

Annex F
2001-01
22 Feb 23

PERSONAL EQUIPMENT

Item Required/<i>Optional</i>	✓
<i>Tarp</i>	<input type="checkbox"/>
Rain jacket (Gore-Tex ideal)	<input type="checkbox"/>
Rain pants	<input type="checkbox"/>
Coat (warm, winter)	<input type="checkbox"/>
Sweater (fleece or wool)	<input type="checkbox"/>
Shirts, long sleeve	<input type="checkbox"/>
Pants (NO JEANS)	<input type="checkbox"/>
Socks (winter)	<input type="checkbox"/>
Boots (waterproof, well broken in)	<input type="checkbox"/>
Hat	<input type="checkbox"/>
Toque	<input type="checkbox"/>
Gloves or mitts	<input type="checkbox"/>
Flashlight	<input type="checkbox"/>
Paper and pen	<input type="checkbox"/>
Mess kit (bowl, cup, knife, fork, spoon)	<input type="checkbox"/>
<i>Whistle</i>	<input type="checkbox"/>
<i>Watch</i>	<input type="checkbox"/>
<i>Knife (max 4")</i>	<input type="checkbox"/>
Day pack	<input type="checkbox"/>
<i>Small first aid kit</i>	<input type="checkbox"/>
Water Bottle(s)	<input type="checkbox"/>
Snack(s)	<input type="checkbox"/>
<i>Black Mask</i>	<input type="checkbox"/>

Annex G
2001-01
22 Feb 23

CONSENT TO THE POTENTIAL OF RISKS
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Name of cadet:	
Name of activity: Spring Day FTX	Activity leader: Capt B Ferg
Location of activity: Cypress Mountain	Dates of activity: Sat 25 Feb 2023
Purpose of activity: Survival Training and fitness	
Details of activity: Cadets will hike Cypress Mountain trails stopping along the way for survival training. Parent Drop Off: Ticket Office - Cypress Mountain Cross Country Ski at 0900 hrs Parent Pick up: Same place at 1600 hrs (4 PM)	

Parent/Guardian Consent <i>Please read carefully</i>
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Name of parent/guardian:	
Name of Cadet:	
I consent to the participation of my son / daughter in the requested cadet activity (activities). I am aware that the activity (activities) will take place on the date and time and at the location identified above.	
Signature:	Date:

Medical Information		
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Has the cadet's medical, physical or psychological condition changed since he / she was last asked by our organization?	YES	NO
Does the cadet have any food allergies?		
Is there anything about the cadet we need to know?		

Details:
