTION 1

EO M426.01 – PREPARE FOR EXPEDITION TRAINING

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-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.

Obtain necessary examples of outdoor clothing, equipment and high-energy snacks.

The joining instructions and training schedule referred to in TP 2 will vary depending on the region. Acquire these documents from the local expedition centre.

Photocopy the Navigation Review Package located at Attachment A for each cadet.

If the expedition centre is conducting cold weather activities (snowshoeing / skiing), TPs 1 and 2 will have to be altered. Information is available in EO C121.03 (Select Cold Weather Clothing) and EO C121.04 (Recognize the Effects of Cold Weather).

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

An interactive lecture was chosen for TPs 1 and 2 to orient the cadet to the selection of expedition equipment and expedition training.

An in-class activity was chosen for TP 3 to give directions to the Navigation Review Package that will be completed prior to attending the Gold Star expedition.

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadet shall be expected to prepare for expedition training.

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IMPORTANCE

It is important for cadets to understand the importance of preparing for expedition training as a way to ensure everyone is comfortable when participating in an expedition. Reviewing the joining instructions prior to undergoing training as well as completing a navigation review will assist cadets in preparing for expedition training.

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Teaching point 1 **Review the selection of clothing and equipment for an expedition.**

Time: 10 min Method: Interactive Lecture



This TP is designed to familiarize cadets with the proper clothing and equipment to pack for expedition training. Cadets should have knowledge of this subject from previous expedition training.

Have examples of outdoor clothing, equipment and high-energy snacks available if possible.

Customize the lesson to the anticipated weather for the respective expedition centre and its activities. Cadets should be advised to check the weather forecast prior to the training.

CLOTHING

The most effective way to maintain warmth and comfort in varying conditions is by using multiple layers of clothing. Layers allow one to build a microclimate that surrounds the body, which can then be adapted to moisture, wind, temperature and exertion levels.



Remember:

- It is easier to stay warm than to try to warm up after getting cold.
- It takes more insulation to stay warm when sitting still than when moving.
- Heat is lost faster to a cold solid object through conduction than to cold air through convection, which is the transfer of heat by upward movement.



Where the expedition will be held in cold weather, ensure cadets follow the principles for keeping warm.

CLEAN CLOTHING. Important for both sanitation and comfort. Dirt and grease will fill air pockets in clothes and allow the heat to escape your body more easily, leaving you feeling cold sooner.

OVERHEATING must be avoided. Overheating causes perspiration, which causes clothing to become damp. Dampness fills the air pockets in the clothing with heat-conducting moisture, permitting the body heat to escape. Overheating can be prevented by ventilation or removing layers.

LOOSE and in **LAYERS**. Clothes and footwear that are too tight restrict the blood circulation, increasing the danger of frostbite. Clothes should not be too loose either, as this allows trapped air to move, causing heat loss. Layering allows you to take clothing off before you overheat and add clothing as you cool.

Keep clothes **DRY**. Moisture will soak into your clothes from both inside and outside. Frost or snow that collects on your clothes will melt, making your clothes wet.

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FOOTWEAR

Footwear is an important aspect of dressing for expedition training. Properly fitting, comfortable shoes / boots will make the cadet more comfortable during training. Low-ankle hiking boots are the ideal footwear. Finding shoes / boots that provide adequate ankle protection is important.



Combat boots or other military issue high-ankle support boots should not be worn during expedition training. Also, never wear new boots for the first time during an expedition.



Where the expedition will be held in cold weather, ensure cadets are aware that feet are vulnerable to the cold because they get wet easily, both externally and from perspiration.

The following principles are valuable when choosing and wearing footwear:

- **Ensure footwear is loose and in layers.** The layers are made up by the boot and the different combinations of socks and insoles.
- **Avoid restriction of circulation.** Two or more pairs of socks worn too tightly or tying the boot too tightly can restrict the circulation of warm blood from the body core and allow the feet to become cold.
- **Change socks and insoles as often as possible.** Since footwear often gets wetter than other types of equipment, select footwear designed to help decrease this, eg, with a rubber lower and material upper. Dry socks should always be carried, and socks should be changed as soon as possible when they become wet. If wearing heavy footwear equipped with removable insoles, such as mukluks, both socks and insoles should be changed.
- **Dry footwear when wet.** Footwear should be dried thoroughly at the first opportunity available.
- **Ensure footgear and feet are kept clean.** Footgear should be kept clean of mud and dirt, and feet should be cleaned frequently. Feet should always be exercised and massaged when changing socks.
- **Ensure all footwear fits properly to avoid chafing and blisters.** Ski and snowshoe bindings must be adjusted carefully. Improperly adjusted bindings may chafe the feet or cause excess wear and tear to the boot.

PERSONAL EQUIPMENT



Consult the joining instructions for a specific list of requisite personal kit.

Personal expedition equipment are items that benefit the participant and should be maintained by that person. Personal equipment is the kit the cadets need to carry on them.

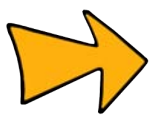
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Items to bring from home:

- **Hygiene kit.** Includes all personal items required to maintain good health and hygiene. A hygiene kit should include:
  - camp soap (biodegradable),
  - toothbrush,
  - toothpaste,
  - toilet paper, and
  - facecloth or small towel.
- **Insect repellent.** The active ingredient in most bug repellent is DEET. Many brands are available and can be purchased at most grocery stores.
- **Lip balm.** Lip balm with sunscreen will help protect lips. Lips burn easily at any elevation and cold dry winds can make lips crack and bleed.
- **Sunscreen.** A Sun Protection Factor (SPF) of 4 means that it will take four times longer to burn as when unprotected. Most sunburns can be prevented with an SPF of 15 with ultraviolet A (UVA) and ultraviolet B (UVB) protection, however an SPF of 30 or higher is recommended for most activities.
- **Sunglasses.** Protective eyewear. Sunglasses will protect the eyes from the sun.
- **Notepad and pencil.** Allows for note taking / leaving a message in any situation.
- **Water carrier.** A leak-proof water bottle or canteen to carry water.
- **Camera.** Cameras are great to record experiences.

Items that the expedition centre may provide:

- **Flashlight / headlamp.** A flashlight / headlamp should always be carried; smaller is better to control weight (be sure to have a spare set of batteries and bulb before each trip). Headlamps allow for hands-free operation.
- **Matches.** At least 20 matches that can strike anywhere and are waterproof. Store matches with a striker in a separate container inside the kit (35 mm film cases would suffice).
- **Knife / multi-tool.** Useful tool for many applications in the field. Hunting-type knives with long fixed blades are not appropriate for cadet activities.
- **Survival kit.** A kit with beneficial items to have in a survival situation. Items should be specific for the environment you will be travelling in.
- **Whistle.** For use as a signalling device in emergencies.
- **High-energy snacks.** As detailed below.



There may be a requirement for each participant to have a plate, a bowl and cutlery depending on food being consumed during expedition training.

GROUP EQUIPMENT

Group equipment should be selected for its versatility, weight, ease of use and packing. The more compact an item is or can become, the easier it will be to pack and carry.

Group equipment will be given to cadets upon arrival at the expedition centre.

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HIGH-ENERGY SNACKS



Expedition centres may provide high-energy snacks. If the cadets are bringing their own snacks, encourage careful selection, as they will need to be carried.

Food is one of the most important factors to consider when expending large amounts of energy during activities. Choosing the right snacks to supplement meals is important to maintain energy and nutrition.



People are more prone to injuries at around 1100 hours and 1500 hours when blood sugar is low and people are tired from activities.

Granola Bars

Granola bars are an easy snack that can be brought on the trail with little waste. The wrapper of the granola bar can be folded and placed in a resealable plastic bag for disposal. When eating on the move, the wrapper can simply be placed in a pocket.

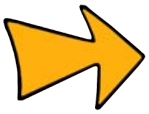
Granola bars come in a variety of flavours and often include chocolate. The nutrition in granola bars is largely grain based and provides a high calorie count. Granola bars often have 10–14 g of sugar and 11–16 g of fat.



Stay away from granola bars with more than 20 percent fat. These bars will only impede energy levels.

Dried Fruit and Nuts

Dried fruits last for months and keep most of their nutritional value. Dried fruit provides energy benefits without the added weight of 80 percent water content. Most grocery stores have varieties of mixed fruit, which can be dried at home.



To make homemade dried apples:

(1) Slice the apples thinly.

(2) Place on baking tray in a single layer.

(3) Place in oven on a low temperature setting (60 degrees Celsius [140 degrees Fahrenheit]).

(4) Check dryness every 20 minutes.

(5) Crack open the oven door to remove moist air and improve result.

This process can take up to four hours.

Seeds and nuts are great sources of carbohydrates, protein and fat. Proteins are an essential part of any diet; known as the "don't leave home without it" snack. The high fat content will slow digestion so seeds and nuts are best used for refuelling during longer breaks. Nuts also provide magnesium, guarding the muscles against burn from lactic acid.

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Cheese

A good source of dairy on the trail, cheese is a great form of calcium.



Cheese with a high moisture content does not keep well when not refrigerated for extended periods of time. Cheeses with low moisture content can keep longer. The liquefied milk fat will run off at high temperatures. While this is not a pleasant sight, it is not a sign of spoilage.

Cheeses with a high moisture content include:

- mozzarella, and
- parmesan.

Cheeses with a low moisture content include:

- cheddar,
- colby, and
- swiss.

"Good Old Raisins and Peanuts" (Gorp)

"Good old raisins and peanuts" is just that— a mixture of raisins, peanuts and anything else a person might want to add. There is often a sugar source like chocolate chips added to a dried fruit.

There are many varieties of GORP recipes. GORP can be bought in most groceries stores—pre-made—or made at home. Everyone has their favourite recipe. A person's GORP may change every expedition depending on what is available, or what they feel like eating.



Small items like sunflower seeds will settle to the bottom of the bag while larger items will float to the top. Mix up the contents of the bag before eating.



To make a simple GORP recipe:

- 118 mL (1/2 cup) peanuts,
- 118 mL (1/2 cup) raisins,
- 59 mL (1/4 cup) chocolate chips*, and
- 59 mL (1/4 cup) dried cranberries.

*In warmer weather, chocolate chips can be substituted with candy-coated chocolate that will not melt.

Mix in a bowl and store in an airtight container or resealable bag. This recipe will make 354 mL (1 1/2 cups). Substitute or add items as desired.

Examples of food items to put in GORP:

- dried apples,
- banana chips,

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- dried papaya,
- dates,
- dried cranberries,
- coconut,
- almonds,
- cashews,
- peanuts,
- chocolate,
- carob chips,
- candy-coated chocolate,
- chocolate- or yogurt-covered raisins,
- sunflower seeds,
- dried green peas, and
- pretzels.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS:

Q1. What is the most effective way to maintain warmth and comfort in varying conditions?

Q2. What are the personal items a cadet should bring to the expedition centre?

Q3. What nutrients are in nuts?

Q4. When are people more prone to injuries on the trail?

ANTICIPATED ANSWERS:

A1. The most effective way to maintain warmth and comfort in varying conditions is by using multiple layers of clothing.

A2. The personal items that should be brought to the expedition centre are:

- hygiene kit,
- insect repellent,
- lip balm,
- sunscreen,
- sunglasses,
- notepad and pencil,
- water carrier, and
- camera.

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A3. Nuts are a great source of carbohydrates, protein and fat.

A4. People are more prone to injuries around 1100 hours and 1500 hours when blood sugar is low and people are tired from activities.

Teaching point 2 **Brief the cadets on the joining instructions and training schedule for Gold Star expedition training.**

Time: 10 min Method: Interactive Lecture



This TP is designed to introduce and brief cadets on what is required during training at the expedition centre.

Review the joining instructions and after briefing cadets, answer any questions.

RISKS IN EXPEDITION TRAINING

Activities conducted at the expedition centres will likely include hiking, biking, canoeing and camping. Risk is the chance or possibility of danger, loss or injury. Each activity has its own risks.

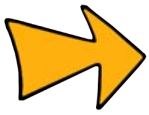
Hiking is the activity of walking outdoors on unpaved trails in a wilderness environment and may include many types of terrain and environments. It is not uncommon for cadets to be injured by tripping, falling and slipping over wet roots or rocks, or falling down a small slope.

Mountain biking is riding a bike on trails and secondary roads, using specialized equipment. Cadets are at risk of falling off the bike or not using the bike properly, which may cause injury. Injuries that may occur while mountain biking are cuts and scrapes, bruising, flesh wounds, or broken bones.

Canoeing is travelling on water using a canoe. Cadets should be seated, wearing a personal floatation device (PFD) and acting responsibly. These actions will minimize the risks associated with canoeing.

Snowshoeing is the activity of walking outdoors on snow using specialized shoes. It is not uncommon for cadets to be injured by tripping, falling and slipping over ice and uneven snow or falling down a small slope. Also, with cold weather comes the risk of frostbite, hypothermia and snow blindness.

Backcountry skiing will sometimes be done on rough terrain and difficult snow. Cadets are at risk of falling and tripping. Backcountry skiing excursions require attention to traffic, road and trail conditions, weather, terrain and the capabilities of the cadets involved. Also, with cold weather comes the risk of frostbite, hypothermia and snow blindness.



Canoeing is of great cultural significance to Canadians. Canoeing in expedition training allows cadets to see Canada's wilderness from a different perspective.



Refer to CATO 40-01, *Army Cadet Expedition Program* for general expedition information.

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Policies

Prior to participating in expedition training, all cadets shall be reminded of the following policies:

- CATO 11-08, *Environmental Stewardship Policy*,
- CATO 13-23, *Drug and Alcohol Policy*,
- CATO 13-24, *Harassment Prevention and Resolution Policy*,
- CATO 13-26, *Return To Unit Policy*, and
- CATO 15-22, *Cadet Conduct and Discipline Policy*.

JOINING INSTRUCTIONS

Joining instructions are issued to provide cadets with all the required information they may need to arrive at the expedition centre prepared and capable of performing the required training. They are issued for all activities outside of the local cadet corps.

Each region will have different joining instructions for each expedition centre.



Joining instructions for expedition training can be found at the regional website.

The joining instructions will have information such as:

- general information on the activity,
- directions to the expedition centre,
- dates of training,
- transportation requirements,
- what identification is required,
- administrative and claim information,
- rations and quarters information,
- uniform requirements,
- expected cadet conduct, and
- required kit list.

Joining instructions will often have a schedule / timetable included.

CONFIRMATION OF TEACHING POINT 2

The cadets' participation in the briefing for the expedition centre training weekend will serve as the confirmation of this TP.

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Teaching point 3 **Describe the instructions for the Navigation Review Package.**

Time: 5 min Method: In-Class Activity

ACTIVITY

OBJECTIVE

The objective of this activity to have the cadets become familiar with and receive instructions for the Navigation Review Package.

RESOURCES

Navigation Review Package located at Attachment A.

ACTIVITY LAYOUT

Nil.

ACTIVITY INSTRUCTIONS

1. Distribute a Navigation Review Package to each cadet.

2. Allow the cadets two minutes to review the package.

3. Explain to the cadets that the Navigation Review Package is to be completed prior to attending the Gold Star expedition. The package is to be used as a self-assessment tool. If cadets experience difficulty in an area, they should review the material and seek assistance prior to attending the expedition.



There is no time allocated for the completion of the package. Each cadet is to complete the self-study package and bring it with them to the expedition centre.



Though there is no time allocated to review answers in the Navigation Review Package, the answers are located at Attachment B. Answers should be reviewed prior to the cadet attending the Gold Star expedition.

SAFETY

Nil.

CONFIRMATION OF TEACHING POINT 3

The cadets' participation in the orientation to the Navigation Review Package will serve as the confirmation of this TP.

END OF LESSON CONFIRMATION

The cadets' participation in the briefing for the expedition centre training weekend will serve as the confirmation of this lesson.

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CONCLUSION

HOMEWORK / READING / PRACTICE

Cadets are to complete and take the following to the expedition centre:

- the Navigation Review Package;
- the Medical Information Form; and
- the Consent to Adventure Training Form.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

Participating in a briefing on the local expedition centre, wearing proper clothing, bringing equipment and snacks, and reviewing navigation will help ensure all personnel are prepared for the upcoming challenges of expedition training.

INSTRUCTOR NOTES / REMARKS

This EO shall be conducted a minimum of two weeks prior to the Gold Star expedition.

Where expedition centres are completing the Gold Star expedition in cold weather, it is advised that the cadets receive cold weather training at the corps.

The joining instructions and timetable referred to in TP 2 will vary depending on the region. Instructors should acquire these from the local expedition centre.

There is no time allocated for the cadet to complete the Navigation Review Package. This package is to be completed by the cadet on their own time. Corps staff should review the completed package with the cadet prior to the Gold Star expedition.

The Navigation Review Package shall be completed and brought to the expedition centre by the cadet.

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.

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

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.

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NAVIGATION REVIEW PACKAGE

Name: _____

Use the Sydenham Map (Figures A-1, A-2 and A-3) to answer Questions 1–7 and the Mission Map (Figure A-4) to answer Questions 8 and 9.

1. Find grid reference (GR) 551 187 and mark it as the start point (point A) on the Sydenham map. What conventional sign is located at the GR?

   Answer: _____

2. Find GR 505 247 and mark it as the finish point (point B) on the Sydenham map.

3. Select a route to hike from point A to point B on the Sydenham map. Consider distance, terrain, obstacles, etc. Clearly mark the route chosen on the map and give a brief explanation below as to why the route was chosen.

   _____

   _____

   _____

   _____

   _____

4. Measure the distance along the route from point A to point B on the Sydenham map.

   Answer: _____

5. Estimate the time it will take to hike the route on the Sydenham map. Remember that rates of travel will differ, depending on factors such as the group, equipment, terrain, elevation above sea level, etc.

   On average, a person walks 4 km per hour, 1 km per 15 minutes or 100 m per 1.5 minutes. When off trail in open terrain, a person can be expected to travel 3 km / h. On rough, difficult terrain a person can be expected to travel 1–1.5 km / h. When gaining elevation, there should be an extra allowance of 1 hour per every 300 m. When above 3 000 m, the rate of travel will greatly decrease. Give a brief explanation as to why the answer was chosen.

   _____

   _____

   _____

   _____

   _____

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6. Calculate the magnetic declination of the Sydenham map. Show all workings below.

7. Determine the magnetic bearing from point A to point B on the Sydenham map.

   Answer: _____

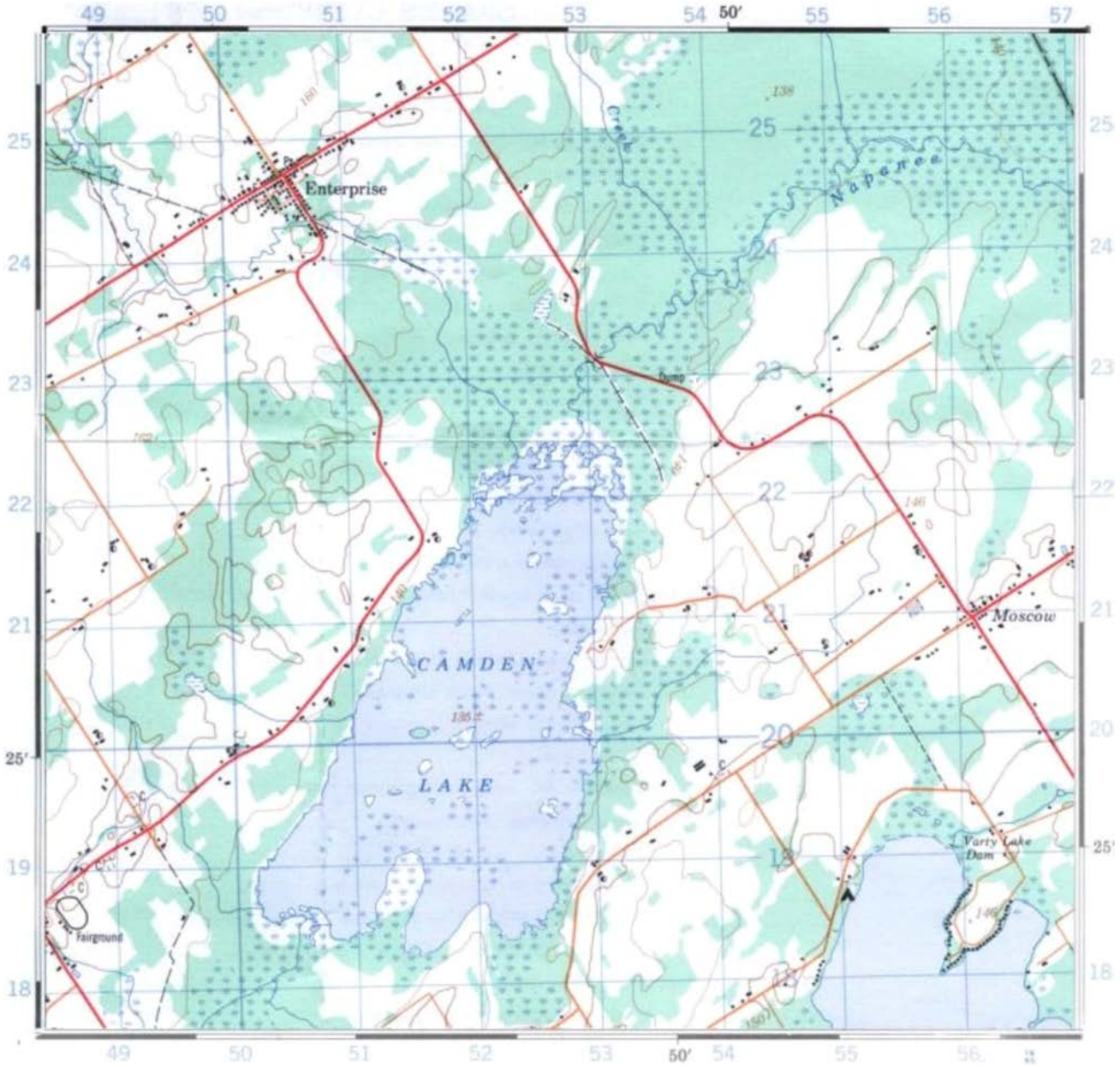
8. Determine the contour interval of the Mission map.

   Answer: _____

9. Determine the elevation at GR 390 540 on the Mission map.

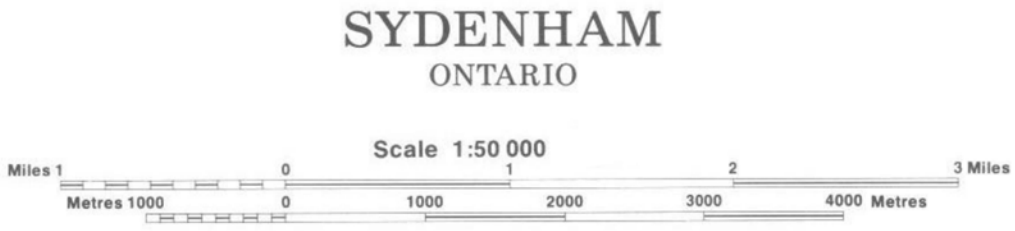
   Answer: _____

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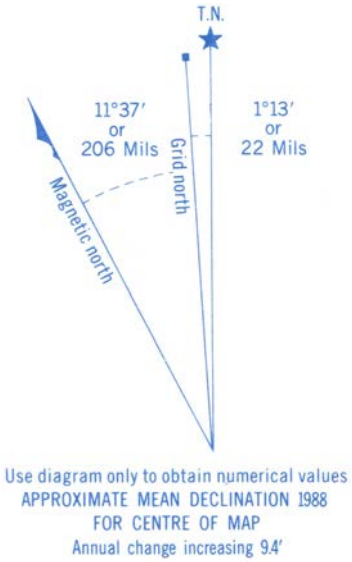
Figure A-1 Section of Sydenham Map



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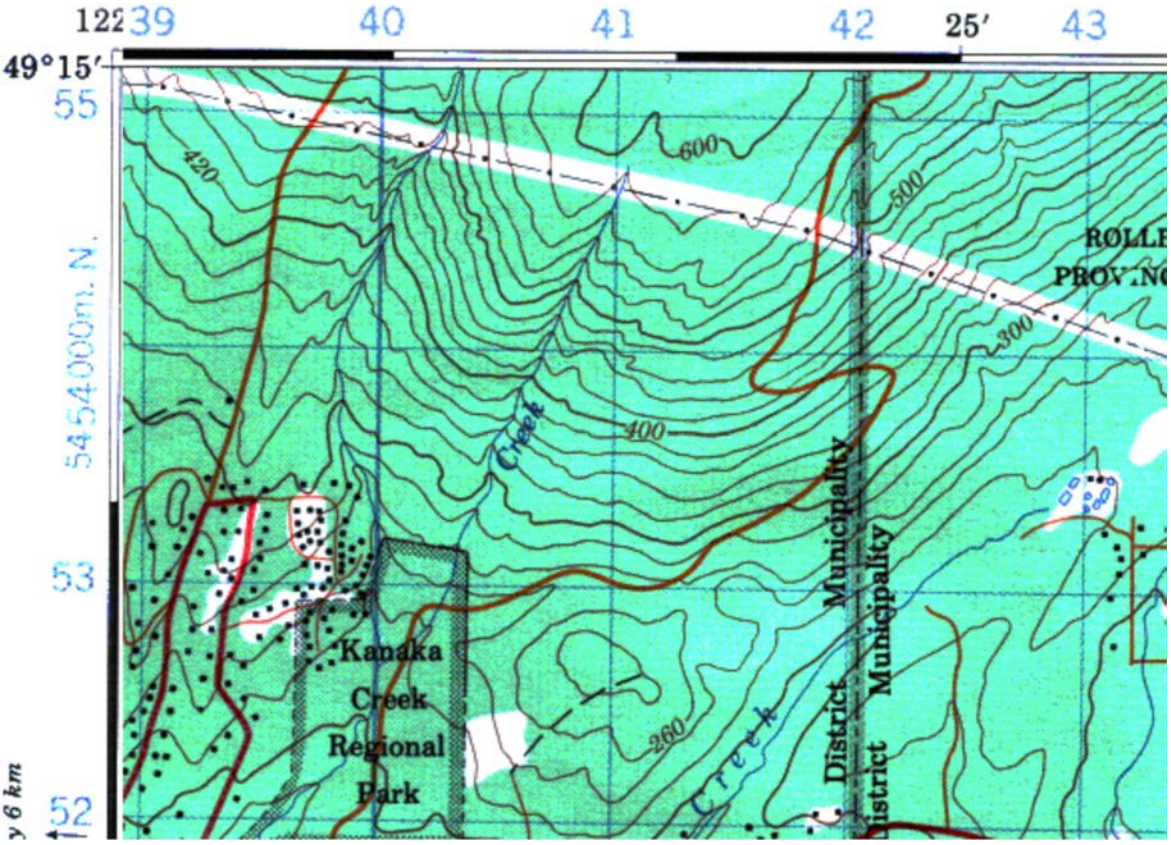
Figure A-2 Sydenham Map Scale

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Figure A-3 Sydenham Map Declination Diagram and Information



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Figure A-4 Section of Mission Map

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NAVIGATION REVIEW PACKAGE ANSWERS

1. See Figure B-1. The conventional sign is a **campsite**.

2. See Figure B-1.

3. Routes may vary. The answer provided is based on the route illustrated in Figure B-1.

The route chosen was the shortest distance. Leave the campsite and head south. Take the first road heading northwest. At intersection, head northwest. Take the trails / roads heading northwest until the intersection at GR 518 254. Head southwest until the Enterprise Intersection.

4. The distance along the route from point A to point B is **11 000 m or 11 km**.

5. The estimated time (based on the route illustrated in Figure B-1)

The terrain does not seem difficult and there are some elevation changes. The estimated time is 3 hours.

6. The magnetic declination is as follows:

Current year:	2011
Year of declination information:	- 1988
Difference in years:	23
Difference in years:	23
Annual change:	x 9.4'
Total change:	216.2' or 3°36.2'

Annual change is increasing so it is added to the original declination:

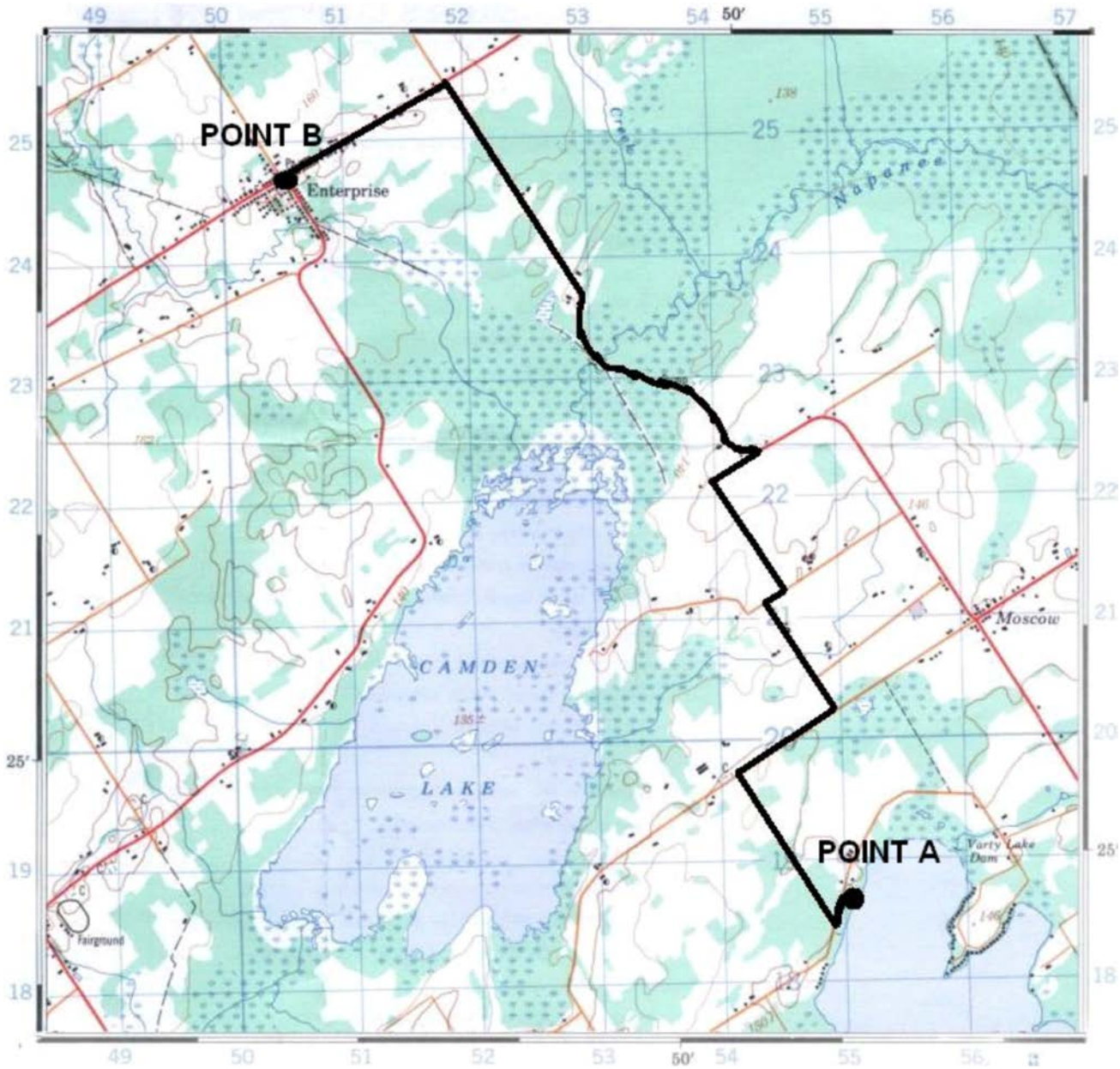
Original declination:	W 11° 37'
Total change:	+3° 36.2'
Current declination:	W 14° 73.2' or **W 15° 13'**

7. The magnetic bearing is **5750 mils or 323 degrees**.

8. The contour interval is **20 m**.

9. The elevation is **320 m**.

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Verify against the official publication.



Note. From Sydenham 31 C/7 (8th ed.), by Canada Centre for Mapping, 1988, Department of Energy, Mines and Resources. Copyright 1988 by Her Majesty the Queen in Right of Canada, Department of Energy, Mines and Resources.

Figure B-1 Section of Sydenham Map (With Route)

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