



# 803 North Shore Sabre Squadron

1085-20 (CO)  
4th October 2022

## INFORMATION LETTER FOR THE SPRING FIELD TRAINING EXERCISE

The cadets of 803 Squadron will be participating in a Day Field Training Exercise on October 14<sup>th</sup> to 16<sup>th</sup> 2022 at Colonie des Grèves, located at 10350 Rte 132, Contrecoeur, Quebec J0L 1C0. All cadets must be present at l'Altitude High School at 6:10pm on **Friday** for the departure. The cadets will return around 3pm at the same location on **Sunday**.

The goal of the exercise is to teach basic survival skills to the cadets. The new cadets will be given the chance to familiarize themselves with life in the wilderness and the other cadets will further develop their survival skills. Emphasis will be placed on the development of practical skills during the weekend. **All cadets must attend at least one on two survival exercise per year in order to complete their training level.**

The list of required equipment is attached to this letter and each cadet must bring all of the items on the list. **The Medicare card and the completed permission slip must be handed in to the staff before the beginning of the exercise.** Otherwise, the cadet will be denied participation in the exercise.

The dress for the exercise is the Field Training uniform (green uniform) with combat boots. Warm civilian coats will be allowed for the activity. For the cadets who don't have the uniform, comfortable and warm clothes are required, including boots.

The phone number, *for emergencies only* during the day will be: (514) 980-5291

**ALONE YOU ADVANCE, TOGETHER WE PROGRESS**

Commanding Officer

*Spencer Meg*

Captain Spencer Meguerditchian

**LIST OF EQUIPMENT REQUIRED FOR THE EXERCISE**

- a. Extra pairs of cotton Socks (2) and warm socks (2)
- b. Extra T-shirt (1)
- c. Extra Warm Shirt (1)
- d. Extra pair of pants (1) **no jeans** allowed
- e. Rain Gear
- f. Warm Jacket
- g. Hiking/Rain/Winter Boots if no combat boots
- h. Tuque/warm hat
- i. Work Gloves and warm gloves
- j. Personal Hygiene Kit (feminine hygiene products, face cloth and towel, 1 roll of toilet paper, hand sanitizer)
- k. Backpack
- l. Roll of string
- m. Canteen filled with water or reusable water bottle.
- n. Flashlight
- o. Pocket Knife **MAXIMUM LENGTH: 10cm and blade must be retractable or folding (Swiss Army type)**
- p. Insect Repellant.
- q. MEDICARE CARD (mandatory)**
- r. Permission Slip bellow**
- s. Medication (if needed & prescribed)**

- Cellphones will not be allowed during the exercise. The use of cellphones will be allowed only at the end of the activity, when cadets return in the school bus.
- We recommend not to bring any valuables, we will not be responsible for any losses or damage.

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**PERMISSION SLIP (TO BE RETURNED BEFORE THE EXERCISE)**

Cadet's name: \_\_\_\_\_

I hereby authorize my child to participate in the Field Training Exercise taking place on October 14<sup>th</sup> to 16<sup>th</sup> 2022.

**I will ensure that my child has all the items listed on the required equipment list.**

Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

Phone number to reach you during the day (in case of emergency): \_\_\_\_\_