

January 8, 2025

RE: EX LET IT SNOW (Jan 31 – Feb 2)

Dear Cadets and Parents,

From Friday, January 31, 2025, to Sunday, February 2, 2025, 2332 RCACC is participating in a winter excursion field training exercise. The cadets are to report to 5 Brouillette Blvd, Nepean, ON K2K 2W6 at **1900 hrs Friday evening** and will be dismissed at this location 1300 hrs on Sunday afternoon. Cadets will utilize map and compass training to enjoy winter survival training through a safe, challenging training plan that will provide valuable, positive experiences.

We require your permission before your cadet can attend. *Please complete the following form and return it on Wednesday, January 15, 2025 or sign up virtually*



Note the following:

- **Cadets must always have possession of their valid health card while training on this exercise.**
- Cadets will spend the entire weekend outdoors and will require adequate clothing.
- Sleeping bags will be provided to cadets.
- Portable electronic devices including cellular telephones, video games, and music devices are prohibited.
- We will be conducting physical and hiking activities and cadets will be required to have warm clothing and warm boots.
- Attached is a kit list with everything your son/daughter will be **required to bring**.
- **All items on this list are REQUIRED for every cadet to bring. All the kit will be checked before parents can leave on the Saturday morning drop-off.**

Thank you,

Capt Kevin Maloney
Commanding Officer
2332 RCACC

I give permission for my cadet, _____
(print cadet's last name, first name, rank)

to attend the **Winter Field Training Exercise** on **Fri 31 Jan - Sun 2 Feb 2025**.

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

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.

- a) **Health card**
- b) Unbreakable mug
- c) Water bottle X 2 (1 litre Nalgene, hard plastic, preferred)
- d) Adequate change of clothing (Jeans not permitted) x3
- e) Warm sweatshirt or sweater x2
- f) Rugged pants for outdoor activities, jeans not permitted (2 pairs)
- g) Cotton T-shirt/undershirt (2-3)
- h) Wool socks (5 pair) (thin lining sock layer optional)
- i) Underwear (3-4)
- j) Long underwear x 2
- k) Jacket
- l) Toque, scarf optional
- m) 2 pairs of winter gloves (waterproof preferred)
- n) Rainproof jacket/poncho
- o) Wind or waterproof pants
- p) Running shoes
- q) Sturdy boots - hiking or combat type (should be waterproof)
- r) Soap, towel, toothbrush, toothpaste, and necessary toiletries to ensure proper hygiene.
- s) Flashlight or headlamp
- t) Garbage bags x2 (to protect inside of rucksack/backpack)
- u) Sleeping clothes
- v) Sunscreen
- w) Duffle bag
- x) **Day backpack**
- y) Paper and pencils