EO M426.02C – HIKE ALONG A ROUTE

1. **Performance**:Hike Along a Route

2. **Conditions**:

   a. Given:

      (1) Personal expedition equipment,

      (2) Personal hiking equipment,

      (3) Group hiking equipment,

      (4) Supervision, and

      (5) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Expedition centre, Class 2 / 3 hiking terrain IAW A-CR-CCP-930/AG-001, *Cadet Program Interim Activity Safety Direction*.

3. **Standard**:The cadet, in a team of no more than six, shall hike along a route with some Class 1-2 terrain, with an expedition field pack, during an expedition.

4. **Teaching Points**:

   a. Conduct a briefing, to include an explanation of:

      (1) the objectives and the importance of the activity;

      (2) the resources that may be required to perform the activity; and

      (3) any safety guidelines that must be followed while performing the activity.

   b. Have the cadets, in teams of no more than six, hike along a route with some Class 3 terrain during an expedition.

   c. Conduct a debriefing by asking the cadet:

      (1) how they felt about the activity;

      (2) how they felt their team worked together;

      (3) what portion of the activity challenged them the most;

      (4) how their teammates assisted them when they were challenged;

      (5) if there any specific examples of when their team bonded;

      (6) how the team made decisions;

      (7) whether or not all team members ideas / suggestions were considered; and

      (8) what they would do as a leader of this type of activity to ensure their subordinates enjoyed the experience.

5. **Time**:

a. Introduction / Conclusion:	10 min
b. Experiential Learning:	260 min
c. Total:	270 min

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6. **Substantiation**:The experiential approach was chosen for this activity as it allows the cadets to acquire new knowledge and skills through a direct experience. The cadets experiences hiking on Class 3 terrain during an expedition and defines that experience on a personal level. The cadets will be given the opportunity to reflect on and examine what they saw, felt and thought while hiking and consider how it relates to what they already learned and experienced as well as how it will relate to future experiences.

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. C2-016 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.

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

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

   e. C2-103 ISBN 0-89886-427-5 Graydon, D., & Hanson, K. (Eds.). (2001). *Mountaineering: The freedom of the hills* (6th ed.). Seattle, WA: The Mountaineers.

8. **Training Aids**:

   a. Personal expedition equipment,

   b. Personal hiking equipment, and

   c. Group hiking equipment.

9. **Learning Aids**:

   a. Personal expedition equipment,

   b. Personal hiking equipment, and

   c. Group hiking equipment.

10. **Test Details**:This EO is assessed IAW Chapter 3, Annex B, 426 PC.

11. **Remarks**:

   a. Expedition centres are required to select two dynamic modes of travel from EO M426.02a (Paddle a Canoe), EO M426.02b (Ride a Mountain Bike), EO M426.02c (Hike Along a Route), EO M426.02d (Snowshoe Along a Route) and EO M426.02e (Ski Along a Route) to incorporate into the expedition training.

   b. This EO has been allocated nine periods in the overall course period allocation. Each expedition centre may adjust this allocation to reflect the choice of activities, facilities and available resources in the expedition centre.

   c. Upon arrival at the expedition centre, cadets will be divided into teams. Cadets will be given an opportunity to navigate and lead peers. These teams will remain the same for the duration of the expedition.

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d. IAW A-CR-CCP-930/AG-001, *Cadet Program Interim Activity Safety Direction*:

(1) hiking equipment includes:

(a) hiking boots, and

(b) trekking poles; and

(2) the following group hiking equipment is required when hiking:

(a) topographical / trail map of area as required,

(b) compass,

(c) GPS receiver,

(d) first aid kit, and

(e) communication device (eg, hand-held radio).

e. Ensure that each cadet has an ample supply of water when hiking.

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