

REGIONAL CADET LAND TRAINING SCHOOL (ATLANTIC)

REGIONAL WINTER EXPEDITION 5 WING GOOSE BAY, LABRADOR JOINING INSTRUCTIONS



PO BOX 5000, STM MAIN, SHEARWATER, NS, B0J 3A0

**INFORMATION FOR CORPS COMMANDING OFFICERS/
PARENTS/GUARDIANS/ESCORTS AND CADETS**

TABLE OF CONTENTS

Introduction	1
Qualification Received	1
Dress Instructions	1
Tips on Packing	1
Finance	2
Transportation	2
Accommodation/Laundry	2
Medical and Dental – Cadets	2
Smoking Policy	3
Staff	3
Contact Information	3
Annexes	
Packing Checklist	Annex A
Record of Valuable Items	Annex B
Personal Clothing & Equipment	Annex C
Itinerary	Annex D

26 January 2016

INFORMATION FOR CORPS COMMANDING OFFICERS / PARENTS/GUARDIANS/ESCORTS AND CADETS

INTRODUCTION

1. Twenty one Royal Canadian Army Cadets and six Cadet Instructor Cadre (CIC) Officers have been selected from across Atlantic Canada to attend the Regional Cadet Land Training School (Atlantic) Winter Expedition 2016, **Exercise Sub Zero**. Cadets have been selected by province based on required criteria and performance at their local Cadet Corps. The Expedition is taking place in Newfoundland and Labrador (NL), near the community of Happy Valley – Goose Bay. The Expedition shall take the cadets on a trek in the area surrounding 5 Wing Goose Bay. Cadets will travel and muster in Goose Bay, NL and conduct pre and post exercise activities out of 5 Wing Goose Bay. Travel to Goose Bay shall be as follows:

- To Goose Bay (Staff- 14 Mar 2016 and Cadets- 19 Mar 2016)
- From Goose Bay (Staff- 29 Mar 2016 and Cadets 26 Mar 16)

2. Congratulations are extended to all the cadets selected to attend. The Expedition is designed to be mentally and physically demanding in nature. Therefore, Cadets must arrive with a high fitness level and be prepared for long demanding days. It is our hope that the cadets experience an adventure, which is challenging, rewarding, and fun.

3. Please read these Joining Instructions carefully because they contain information that is important to all concerned.

QUALIFICATIONS RECEIVED

4. The Regional Expedition Pin will be awarded for each cadet upon completion of the expedition.

DRESS INSTRUCTIONS

5. For travel to and from Goose Bay the Order for Dress shall be C-2 Duty Dress with Jacket and Tie, IAW CATO 15-03.

7. Dress during the Expedition shall be IAW the requirements of the activity being conducted as issued by the conducting Staff.

PACKING

8. Annex A contains a packing check list. Cadets should engrave or mark personal belongings to identify them as theirs. The Crown accepts no responsibility for personal gear. Cadets are well advised to consider checking that any valuables they wish to bring are covered under the family's household insurance policy.

FINANCE QUESTIONS

9. Retain receipts for any expenses while travelling. At the conclusion of the Expedition, the cadets Detachment will reimburse cadets for reasonable expenses related to travel using General Allowance Claim CF 52.

10. The Department of National Defence (DND) will provide all meals, rations and accommodation for the Expedition.

11. Security of any pocket money carried is a personal responsibility. Cadets should not require much money along the route as the meals are provided. ATMs are generally readily available in Goose Bay.

TRANSPORTATION

13. DND will provide all transportation for cadets and staff. Each Detachment will supply details describing travel arrangements to the cadets.

14. The travel information you receive for going to Goose Bay, NL and return should contain contact phone numbers in case you encounter problems on the trip. These travel orders should come to your Corps by the Cadet Detachment. Cadets will be advised what action to take should they encounter problems while travelling to and from Goose Bay, NL

ACCOMMODATION AND LAUNDRY

15. All cadets and staff will be housed in military accommodation while at 5 Wing Goose Bay. Laundry facilities are provided onsite. Cadets and staff will have to supply their own laundry detergent. Accommodations while in the field will be in tents.

MEDICAL AND DENTAL

16. DND will assume emergency medical treatment for cadets in accordance with the Canadian Forces Administration Orders 34-45. It is mandatory that cadets be in possession of a valid Provincial/Territorial Medical Health Insurance Card.

17. If any cadet is presently on prescribed medication, they must bring a sufficient supply with them and detailed instructions on its proper use. Cadets will be responsible for their own medication. The Canadian Forces (CF) Health Services will not refill prescriptions that expire or are depleted during attendance on this expedition.

NOTE: Ensure expiry date of medication does not occur during the training.

18. Restricted dental treatment (emergency) will be available in accordance with the Canadian Forces Administration Orders 35-4; however access to dental services will be extremely limited or not available at all during the expedition.

19. If broken, lenses and frames for corrective eyewear may be replaced by CF Health Services. CATO 16-07 describes the conditions for replacement of lenses and/or frames. However, cadets should bring a second pair since replacement or repair will not be possible during the Expedition. Cadets should also bring a copy of their corrective lenses prescription. Glasses **MUST** be equipped with a **safety-retaining strap**.

20. If contact lenses are worn, DND will not assume any liability for damage or loss.

SMOKING POLICY (CATO 13-22)

21. DND policy effectively banned smoking in the work place, including any building, enclosure or part thereof, and DND vehicles, etc. All accommodations in will be smoke-free. **Atlantic Region has a "NO SMOKING" policy for all cadets.**

STAFF

22. Cadets will be accompanied and supervised by male and female CIC officers for the duration of this

expedition.

CONTACT INFORMATION

23. All communications regarding the Expedition are to be directed to:

Regional Cadet Support Unit (Atlantic)
PO Box 5000 Station Main
Shearwater NS B0J 3A0

Captain James Mahoney
Regional Expedition Training Officer / DCO, RCLTS(A)
902-720-2088 (Office)
902-802-6745 (Cell)
902-720-2153 (Fax)
Email: James.mahoney3@forces.gc.ca

24. To contact an Officer or Cadet on the Expedition due to an Emergency, please contact Capt James Mahoney or the following:

Expedition OIC (Capt Doug Hall)- 506-440-9955

In the event of an Urgent Matter/Emergency and the Expedition Staff cannot be reached, contact the Happy Valley-Goose Bay Detachment of the RCMP at (709) 896-3383 or the 5 wing Goose bay Military police at (709) 896-6900 ext 7120.

ANNEXES

Annex A PACKING CHECKLIST

Annex B RECORD OF VALUABLES

Annex C PERSONAL CLOTHING AND ACCESSORIES

Annex D PLANNED ITINERARY

Annex A
2016 RCLTS(A) WINTER EXPEDITION
JOINING INSTRUCTIONS
26 January 2016

PACKING CHECKLIST

Before departure, double-check all belongings and documents. This list will assist cadets in making sure nothing has been forgotten.

Instruction Check

Is your personal kit complete and marked?

Are your valuables recorded?

Is your baggage clearly identified?

Do you have pocket money?

Do you have your prescription for medication?

Do you have a prescription for your corrective lenses?

Do you have a security strap for your glasses (floatable)?

Do you have your health insurance card?

Note your blood group (if known):

Do you have your return bus, train or plane tickets?

Do you know exactly how you are travelling? If not, contact your CO.

Note: If cadets incur any expenses on their journey, ask for receipts and turn them in to the Corps CO.

RECORD OF VALUABLE ITEMS

SN/ Surname/ Given Name/ Cadet Corps

1. Unless serial numbers or a description of valuable items is properly recorded, it is virtually impossible to identify items reported found, lost or stolen. All cadets should record their names on personal belongings and record serial numbers and description of their valuables.

2. This page is to be completed for identification purposes only. DND does not accept responsibility for personal property.

Item Description and Serial #

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Annex C
 2016 RCLTS(A) WINTER EXPEDITION
 JOINING INSTRUCTIONS
 26 January 2016

1. Clothing/Equipment to be brought by the Cadet

Each cadet should possess all of the personal clothing/equipment items listed below. Items that have been marked with an (*) are items required for your comfort and to ensure group effectiveness based on the type of winter activities that will be conducted. The Cadet's welfare and the group's performance depend on the cadet being properly prepared to undertake the training.

A kit check of the cadets' personal clothing/equipment is conducted upon their arrival at the training location.

Item	Qty	Remarks
* ESSENTIAL ITEMS REQUIRED		
*Compass & protractor	1 ea	Obtain from Corps.
*Day Pack	1 ea	For day treks
*Socks	4 ea	Wool with loop stitch knit is most suitable. White cotton is not suitable.
*Long underwear	2 ea	Top & bottom. Synthetic material is best. Rated for -20 C.
*Pants	3 pr	Not jeans. Jogging pants style
*Long sleeve shirts/T-shirts	2 ea	Long sleeve synthetic material is best.
*Sunglasses with strap	1 pr	
*Toque	1 ea	Wool, fleece or other warm synthetic material.
*Gloves or mittens	2 pr	Wool, fleece or other warm synthetic material.
OTHER ITEMS REQUIRED		
Scarf	1 ea	
Underwear	4 ea	
Knife, fork, spoon	1 ea	Plastic is lightweight.
Plastic mug	1 ea	Travel mug type ideal
Sneakers	1 ea	For inside use.
Personal wash kit	1	Toothbrush/paste, comb/brush, etc. Limit the number of items necessary and focus on small size packages.
Small hand towel, bath towel & facecloth	1 ea	
Personal hygiene products		As required
Medications		In sufficient quantities for the duration of the exercise.
Lip balm	1 ea	
Sunscreen	1 ea	45 SPF is recommended.
Pocket knife	1 ea	Max 4-inch blade.
Wristwatch	1 ea	
Matches	1 pk	Place in a waterproof container or plastic bag.
Personal size first aid kit	1 ea	Small.
Garbage bags	4 ea	For waterproofing backpack and sleeping bag.
Assorted plastic bags	10 ea	For waterproofing clothing/equipment. Grocery or ziplock bags are suitable.
Pencil or pen	1 ea	Pencil is best.
Small note book	1 ea	Pocket size.
Candle	1 ea	Household type for emergencies.

OPTIONAL ITEMS		
Snacks	N/A	In small amounts only and not too bulky.
Multi-tool	1 ea	Gerber, Leatherman, etc.
Camera		
Pocket Money		Only small amt of money required.
CLOTHING/EQUIPMENT ISSUED TO CADETS UPON ARRIVAL		
Gortex Jacket Shell	1 ea	3 ply
Gortex Pants Shell	1 ea	3 ply
Fleece Jacket	1 ea	Heavy Weight
Fleece Pants	1 ea	Heavy Weight
Arctic Sleeping Bag	1 ea	Military – Complete
Rucksack	1 ea	80 Litre
Winter Boots	1 pr	
Rations		MRE / Mess Hall

Annex D
2016 RCLTS(A) WINTER EXPEDITION
JOINING INSTRUCTIONS
26 January 2016

14 March 16– Expedition staff arrive Goose Bay, NL; Preparations for Expedition.

15-18 March 16 – Expedition staff prep for Expedition, Recce and kit prep

19 March 16 – Cadets travel to Goose Bay, NL; welcome briefing, meet & greet.

20 March 16 – Pre-expedition training, cold weather and tent drills.

21 March 16 – Pre-expedition training, snow shoeing, navigation, route planning and sled drills.

22 March 16 – Begin Expedition

23 March 16 – Continue Expedition.

24 March 16 – Final day of Expedition.

25 March 16 – De-kit, cultural day, de-brief

26 March 16 – Cadets return home.

26-29 March 16 – Staff clean up, kit return, post ex activities and return home.