MODIFIED LESSON SPECIFICATIONS AND INSTRUCTIONAL GUIDES – TP 1 OF EO M121.02

A-CR-CCP-701/PG-001

EO M121.02 – TRANSPORT PERSONAL EQUIPMENT

1. **Performance.** Transport Personal Equipment.

2. **Conditions**

   a. Given:

      (1) examples of equipment;

      (2) supervision; and

      (3) assistance as required.

   b. Denied: N/A.

   c. Environmental:

      (1) in-house training: suitable classroom facilities or training area large enough to accommodate entire group; and

      (2) practical application: field setting, during a weekend bivouac FTX.

3. **Standard.** In accordance with specified references the cadet shall participate in a weekend bivouac FTX that will be of two full days and one evening's duration. They are required to pack and transport their personal equipment to and from the FTX area. Depending on the means by which they will travel to the training area, and the resources available to the cadet corps in terms of backpack availability, this could range from walking into the site carrying a rucksack to being transported by vehicle and dropped off at the site.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain and demonstrate how to properly wear a backpack, by: a. loosening shoulder straps; b. bending the knees and holding the shoulder straps; c. lifting and resting the pack on the right (left) thigh; d. putting the right (left) arm through the shoulder strap and swinging it onto the back; e. putting the left (right) arm through the other shoulder strap; and f. clipping the hip belt and tightening the shoulder straps.	Demonstration and Performance	10 min	C2-017 (pp. 13,14, and 29 to 31)

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

A-CR-CCP-701/PG-001

TP	Description	Method	Time	Ref
	Notes: 1. When properly adjusted, the backpack should leave shoulders and hips free to move. This allows the individual wearing it to stand erect in a normal position and walk at a normal pace. 2. If CF rucksacks are to be used, they should be assessed for proper assembly prior to being given to the cadets.			

5. **Time**

a.	Introduction/Conclusion:	5 min
b.	Demonstration and Performance:	10 min
c.	Total:	15 min

6. **Substantiation.** The demonstration-performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.

7. **References**

a. C2-004 (ISBN 1-896713-00-9) Tawrell, P. (1996). *Camping and Wilderness Survival: The Ultimate Outdoors Book.* Green Valley, ON: Paul Tawrell.

b. C2-005 (ISBN 0-393-31334-4) Berger, K. (1995). *Hiking and Backpacking, A Trailside Guide.* New York, NY: Norton and Company, Inc.

c. C2-009 (ISBN 0-684-85909-2) Harvey, M. (1999). *The National Outdoor Leadership School's Wilderness Guide.* New York, NY: Fireside.

d. C2-017 (ISBN 0-7627-0476-4) Roberts, H. (1999). *Basic Essentials, Backpacking.* Guilford, CT: The Globe Pequot Press.

8. **Training Aids**

a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area;

b. Backpacks (external and internal frames); and

c. Suitable examples of personal equipment.

9. **Learning Aids**

a. Backpack; and

b. Personal equipment.

10. **Test Details.** There is no formal assessment of this EO. Instructors will confirm the cadets' comprehension of the material during the end of lesson check. The instructor will also monitor the cadets during the bivouac FTX, advising/correcting as necessary.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

11. **Remarks.** This lesson should be delivered prior to the bivouac FTX. Instructors are encouraged to arrange for cadets at the unit to have their backpacks checked over for proper packing on the night preceding the bivouac FTX.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

A-CR-CCP-701/PF-001

ROYAL CANADIAN ARMY CADETS

GREEN STAR

INSTRUCTIONAL GUIDE

SECTION 2

EO M121.02 – TRANSPORT PERSONAL EQUIPMENT

Total Time: 15 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located at Chapter 4 of the QSP. 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 lesson.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

The demonstration and performance method was chosen to allow cadets to participate in supervised exploration of practical instructional material. This method provides the instructor the opportunity to introduce the subject matter, demonstrate and explain procedures, and supervise the cadets while they imitate the skill. This method appeals to all learning styles.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadets will be expected to properly wear a backpack.

IMPORTANCE

This lesson will allow cadets to train in the field, and carry their equipment safely and efficiently.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

A-CR-CCP-701/PF-001

Teaching Point 1 **Explain and Demonstrate How to Properly Wear a Backpack**

Time: 10 min Method: Demonstration and Performance

DONNING A BACKPACK

The instructor should inform the cadets that left-handed people might wish to follow these directions using opposite hands, in order to accommodate the dominant hand.

There are many different ways to pick up and don a backpack. If donning is done incorrectly, a back injury can occur. The following is a step-by-step method considered safe for donning a backpack:

1. unlatch hip belt and loosen both shoulder straps;
2. pick the backpack up with your right hand on the crossbar from which the shoulder straps are suspended and left hand on the right strap lift backpack high enough to rest it on your right knee;
3. slide right arm through the shoulder strap and swing it onto your back;
4. put left arm through the other strap;
5. tighten the hip belt and shoulder straps; and
6. ensure all loose belts or strap ends are tucked in and off you go.



When properly adjusted the backpack should leave shoulders and hips free to move. This allows the individual wearing it to stand erect in a normal position and walk at a normal pace.



- Give cadets the opportunity to practice donning the backpack, as time allows.
- If CF rucksacks are to be used, they should be assessed for proper assembly.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. What should be loosened prior to donning the backpack?

Q2. When the backpack is harnessed and on the back, what should one ensure is tucked in?

Q3. When properly adjusted the backpack should leave the *(blank)* and the *(blank)* free to move.

ANTICIPATED ANSWERS

A1. Unlatch hip belt and loosen both shoulder straps.

A2. All loose belts or strap ends are tucked in.

A3. Shoulders and hips.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

END OF LESSON CONFIRMATION

The cadets' participation in donning a backpack will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

The cadets can now to go into the field and carry their equipment and gear safely and effectively.

INSTRUCTOR NOTES/REMARKS

N/A.

REFERENCES

C2-004 (ISBN 1-896713-00-9) Tawrell, P. (1996). *Camping and Wilderness Survival: The Ultimate Outdoors Book.* Green Valley, ON: Paul Tawrell.

C2-005 (ISBN 0-393-31334-4) Berger, K. (1995). *Hiking and Backpacking, a Trail Side Guide.* New York, NY: Norton and Company, Inc.

C2-009 (ISBN 0-684-85909-2) Harvey, M. (1999). *The National Outdoor Leadership School's Wilderness Guide*. New York, NY: Fireside.

C2-017 (ISBN 0-7627-0476-4) Roberts, H. (1999). *Basic Essentials, Backpacking*. Guilford, CT: The Globe Pequot Press.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.