

2332 Maj Holland VC RC(Army)CC  
2100 Walkley Rd  
Ottawa, ON K1A 0K2



**September 25, 2024**

**RE: FALL TRAINING WEEKEND (25 – 27 October 2024)**

Dear Cadets and Parents/Guardians,

From Friday, October 25, 2024, to Sunday, October 27, 2024, 2332 RCACC is participating in a Fall Training Weekend planned by the Ottawa St Lawrence Area (OSLA) Staff. The activities consist of Abseil Tower, Obstacle Course, Marksmanship, Geocaching, Intro to Drone and C7 Familiarization for senior cadets.

Cadets are to report to Connaught CTC (5 Brouillette Blvd, Nepean, ON K2K 2W6) between **1900 – 2000 hrs Friday** evening and will be dismissed at 1630 hrs on Sunday afternoon.

We require your permission before your cadet can attend. *Please complete the following form and return it on Wednesday, October 9<sup>th</sup>, 2024.*

Note the following:

- **Cadets must have possession of their valid health card at all times while training on this exercise.**
- Cadets will spend the entire weekend outdoors and will require adequate clothing.
- Fraternalization between cadets will not be tolerated.
- Portable electronic devices including cellular telephones, video games, and music devices are strongly discouraged. Should your cadet bring these devices with them, they will be responsible for their safekeeping.
- We will be conducting physical and hiking activities and cadets will be required to have sports clothing, running shoes and hiking shoes.
- Attached is a kit list with everything your son/daughter will be required to bring.

Thank you,

Capt. Bonacci  
Commanding Officer  
2332 RCACC

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I give my son/daughter \_\_\_\_\_ permission to attend the Fall  
(print cadet's last name, first, rank)  
Training Weekend on Friday, October 25 to Sunday, October 27.

1. Are there any medical conditions we should be reminded of? \_\_\_\_\_

2. Are there any allergies/dietary restrictions we should be reminded of? \_\_\_\_\_

Emergency Contact Information

a) Contact Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

b) Contact Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

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### **Kit List**

**Required Personal Equipment.** In addition to basic clothing worn by the individuals, the items listed below are required. Cadets without the equipment listed below may not participate in some or all activities.

1. **Health Card**
2. Reusable water bottle
3. Field Training Uniform
4. Appropriate pants x2 (jeans not appropriate)
5. Warm sweatshirt or sweater x2
6. Cotton t-shirt/undershirt (2-3)
7. Cotton or wool socks (4 pairs)
8. Underwear (2-3)
9. Rainproof jacket/poncho
10. Running shoes
11. Sturdy boots – hiking or combat type (should be waterproof)
12. Pillow
13. Sleeping bag
14. Soap, towel, toothbrush, toothpaste, deodorant and necessary toiletries to ensure proper hygiene
15. Flashlight
16. Sleeping clothes
17. Duffle bag
18. Sunscreen and bug spray
19. Any medication should be in their original container with dosage information clearly indicated

Cadets are discouraged from bringing high-priced items and electronics. These will be the responsibility of the owner.

Sharp objects, knives and weapons are prohibited. Cigarettes, vapes, and cannabis are also prohibited.