EO M426.01 – PREPARE FOR EXPEDITION TRAINING

1. **Performance**:Prepare for Expedition Training

2. **Conditions**:

   a. Given:

      (1) Expedition centre joining instructions,

      (2) Navigation Review Package,

      (3) Supervision, and

      (4) Assistance as required.

   b. Denied: Nil.

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

3. **Standard**:The cadet shall prepare for expedition training by:

   a. reviewing the selection of clothing, footwear, equipment and high-energy snacks;

   b. discussing the expedition centre's joining instructions and training schedule; and

   c. receiving the instructions for completing the Navigation Review Package.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Review the selection of: a. clothing, b. footwear, c. personal equipment, d. group equipment, and e. high-energy snacks, to include: 1. granola bars, 2. dried fruit and nuts, 3. cheese, and 4. "Good Old Raisins and Peanuts" (GORP).	Interactive Lecture	10 min	C2-051 (pp. 67–74) C2-066 (pp. 22–34, pp. 67–70)
TP2	Brief the cadets on the joining instructions and training schedule for Gold Star Expedition Training.	Interactive Lecture	10 min	A2-001
TP3	Describe the instructions for the Navigation Review Package.	In-Class Activity	5 min	

5. **Time**:

   a. Introduction / Conclusion: 5 min
   b. Interactive Lecture: 20 min
   c. In-Class Activity: 5 min
   d. Total: 30 min

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6. **Substantiation**:

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

   b. 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.

7. **References**:

   a. 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.

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

   c. 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.

8. **Training Aids**:

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

   b. Expedition centre joining instructions, and

   c. Navigation Review Package.

9. **Learning Aids**:

   a. Expedition centre joining instructions, and

   b. Navigation Review Package.

10. **Test Details**:Nil.

11. **Remarks**:

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

   b. 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.

   c. 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.

   d. 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.

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

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