ANNEX A

GOLD STAR TRAINING SUMMARY AND TIME ALLOCATION

PERIOD ALLOCATION

PO	Performance Objective	EO No.	Enabling Objective	No. of Pd
400	Participate in *Positive Social Relations for Youth* Training	N/A	Sub-Module 1—Your Responsibility as a Leader to Influence Positive Social Relations	2
		N/A	Sub-Module 2—What Complaints and Consent Are and How to Practice Risk Reduction	2
		N/A	Sub-Module 3—Your Responsibility as a Leader to Help Manage Conflict	2
			PO 400 - Total Mandatory	**6**
			PO 400 - Total Complementary	**0**
X01	Participate in Citizenship Activities	MX01.01A	Participate in a Citizenship Tour	-
		MX01.01B	Attend a Presentation by a Community Organization	-
		MX01.01C	Attend a Presentation by a Citizen-of-Interest	-
		MX01.01D	Participate in the Canadian Citizenship Challenge	-
		MX01.01E	Host a Citizenship Ceremony	-
		MX01.01F	Participate in an Election	-
		MX01.01G	Participate in Heritage Minutes Video Activities	-
		MX01.01H	Participate in Citizenship Learning Stations	-
		CX01.01	Participate in Citizenship Activities	18
			PO X01 - Total Mandatory	**3**
			PO X01 - Total Complementary	**18**
X02	Perform Community Service	MX02.01	Perform Community Service	9
		CX02.01	Perform Community Service	18
			PO 403 - Total Mandatory	**9**
			PO X02 - Total Complementary	**18**
403	Act as a Team Leader	M403.01	Describe Needs and Expectations of Team Members	1
		M403.02	Select a Leadership Approach	2
		M403.03	Motivate Team Members	2
		M403.04	Provide Feedback to Team Members	2
		M403.05	Participate in a Mentoring Relationship	2
		M403.06	Act as a Team Leader During a Leadership Appointment	1
		403 PC		0
		C403.01	Participate in a Leadership Seminar	4 x 3
		C303.01	Lead a Team-Building Activity	3
		C303.02	Deliver a Presentation About a Leader	2
			PO 403 - Total Mandatory	**10**
			PO 403 - Total Complementary	**17**

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PO	Performance Objective	EO No.	Enabling Objective	No. of Pd
X04	Track Participation in Physical Activities	MX04.01	Participate in 60 Minutes of Moderate-to Vigorous-Intensity Physical Activity (MVPA) and Track Participation in Physical Activities	3
		MX04.02	Identify Strategies to Improve Participation in Physical Activities and Participate in the Cadet Fitness Assessment (CFA)	3
		MX04.03	Participate in the CFA and Identify Strategies for Improving Personal Physical Fitness	3
		CX04.01	Participate in the CFA and Identify Strategies for Improving Personal Physical Fitness	3
		CX04.02	Participate in Activities that Reinforce the Three Components of Physical Fitness	3
		CX04.03	Participate in a Cooking Class	3
		CX04.04	Attend a Personal Fitness and Healthy Living Presentation	3
		CX04.05	Attend a Local Amateur Sporting Event	3
			PO X04 - Total Mandatory	**9**
			PO X04 - Total Complementary	**15**
X05	Participate in Physical Activities	MX05.01	Participate in Physical Activities	9
		CX05.01	Participate in Physical Activities	9
		CX05.02	Participate in a Tournament	9
			PO X05 - Total Mandatory	**9**
			PO X05 - Total Complementary	**18**
406	Fire the Cadet Air Rifle During Recreational Marksmanship	M406.01	Participate in a Recreational Marksmanship Activity	3
		C406.01	Assist the Range Safety Officer (RSO)	1
		C406.02	Score Air Rifle Marksmanship Targets	1
		C306.01	Identify Civilian Marksmanship Organizations	1
		C306.02	Correct Marksmanship Error	2
		C306.03	Adopt the Standing Position With the Cadet Air Rifle	2
		C106.01	Participate in a Recreational Marksmanship Activity	6
			PO 406 - Total Mandatory	**3**
			PO 406 - Total Complementary (Max 10 Pd allowed)	**13**
407	Serve in an Army Cadet Corps	M407.01	Identify Gold Star Training Opportunities	1
		M407.02	Identify Year Four CSTC Training Opportunities	1
		M407.03	Identify the Structure of a Cadet Corps	2
		C407.01	Prepare for a Merit Review Board	3
		C307.01	Participate in a Presentation Given by a Guest Speaker From the Regional Cadet Support Unit	2

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PO	Performance Objective	EO No.	Enabling Objective	No. of Pd
		C307.02	Participate in a Presentation Given by the Cadet Liaison Officer	2
		C307.03	Participate in a Presentation Given by a Guest Speaker from the Army Cadet League of Canada	2
			PO 407 - Total Mandatory	**4**
			PO 407 - Total Complementary	**9**
408	Command a Platoon on Parade	M408.01	Discuss Commanding a Platoon on Parade	1
		M408.02	Identify Parade Sequence	1
		M408.03	Command a Squad	1
		M408.04	Inspect a Cadet on Parade	2
		408 PC		0
		C408.01	Discuss the History of Drill	1
		C408.02	View a Re-Enactment That Demonstrates the Historical Use of Drill	3
		C308.01	Execute Flag Party Drill	6
		C308.02	Deliver Words of Command	2
		C208.01	Practice Ceremonial Drill as a Review	2
		C208.02	Execute Drill With Arms	8
			PO 408 - Total Mandatory	**5**
			PO 408 - Total Complementary	**22**
409	Instruct a Lesson	M409.01	Identify Methods of Instruction	2
		M409.02	Identify Elements of a Positive Learning Environment	2
		M409.03	Describe Learner Needs	2
		M409.04	Explain Assessment	1
		M409.05	Instruct a 30-Minute Lesson	3
		409 PC		0
		C409.01	Plan a Lesson	2
		C409.02	Instruct a 30-Minute Lesson	3
		C409.03	Act as an Assistant Instructor	3
		C409.04	Participate in a Creative Lesson-Planning Workshop	3
		C409.05	Act as an Assistant Drill Instructor	3
		C409.06	Instruct a 30-Minute Drill Lesson	3
		C309.04	Identify Formations for Drill Instruction	1
		C309.05	Plan a Drill Lesson	2
		C309.06	Instruct a 15-Minute Drill Lesson	3
			PO 409 - Total Mandatory	**10**
			PO 409 - Total Complementary	**23**
311	Participate in a Recreational Summer Biathlon Activity	C311.01	Practice Aiming and Firing the Cadet Air Rifle Following Physical Activity	3
		C311.02	Participate in a Recreational Summer Biathlon Activity	6
		C211.01	Identify Civilian Biathlon Opportunities	1
		C211.02	Run on Alternate Terrain	1
		C211.03	Fire the Cadet Air Rifle Using a Sling Following Physical Activity	1

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PO	Performance Objective	EO No.	Enabling Objective	No. of Pd
		C211.04	Participate in a Competitive Summer Biathlon Activity	6
		C111.01	Participate in a Biathlon Briefing	1
		C111.02	Run Wind Sprints	1
		C111.03	Fire the Cadet Air Rifle Following Physical Activity	1
		C111.04	Participate in a Recreational Summer Biathlon Activity	6
			PO 311 - Total Mandatory	**0**
			PO 311 - Total Complementary	**27**
X20	Participate in Canadian Armed Forces (CAF) Familiarization Activities	MX20.01A	Participate in a CAF Activity	-
		MX20.01B	Participate in a CAF Familiarization Tour	-
		MX20.01C	Fire the C7 Rifle	-
		MX20.01D	Participate in a Mess Dinner	-
		MX20.01E	Attend a CAF Presentation	-
		MX20.01F	Attend a CAF Commemorative Ceremony	-
		MX20.01G	Participate in CAF Video Activities	-
		MX20.01H	Participate in CAF Learning Stations	-
		CX20.01	Participate in CAF Familiarization Activities	18
			PO X20 - Total Mandatory	**6**
			PO X20 - Total Complementary	**18**
121	Field Training	C121.02	Participate in a Discussion on Cold Climate Exposure	1
		C121.03	Select Cold Weather Clothing	1
		C121.04	Recognize the Effects of Cold Weather	2
		C121.05	Participate in Cold Weather Training	18
			PO 121 - Total Complementary	**22**
422	Follow a Multi-Leg Route Using a Global Positioning System (GPS) Receiver	M422.01	Review Silver Star Navigation	2
		M422.02	Set a Multi-Leg Route Using a GPS Receiver	4
		M422.03	Follow a Multi-Leg Route Using a GPS Receiver	3
		422 PC		2
		C422.01	Locate a Geocache	1
		C422.02	Create a Geocache	1
		C422.03	Discuss Map Software	1
		C422.04	Measure a Grid Bearing With a Protractor	3
		C422.05	Determine Location Using Resection	2
		C422.06	Practice Navigation as a Member of a Small Group	9
		C322.02	Identify Factors That Impact Navigation in the Winter	4
			PO 422- Total Mandatory	**11**
			PO 422 - Total Complementary	**21**
123	Trekking (Complementary Only)	C123.01	Participate in Adventure Training	18
		C123.02	Adhere to March Discipline	1

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PO	Performance Objective	EO No.	Enabling Objective	No. of Pd
		C123.03	Participate in Snowshoeing	9
			PO 423 – Total Complementary	**28**
424	Employ Natural Resources in a Survival Situation	M424.01	Sharpen a Survival Knife	2
		M424.02	Employ the Improvising Process	1
		M424.03	Weave Cordage	3
		424 PC		0
		C424.01	Whittle Wood	3
		C424.02	Boil Water Using Heated Rocks	2
		C424.03	Employ Cattails	2
		C424.04	Prepare Remedies for Common Ailments Using Medicinal Plants	2
		C324.01	Identify Animal and Insect Food Sources	2
		C324.02	Construct Snares	4
		C324.03	Catch a Fish	3
		C324.04	Collect Edible Plants	4
		C324.05	Prepare a Meal from Field Food Sources	3
			PO 424 - Total Mandatory	**6**
			PO 424 - Total Complementary	**25**
425	Develop an Expedition Plan	M425.01	Establish Expedition Parameters	1
		M425.02	Plan an Expedition Route	3
		M425.03	Develop an Expedition Equipment List	2
		M425.04	Develop an Expedition Ration Plan	2
		C425.01	Discuss Actions Taken When a Person is Lost	2
		C425.02	Analyze Problems Using an Expedition Case Study	9
		C325.01	Communicate During an Expedition	4
		C325.02	Participate in a Presentation on the Duke of Edinburgh Award Program	1
			PO 425 - Total Mandatory	**8**
			PO 425 - Total Complementary	**16**
426	Perform Expedition Skills (Note 1)	M426.01	Prepare for Expedition Training	1
		M426.02a	Paddle a Canoe (Note 2)	4.5
		M426.02b	Ride a Mountain Bike (Note 2)	4.5
		M426.02c	Hike Along a Route (Note 2)	4.5
		M426.02d	Snowshoe Along a Route (Note 2)	4.5
		M426.02e	Ski Along a Route (Note 2)	4.5
		426 PC		0
			PO 426 - Total Mandatory	**1**
			PO 426 - Total Mandatory	**18**
N/A	Participate in the Annual Ceremonial Review (ACR)			3

Note 1: EOs M426.02 and 426 PC are to be conducted at an expedition centre during the allocated expedition exercise. The period count for these EOs is an estimate that conforms to the standard eighteen periods allocated to a training weekend. Each expedition centre may adjust this allocation to reflect the choice of activities, facilities and available resources at the expedition centre.

Note 2: Two activities shall be selected from the five listed as EO M426.02.

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TRAINING DAY / WEEKEND ALLOCATION

MANDATORY

Activity	Description	Time
Mandatory Training Periods	Eighteen periods of instruction (nine per day) chosen from the mandatory EOs, to be delivered during a full day of training. In some cases periods have been grouped into logical nine period days in the lesson specifications (eg, PO 402 [Community Service], PO 405 [Recreational Sports], or PO 406 [Air Rifle Marksmanship]). However, corps may choose to deliver any EOs that suit their circumstances on these days.	2 Days
Bivouac FTX	One weekend of mandatory support will be provided for corps to participate in a weekend bivouac FTX to include two days of practical experience in support of PO 422 (Navigation) and PO 424 (Wilderness Survival).	1 Weekend
Expedition Exercise	One weekend of mandatory support will be provided for Gold Star cadets to participate in a weekend of expedition training conducted by a Region Expedition Centre to develop hard expedition skills. Guidance on the conduct of this weekend is provided at Chapter 2, Annex A, Appendix 1.	1 Weekend
	Total Mandatory	**6 Days**

COMPLEMENTARY

Activity	Description	Time
Complementary Training Periods	Eighteen periods of instruction (nine per day) chosen from the complementary EOs, to be delivered during a full day of training. In some cases periods have been grouped into logical nine period days in the lesson specifications (eg, PO 402 [Community Service], PO 405 [Recreational Sports], or PO 123 [Trekking]). However, corps may choose to deliver any complementary EOs, that meet their specific circumstances, on these days.	2 Days
Army Cadet Adventure Training Activities FTX	One weekend of complementary support will be provided for corps to participate in <u>either</u>: 1. a weekend adventure training FTX (EO C123.01 Participate in Adventure Training) conducted in accordance with A-CR-CCP-930/AG-001; <u>or</u> 2. a weekend cold weather FTX (EO C121.05 Participate in Cold Weather Training) conducted in accordance with A-CR-CCP-107/PT-002, *Royal Canadian Army Cadet Course Training Plan, Corps Training Program, Winter Adventure Training Manual*.	1 Weekend
	Total Complementary	**4 Days**

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CONDUCT OF EXPEDITION EXERCISE

1. This annex is intended as amplification to Chapter 4 to provide guidance to the conduct of PO 426 (Perform Expedition Skills).

2. Expedition centre training has been designed to provide the Gold Star cadet with the opportunity to further develop expedition skills learned during Silver Star expedition training, in a structured environment under the supervision and instruction of highly-qualified staff. The expedition centre will approach training through an experiential approach, which will allow the cadet to continue the development of skills such as mountain biking and canoeing through direct experience at a personal level. Each cadet will be given the opportunity to examine what they saw, felt and thought during the weekend and consider how it may relate to future experiences.

3. Corps will be required to provide each cadet attending an expedition centre with a briefing concerning their participation in the activities at the centre. The information required to be presented is included in EO M426.01 (Prepare for Expedition Training) and the specific expedition centre joining instructions. Corps training officers are advised to schedule this EO a minimum of two weeks prior to the cadet attending the expedition centre, to provide the cadets with enough time to fully prepare for their participation in the activities. During this EO, the cadet will be provided with a Navigation Review Package which shall be completed and brought to the expedition centre. It is advised that corps take the time to review the Navigation Review Package with the cadet and ensure they can complete all skills included. The purpose of this package is to allow the cadet to practice the navigational skills which they will perform while at the expedition centre and to provide expedition centre staff with a means of tailoring a navigation review once the cadet has arrived at the expedition centre.

4. Expedition centres, under direction from regional trainers, will select at least two modes of travel. When selecting a mode of travel, expedition centres must ensure that pre-training requirements, as detailed in A-CR-CCP-930/AG-001, *Cadet Program Interim Activity Safety Direction*, are adhered to. Modes of travel shall be selected from the following list:

a. EO M426.02a (Paddle a Canoe) 4.5 periods,

b. EO M426.02b (Ride a Mountain Bike) 4.5 periods,

c. EO M426.02c (Hike Along a Route) 4.5 periods,

d. EO M426.02d (Snowshoe Along a Route) 4.5 periods, or

e. EO M426.02e (Ski Along a Route) 4.5 periods.

5. The following are the training expectations for each dynamic mode of travel. Each dynamic mode of travel shall include a ratio of 2:1 of activity to training/instruction. The focus shall be on cadets leading cadets, and not mastery of the dynamic modes of transportation:

a. **Canoeing.** The cadet shall paddle a tandem canoe, in the bow and the stern, on flatwater during an expedition.

b. **Mountain Biking.** The cadet shall ride a mountain bike on familiarization / intermediate mountain bike trails during an expedition.

c. **Hiking.** The cadet shall hike, carrying their personal equipment in an expedition field pack, along a route consisting of a combination of Class 1 and 2 terrain during an expedition.

d. **Snowshoeing.** The cadet shall snowshoe, carrying their personal equipment in an expedition field pack, along a route during an expedition.

e. **Skiing.** The cadet shall cross-country ski, carrying their personal equipment in an expedition field pack, along a route consisting of groomed / non-groomed trails during an expedition.

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6. A schedule has been included to provide the expedition centre with a sample format to follow for the weekend. The period count, 4.5 per mode of travel, is an estimate that conforms to the standard eighteen periods allocated to a training weekend. The expedition centre may choose to adjust this allocation to reflect the choice of activities, facilities and available resources. When developing a training schedule, expedition centres may choose to incorporate additional Army Cadet Adventure Training Activities (ACATA), as outlined in A-CR-CCP-930/AG-001, *Cadet Program Interim Activity Safety Direction*, as long as this does not impede the cadets' abilities to meet mandatory training requirements.

7. Expedition centres will be required to schedule appropriate time on the Friday evening to prepare the cadet for the expedition. Expedition centre staff may use this time to address the following:

a. campsite set-up,

b. personal equipment issue,

c. navigation review,

d. pack an expedition pack review,

e. expedition daily routine review,

f. expedition briefing,

g. assessment overview, and / or

h. cold weather camping introduction, if applicable.

8. Based on Fortress data, cadets will be placed into expedition teams of no more than six upon arrival on Friday evening. All training will be conducted in small teams. Each expedition team will be assigned an expedition centre Team Instructor (TI). Depending on expedition staff availability, an experienced TI may be assigned to a maximum of two expedition teams. These team sizes take into account instructor / cadet training ratios, but not the requisite instructor qualifications for the adventure training activities being conducted.

9. A TI will have two functions at the expedition centre. Prior to the commencement of the expedition, at the campsite on Saturday evening and upon completion of the expedition, the TI will be responsible for all details pertaining to the preparation, support, administration, assessment and supervision of their respective team(s). During the actual conduct of the expedition the TI will not travel directly with their expedition team(s) but will monitor the progress of the team(s) as they travel along the expedition route and provide instruction, supervision and assessment of the cadets. TIs will remain within sight or sound of teams as they travel along the expedition route.

10. In order to provide the cadet with the maximum amount of time to develop their expedition skills it is recommended that all skill instruction be conducted along the expedition route. Ideally, the modes of travel selected for the Gold Star expedition should allow for a continuation of learning from the Silver Star expedition. This will allow cadets to build on previously learned skills with the addition of some advanced techniques.

11. When following an experiential education approach, being aware of teachable moments is very important. A teachable moment is a situation that naturally arises during the course of the day and provides opportunity for discussion. These moments will reinforce both expedition and corps program material and should be taken advantage of throughout the expedition. Expedition centre staff should take the time to explain and emphasize program material as opportunity arises. Some of these teachable moments could include:

a. Leave No Trace,

b. foot care,

c. basic astronomy,

d. wildlife,

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e. predicting weather,

f. campsite routine,

g. use of expedition equipment,

h. equipment repairs,

i. navigation without a map or compass, and

j. edible and medicinal plants, etc.

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Sample Schedule

Friday		
Timings	**Tasks / Activity**	**Remarks**
	Collect Forms and Navigation Review package	Read forms and place the cadets into teams.
	Issue all personal and group expedition equipment	Expedition centre staff (Logistics Officer [Log O] to organize).
	Set-up campsite	Expedition centre staff to rotate to ensure that cadets know how to set-up tents, organize equipment, etc.
	Open training time	Expedition centre staff should use this time to complete the following activities as required: • review navigation package, • review how to pack an expedition field pack, • review daily expedition routine, and • conduct an overview of the assessment package.
	Initial briefing / announce expedition teams	Briefing should include: activities, expectations, safety, timings, dress, meals, rules, etc.
Saturday		
Timings	**Tasks / Activity**	**Remarks**
0600	Reveille / Ablutions	Cadets will pack all personal equipment prior to eating breakfast (see note 1).
0630	Breakfast	Expedition teams will be required to prepare their own breakfast (see note 1).
0730	Campsite tear down	Expedition teams will tear down all components of the campsite. All group equipment will be turned into the Log O for transport to new campsite. Cadets should ensure that their expedition field pack is correctly packed and that they are ready for training to commence (see note 1).
0800	Start Expedition	See notes 2–9.
	Mode of Travel #1	Expedition teams will depart the campsite, in a staggered start (see notes 2 and 3) and follow the designated route card to campsite #2.
1200 - 1300	Lunch	Lunch will occur at a designated point along the expedition route (see note 5).
1700	Arrive at campsite #2	Expedition teams will set-up campsite. Log O will issue all group equipment to each expedition team as they arrive.
1800	Supper	Preparation of supper will be included into the expedition team's campsite set-up routine.
1900	Self and peer leadership assessment / journal entry	Cadets will complete their self-assessment, if applicable and all team members will complete peer assessments on those members who filled a leadership role during the day. Cadets will complete their daily journal entry. TI will use this time to interview those cadets who filled a leadership role and complete the Assessment Checklist.
2000	Evening activities	See note 8. TIs will complete all Assessment Checklists for that day of training.
Sunday		
Timings	**Tasks / Activity**	**Remarks**
0600	Reveille / Ablutions	Cadets will pack all personal equipment prior to eating breakfast (see note 1).
0630	Breakfast	Expedition teams will be required to prepare their own breakfast (see note 1).
0730	Campsite tear down	Expedition teams will tear down all components of the campsite. All group equipment will be turned into the Log O. Cadets should ensure that their expedition field pack is correctly packed and that they are ready for training to commence.
0800	Mode of travel #2	Expedition teams will depart the campsite and follow the designated route card to the expedition end point.

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1300	Arrive at expedition end point	Upon arrival at the expedition end point expedition teams will complete the de-kit process under direction of the Log O. TI's will complete all Assessment Checklists for the days training and complete overall assessments on each of the cadet(s) on their team(s).
1330	Lunch	Lunch will occur at the expedition end point.
1400	Self and peer leadership assessment / journal entry	Cadets will complete their self-assessment, if applicable and all team members will complete peer assessments on those members who filled a leadership role during the day. Cadets will complete their daily journal entry. TIs will use this time to interview those cadets who filled a leadership role and complete the Assessment Checklist.
1430	Assessment review	TIs will distribute completed assessments to each cadet. One-on-one interviews will occur only if there are questions or clarifications are required.
1500	Debrief	All cadets will be required to fill out an expedition centre activity critique. Cadets will be briefed on future expedition training opportunities.
1530	Depart	

Note 1: TIs must monitor their teams as they complete morning routine. They should use this time to provide feedback / suggestions on packing, establishing a cooking area, collecting garbage, cleaning-up, tearing down tents, packing equipment, etc

Note 2: Timings for each mode of travel during the expedition will vary depending on the type selected. While there may be some instances where there is a requirement for training, the focus should be on having the cadets complete the training during the conduct of the expedition along the expedition route.

Note 3: The completion of all preparatory navigation work by each team member prior to the expedition team leaving the start point should spread out the teams along the expedition route. If required, expedition staff can stagger the start of teams to ensure that teams are not simply following each other along the expedition route.

Note 4: During the expedition each cadet will be required to lead / navigate one leg of the route. All cadets will be assigned their leg prior to the commencement of the expedition. Cadets will be required to complete all navigation work prior to their expedition team leaving the start point. TI's will check all cadets' work and ensure that they have the correct answers.

Note 5: Meals will occur at pre-determined locations. The Log O will deliver the rations and equipment required for meals to the pre-determined location. Expedition teams will be required to prepare their own meals and complete all associated clean-up.

Note 6: Other ACATA can be incorporated into the expedition route. For example: during the hiking route cadets may be given the opportunity to move through a series of caves or abseil down a rock face; or incorporating a trail hike in with canoeing and mountain biking to move the cadets from one location to the next. Flexibility is provided as long as the primary objectives of the two selected modes of travel are met

Note 7: Expedition centres may choose to organize their expedition route so that cadets participate in a new mode of travel on each day of the expedition.

Note 8: Evening activities shall be provided and could be comprised of: navigation review, team-building games, introduction to next day's activities, etc.

Note 9: The expedition end time will differ for each expedition centre.

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CONDUCT OF WEEKEND BIVOUAC FTX

1. A total of 18 periods are allocated for the weekend bivouac FTX.

2. EO M424.01 (Sharpen a Survival Knife) shall be conducted prior to the weekend bivouac FTX.

3. The field instruction of the following EOs shall be conducted during the weekend bivouac FTX:

   a. M422.01 (Review Silver Star Navigation),

   b. M422.02 (Set a Multi-Leg Route Using a GPS Receiver),

   c. M422.03 (Follow a Multi-Leg Route Using a GPS Receiver),

   d. M424.02 (Employ the Improvising Process), and

   e. M424.03 (Weave Cordage).

4. The following assessments (IAW Chapter 3, Annex B) shall be completed during the weekend bivouac FTX:

   a. 422 PC, and

   b. 424 PC.

5. Unit training officers are required to produce an exercise instruction, to include all EOs and assessments outlined in paragraphs 3 and 4.

6. There are three periods during the weekend bivouac FTX in which there is no instruction allotted. These periods may be used as On-The-Job training (OJT) through leadership and instructional opportunities while Green, Red and Silver Star cadets are completing training or as additional periods for assessment.

7. **Resource Requirements.** The following resources are required for the weekend bivouac FTX:

   a. sleeping bag,

   b. air mattress,

   c. wash basin,

   d. backpack,

   e. groundsheet,

   f. water container,

   g. two-burner stove,

   h. funnel,

   i. naphtha fuel,

   j. dual-generator lantern,

   k. mantles,

   l. pot set,

   m. fire extinguisher,

   n. first aid kit,

   o. blanket,

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p. stretcher,

q. environmental spill kit,

r. garbage bags,

s. suitable cutlery and plates required for field meals,

t. suitable paper products (toilet paper, paper towel, etc.) as required,

u. flashlight,

v. flashlight batteries,

w. individual meal packages (IMPs),

x. 4 lb axe (36-inch handle),

y. 24-inch bow saw,

z. shovel,

aa. pail,

ab. matches,

ac. whistle,

ad. survival kit,

ae. survival knife,

af. sharpening stone,

ag. lubricating oil,

ah. cleaning cloths / rags,

ai. compass,

aj. GPS receiver, and

ak. topographical map of the area.

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