

Dear Parents/Guardians,

640 Cameron Highlanders of Ottawa (Duke of Edinburgh's Own) Royal Canadian Army Cadet Corps will be conducting a winter field training exercise (FTX- OP Frosty Joes) 23-25 January 2026. For all Cadets enrolled Prior to December 1, 2025.

We require your permission before your cadet can attend. Please complete the following form and return it no later than Friday January 23, 2026 for the Cold Weather Kit Issue redeployment.

Please, note the following:

- Cadets must always have possession of a **copy** of their valid health card while training on this exercise.
- Cadets will spend Saturday and Sunday outdoors, sleeping in Arctic Tents. Cadets will be issued Cold weather kit, and sleeping bags. We encourage cadets to supplement the issued cold weather Kit with Personal Kit as required and will require adequate clothing.
- Fraternization between cadets will not be tolerated.
- Portable electronic devices including cellular telephones, video games, and music devices are strongly discouraged. Should your cadet bring these devices with them, they will be responsible for their safekeeping.
- We will be conducting physical activities, including snowshoeing and trekking cadets.
- Attached at Annex I is a kit list with everything your son/daughter will be required to bring.]

PRE-DEPLOYMENT KIT ISSUES – 23-JAN-26 (Parents are welcome to stay as cadets may be dismissed once kit has been issued)

LOCATION: CONNAUGHT CADET TRAINING CENTRE - 5 Brouillet Blvd Nepean On,
ARRIVAL TIME: 18:30 DISMISSLE TIME: 20:00

FIELD TRAINING EXERCISE OPO-FROSTY TOES DEPLOYEMENT – 24-JAN-26

LOCATION: CONNAUGHT CADET TRAINING CENTRE - 5 Brouillet Blvd Nepean On,
ARRIVAL TIME: 18:30

FIELD TRAINING EXERCISE OPO-FROSTY TOES RETURN – 25-JAN-26

LOCATION: CONNAUGHT CADET TRAINING CENTRE - 5 Brouillet Blvd Nepean On,
DISMISSLE TIME: 14:00

Thank you,

Capt RJ Fantham, CD Tel: 613-266-2845
Training Officer
640 Royal Canadian Army Cadet Corps
Cameron Highlanders of Ottawa (Duke of Edinburgh's Own) Cadet Corps

I give my son/daughter/ward _____ permission to
attend training. (print cadet last name, first, rank)

1. Are there any medical conditions we should be reminded of?
2. Are there any allergies we should be reminded of?

Emergency Contact Information

a) Contact Name: _____ Phone Number: _____

b) Contact Name: _____ Phone Number: _____

Parent/Guardian Signature

Date

Personal Kit List – Cold Weather Field Training Exercise

Cadets are encouraged to pack appropriate kit for the weather conditions and personal comfort during the exercise. Cadets without the equipment listed below may not participate in some or all activities. Please see below:

1. Head Dress (Baret/Cadet Toque)
2. Cold Weather Head Dress (Cadet Toque or Civilian equivalent)
3. Cadet Parka with fleece Liner/Civilian equivalent c/w Rank slip-ons
4. Neck Warmer/Buff (Tunic and Pants) x1
5. Base Layer – Thermal Underwear Top and bottom (ie. Long johns) x 1
6. Insulation layer Upper – Sweatshirt/Fleece Sweater/Cadet Wool Sweater/Low profile down puffer jacket x 2
7. Insulation layer Lower – Sweatpants/Fleece Pants/ 2
8. Underwear – As required x 3-4
9. Issued Grey Socks (Wool socks) or Civilian equivalent (Marino Wool) x 4-6 [No Cotton Socks]
10. Combat Boots and Issued Mukluks/Civilian equivalent x 2
11. Sleeping Clothes (top and bottoms) x1
12. Personal Hygiene Kit
 - Soap
 - Deodorant
 - Toothbrush & Toothpaste
 - Hairbrush/comb
 - Female Personal Hygiene products
 - Shave Kit (optional)
 - Face Cloth & hand towel as required
 - Handkerchief/Tissue
 - Lip Balm (SPF15 recommended)
 - Sunscreen (SPF30 or better recommended)
13. Water bottle – Nalgene style
14. Camping mug (optional)
15. Pillow (optional – able to fit in Kit bag)
16. Flashlight/Head lamp
17. Garbage bags x2 (to protect inside of kit bag)
18. Note Pad, Pen/Pencils
19. Multi Tool/Pocket Knife – conservative size (max 3.5” blade) – Optional
20. Prescription Glasses – as required
21. Sunglasses/ski goggles -Optional
22. Sewing kit
23. Kit Bag

Medication

1. Prescription medication and or inhalers, as required – Cadet to be responsible to bring enough medication required for the Field Training Exercise and take their medication as prescribed. Medication must be in original container complete with prescription label. [note may be provided with Medication information and dosage information provided on the medication label if not in original container] – Preferred to be in original container

Documentation

1. Provincial Health Card – Health Card to be in Cadet’s possession prior to departure to the Field Training Exercise