

1085-10 (OPI)

All Cadets

15 Mar 2026

INFORMATION FOR SPRING FIELD TRAINING EXERCISE

Ref: a. Kit List – All Cadets

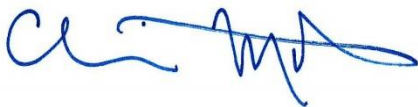
b. Warning Order – Spring FTX (Posted on Board)

c. Event Activity Sheet – Spring FTX (Posted on Board)

1. On the weekend of May 8th through the 10th, 2026 staff and cadets from 296 Sqn will participate in a Field Training Exercise (FTX) in support of cadet training directives. This unsupported training activity will provide opportunities to learn and develop skills in survival, adventure training, fire building, search & rescue as well as teambuilding and sports. The site for this event is Blue Springs Scout Reserve East of Guelph, near the town of Rockwood.
2. Accommodation for the weekend shall be outdoors in tents without any 'hard' accommodation in buildings.
 - a) We are asking cadets to indicate if they can provide a **tent** and how many the tent can comfortably sleep. More importantly, prior to the exercise the cadet should practice setting up and taking down the tent as they will be responsible for doing so while on the exercise with the help of their peers. If cadets have space in their tent, we'll be asking them to share space with cadets that don't have a tent. The Squadron has limited access to tents for the cadets to sleep in.
 - b) Cadets will be required to provide their own **sleeping bag** and **ground-pad or air-mattress**. Both are critical to getting a restful sleep which is very important considering the cadets will be tired at days end.
 - c) No showers or running water are available for this exercise. Potable drinking water is available, and cadets should carry a refillable water bottle with them. Washrooms will be available via portable toilets/pit toilets.
3. Cadets will be outside for the weekend and will be expected to dress for the weather. Failure to arrive with the proper clothing or equipment for the weekend shall result in the cadet not being allowed to participate. A kit list is attached to this memo to assist parents and cadets in packing for the weekend.
 - a) Each cadet will arrive dressed for the outdoors to assist staff in checking for suitable clothing.
 - b) Cadets must be prepared to have their kit inspected upon arrival to ensure they are adequately equipped for this event.
4. Cadets have been issued FTU (Field Training Uniform) along with their blue cadet parka. This will be worn by those cadets. All other cadets will need to ensure they have adequate clothing. Each cadet will be expected to have TWO Full sets of clothing that can be worn, (Pants and tops) including the FTU set they were issued. Cadets should arrive in their FTU.
5. Please review the latest uniform standards, as they have been recently revised regarding Air Cadets wearing their Field Training Uniform (FTU).
 - a) Cadets can wear their parka (both layers) and toque with the FTU while in the field. We recommend cadets have their toque with them especially when sleeping, it will greatly help them in keeping warm.
6. Messing will be provided via fresh rations prepared in the field. Please refer to the posted Squadron Dietary Policy if you have any questions related to special needs. If the Squadron is unable to meet specific needs the cadet will need to work with the training staff to look at other options including the cadet providing their own meals if that can be accommodated in the field environment.
7. Please carefully read the attached kit list for details on what all cadets should bring for the weekend. Please also note the contraband list.

- a) Pyrotechnics.
 - b) Alcohol, and illicit drugs.
 - c) Weapons, and dangerous implements.
 - d) Non – CF Military Clothing and Cadet (Dress) Uniform Items (other than headdress, parka, toque and slip-ons if in FTU),
 - e) The Squadron Policy is that Cpl or above may carry a small pocketknives, or multitools of any sort with blade less than 5 cm (2.5 inches) in length. No other cadets are permitted to carry blades of any type. More info on final page.
 - f) Expensive clothing and electronics are not advised. Charging is not available in the field.
 - g) Snacks/Food unless otherwise coordinated with training staff.
8. Cadets may bring a phone with them. It is ideal to contact parents at END EX that they are on the way home. Where we are located has limited coverage cel coverage. Cadets will be expected to put their phones away when training, to use suitable discretion when using their phones, and note that there are NO electrical outlets to charge anything. Any phones lost or damaged during this adventure remain the cadets' sole responsibility.
9. Timings:
- a) **Fri 08 May 2026- Cadets should arrive for check in/kit check by 1730hrs.** Cadets shall depart the Armoury promptly at 1800hrs. Cadets should have eaten dinner or have a suitable meal with them to consume on the short bus ride. They should be dressed for the field-there isn't opportunity to change into outdoor clothes there. Cadet kit will be inspected prior to departure.
 - b) **Sun 10 May 2026 – Cadets should return to the Armoury at approx. 1200hrs.** A message shall be left on the Sqn phone and pushed to social media channels detailing the estimated return time should there be any great discrepancy. Cadets can use the Squadron office phone to call home upon arrival. Cadets shall not be dismissed until all the training equipment has been put away following the return to the Armoury.
10. Emergency Contact:
- a) In the event of a emergency at home, you may try to reach your cadet through the Officer-In-Charge (OIC) at 519-572-3838. Failing voice communications, a text can also be sent as cellular reliability at this training location has not been confirmed.

11. Please direct any question to the undersigned.



Captain Chris Mitchell, CD
OPI

Kit list for Cadets – Spring FTX

PREVENTATIVE / MEDICAL

#	Items	Notes
1	Provincial Health Card	Must always be with the cadet
Any	Prescription or Non-Prescription Meds	All Medication must be checked in in their original containers. Prescription meds must be in prescription bottle and have guidelines for taking clearly on container.

EQUIPMENT

#	Items	Notes
1	Large Pack / Duffel Bag	To carry all your Kit / Clothing
1	Tent, complete with bag and all parts	As able, note this on the nominal roll
1	Sleeping Pad, air or foam	
1	Sleeping Bag	Suitable to low overnight temps
1	Small Thermal Mug	For hot beverages
1	Water Bottle	Personal, refillable, marked with name
1	Knife, Fork and Spoon	Set that can be identified and kept with the cadet to eat with all weekend.
1	Plate, plastic	Plastic plate that can be used by the cadet all weekend. High sides are a plus.
1	Small daypack	Carry water, sweater, raingear, etc. for day
1	Flashlight/Headlamp	Bring spare batteries

1. Cadets must be prepared to hike in with their kit. Their arms should be free. They will have to carry their belongings from the parking lot to the training area, a distance of several hundred meters. All kit should fit in the single large pack or duffel bag and their small day pack or be securely attached to the pack, not tied-on and swinging.
2. Cadets must ensure they have a good sleeping bag and a sleeping pad. Evenings can be chilly at this time of year. Most heat loss while sleeping is to the ground under the cadet.

CLOTHING / TOILETRIES

#	Items	Notes
2-3	Pants	Includes FTU
2-3	Shirts	Includes FTU
1	Rank Slip-Ons (Set of 2)	Only If wearing FTU
1	Blue Beret/Cdt Tilly Hat	Only If wearing FTU
1	Rain Gear (Top, Bottom)	Check weather when packing
2	Boots/Suitable Footwear	Minimum 2 pair (Not cadet dress ankle boots)
4	Pair Socks	Mix of wool and other material is best
1	Hat	With brim or peak for sun protection
1	Toque	Wear to sleep to help keep warm
1	Jacket	Insulated, windproof, water resistant
3	Underwear	
2	TShirt, Navy	Sqn TShirt is acceptable
1	Sweater/Sweatshirt	
As Req'd	Set Long Johns	Check weather when packing
1	Hair Kit	As required
1	Small Towel	
1	Toothbrush	
1	Toothpaste	
1	Toilet Paper	Keep in zip loc bag.
As Req'd	Hygienic Necessities	

RECOMMENDED ITEMS

#	Items	Notes
1	Pack small of wet wipes	suitable for face/body, biodegradable
1	Small Pillow	Small camping pillow or use spare clothes as pillow.
1	Lip Balm	
1	Pencil/Pen, notepad	Store in a zip loc bag
1	Sunscreen	
1	Watch	
1	Hand Sanitizer	Pocket size

General Reminders:

MEDICATION

All cadets shall surrender their medication to the MedO upon arrival at the Armoury. The MedO shall log these meds. Some meds shall be held by the staff to be administered to cadets in accordance to prescribed times/doses. Some other medication (asthma inhalers, epi-pens, etc) shall be returned to the cadets after they have been logged and must always be kept on the cadets' person.

Failure to pass forward medication, sharing of medication, failure to take medication as prescribed shall result in the cadet being removed from training and/or facing discipline.

All medication must be presented in its original container, bearing the name, dose, prescription information, delivery method and other information. Only enough should be brought for the weekend activity.

HEALTH CARD

Cadets will carry with them their VALID and UP TO DATE provincial Health card.

FIELD TRAINING UNIFORM (FTU)

FTU will be worn in accordance with CJCR dress instructions.

CLOTHING

Clothing cadets bring to camp must be of the kind cadets can get dirty. A good rule of thumb is 'do not bring anything to camp you are not afraid to lose'. Cadets get very dirty, very wet and very tired. In that state many items get lost, misplaced, or destroyed. Every cadet at one time or another has lost something. It happens far too often.

Cadets should arrive wearing their FTU uniform.

FOOTWEAR

Cadets will wear their FTU boots.

Cadets should bring a second pair of footwear – running shoes preferred for quick jaunts from the tent to the washroom.

PACKING

Cadets should pack all clothing and equipment in a proper bag. Kit Bags (large green duffel bags) may be signed out from supply.

Cadets should NEVER tie loose items together and then onto their packs. (Boots, extra knap sacks, etc). All kit is loaded onto a bus, and these items cause serious headaches for the personnel who load the kit. Many items packed in this manner can be damaged.

Many a cadet who carefully packed for a weekend is surprised to learn their clothing and equipment cannot fit into their bag for the return trip. Dirty clothing takes up more volume. Cadets should keep this in mind and leave a small amount of room for the return trip. Cadets should be prepared to carry all their kit from the drop off point to the Bivouac area.

KNIVES

296 Squadron has a strict policy on cadets carrying pocketknives. Only cadets the Rank of Cpl or above are permitted to carry a blade (pocketknife, multitool, etc.). The blade should be less than 2.5 inches (5cm) in length. It should be a lock blade. A fine example would be a standard Swiss army knife, available at relatively low cost at many local stores.