

## GANARASKA FOREST SPRING EXERCISE INFORMATION

Spring 2023 Field Training Exercise (FTX) will be held on **Saturday March 25- Sunday March 26**

**Training will begin** on Saturday March 25.

Cadets are expected to be dropped off at the Ganaraska Forest Centre, located at **10585 Cold Springs Camp Rd., Campbellcroft, ON, by parents/guardians at 0800 hrs. (8:00 AM)**

**Training will conclude** on Sunday March 26– Parents/Guardians are required to pick up their cadet or make arrangements for their cadet to be **picked up at 1400 hrs. (2:00 PM)**

Cadets will not be permitted to participate unless they have the following items;

**HEALTH CARD,**

**RAIN SUIT (PANTS & JACKET, or Poncho),**

**APPROPRIATE (WATERPROOF) OUTDOOR Boots – No running shoes!**

Below are the items that are required for all cadets participating in the field training – **Please use this list as a checklist when preparing for the FTX weekend:**

### **Clothing**

- **Field Training Uniform (FTU).** If a cadet has been issued a Field Training Uniform, or any part of, they are expected to wear it, along with the **blue uniform parka, or civilian equivalent.** If a cadet has not been issued any part of their FTU, then appropriate civilian clothing must be worn. **DO NOT wear your blue uniform.**
- **Boots (warm and waterproof)**
- Socks (thick-2pr. Sports- 3 pr)
- Hoodie or sweater(s)
- Pants (durable, inexpensive, comfortable –3pr)
- Long Johns or track pants (if necessary, to be worn under FTU's)
- Under wear (min. 3 pr)
- Sleeping Wear (track pants, long johns, sweatshirts)
- T-Shirts (4)
- Sweaters, Light Jackets, heavier jacket (layered clothing is best)
- Gloves (Mitts) and Hat (toque)
- **Rain Suit (including pants and jacket)**
- Green Garbage Bags (for dirty or wet clothing, weather protection and emergency rain coat)

### **Toiletries**

Soap

Towels

Tooth Brush and Toothpaste

Toilet paper or package of Kleenex

## **Sleeping Equipment**

Sleeping Bag  
Blankets and Pillow

## **Other Equipment**

Flashlight (two if possible) and **Spare Batteries**  
Matches, Pocket knife, Compass (optional)  
Water Bottle or Canteen with carrying pouch

### **Plastic Mug or Cup**

Knapsack (to be carried during day exercises)  
Note Book and Paper, Pens and Pencils for note taking

Please review the weather forecast and dress accordingly – Even if it is not calling for rain, assume it will rain some point during the day. When considering clothing items, it is recommended to select old, and/or rugged items that will stand up well when walking through brush/forested areas.

Training will be conducted outdoors, and will not be stopped due to rainy or otherwise wet conditions. Cadets will conduct rigorous training and will be required to hike several kilometers over the course of the day. Cadets will never be left alone and will always travel as a team with senior cadets. Cell phone use and texting will not be allowed except in the event of an emergency.

All food will be provided by the squadron in the form of MRE's/rations.

Contact persons for emergencies only for this activity will include:

- Major Brosseau: 905-243-5034
- 2Lt Leslie: 905-718-5573
- 2Lt Smith: 905-718-0223