

ANNEX D



103 Thunderbird Squadron
1513 Forbes Ave
North Vancouver, BC
V7M 2Y4
(604) 987-8818

28 October 2016

FALL THUNDER PERMISSION SLIP

103 Thunderbird Squadron is hosting a field training exercise on the weekend of 22-24 November 2019. The exercise is aimed at giving cadets survival training and promoting leadership and is mandatory for all Level 1 and 2 cadets.

The cadets need to be at the Armory on 1513 Forbes Ave in North Van no later than 1600 hrs (4:00 PM) on Friday November 22th. The exercise will be over at approximately 1500 hrs (3:00 PM) on Sunday November 24th. All meals will be provided throughout the training weekend, except for Friday evening. The attached kit list mentions required items for the weekend.

I, _____ give my son/daughter/ward, _____ permission to attend the Fall Thunder field training exercise.

BC Care Card Number _____

Cell/Home Number _____

Emergency Contact:

Name: _____

Number: _____

Allergies or medications required:

ANNEX E: Cadet Kit List

Item Required/Optional	Amount	✓
Tarp-minimum size 8' x 10' (MANDATORY)	1	<input type="checkbox"/>
Backpack	1	<input type="checkbox"/>
Sleeping bag (warm, or two summer sleeping bags)	1	<input type="checkbox"/>
Sleeping pad or mat	1	<input type="checkbox"/>
Rain jacket (Gore-Tex ideal)	1	<input type="checkbox"/>
Rain pants	1	<input type="checkbox"/>
Coat (warm, winter)	1	<input type="checkbox"/>
Sweater (fleece or wool)	1	<input type="checkbox"/>
Shirts, long sleeve	2	<input type="checkbox"/>
Pants (NO JEANS)	2	<input type="checkbox"/>
Socks (sport)	4	<input type="checkbox"/>
Socks (winter)	4	<input type="checkbox"/>
Boots (waterproof, well broken in)	1	<input type="checkbox"/>
Hat	1	<input type="checkbox"/>
Toque	1 minimum	<input type="checkbox"/>
Gloves or mitts	2	<input type="checkbox"/>
Underwear	3	<input type="checkbox"/>
Thermal underwear	1	<input type="checkbox"/>
Paper and pen	1	<input type="checkbox"/>
Mess kit (plate, bowl, cup, knife, fork, spoon)	1	<input type="checkbox"/>
Canteen (MANDATORY)	1	<input type="checkbox"/>
Personal toiletries (toothpaste, toothbrush, soap, towel, etc.)	1	<input type="checkbox"/>
Flashlight (with spare batteries)	1	<input type="checkbox"/>
<i>Whistle</i>	1	<input type="checkbox"/>
<i>Watch</i>	1	<input type="checkbox"/>
<i>Knife (max 4")</i>	1	<input type="checkbox"/>
<i>Day pack</i>	1	<input type="checkbox"/>
<i>Small first aid kit</i>	1	<input type="checkbox"/>

Packing Notes for Cadets and Parents

Please ensure you bring all the necessary items above (optional items in *italics*). Note that cotton fabric is not acceptable clothing for field training exercises. Synthetic fabrics such as polyester or polypropylene, polar fleece or wool are much better. Winter sleeping bags labelled to -15°C are ideal, but sleeping bag liners or the use of two light weight summer bags can also work. If you have a bivouac sack bring it.

Footwear should be warm and waterproof. Hiking boots are ideal, but snow boots or even rubber boots with multiple pairs of socks for warmth are acceptable. Running shoes are not acceptable.

Wearing a toque is the best way to keep warm in all weather, and keeping it on while sleeping is a must. If you bring two you'll have a dry one to wear at night.

When packing use plastic bags inside your pack to keep everything dry. Spare plastic bags are a good idea.

No money or electronics are allowed.

Illegal substances, alcohol, tobacco products, pyrotechnics, and weapons are not permitted and will be confiscated, with parents being notified. Incidents involving restricted items will also be recorded in the cadet's personnel file and cadets may be subject to disciplinary action at the squadron level.

The use of combat clothing is permitted but not required. Blue cadet berets may be worn with approved combats. NCOs may wear rank epaulettes.

All medications are to be given to the first aid officer with instructions.