

No 30 (Hobsonville) Squadron

Air Training Corps

New Zealand Cadet Forces



PO Box 81-054 Whenuapai, Ph 417-7000 ext. 7022 (Thursday Evenings) www.30sqnatc.org.nz

2nd February 2011

To: All Cadets, Parents and Guardians

Proficiency and Advanced Survival Weekend 2012

The Proficiency and Advanced Survival weekend is a fun and challenging weekend designed to allow cadets to apply the survival theory learnt in the classroom to a practical environment.

- | | |
|---------------------------------|---|
| 1. Date: | Saturday 25 th - Sunday 26 th February 2012 |
| 2. Timings: | Cadets are to be dropped off at 30 SQN HQ no later than 0700 (7.00am) on the Saturday and may be picked up from 30 SQN HQ at 1700 (5.00pm) on Sunday. |
| 3. Location: | Ardmore Training Facility |
| 4. Costs: | \$30.00 This covers transport and all materials required. All payments must be made to the Support Committee prior to the weekend.
If you wish to pay over the internet the account number is 02 0108 0110359 00 please include your surname and camp name in the reference box. |
| 5. Medical / Permission: | A Medical/Permission slip is attached. Hand this into the support committee either on or before the 16th February 2012 |
| 6. Clothing: | Cadets should turn up in civilian clothing suitable for tramping. Boots or sturdy footwear is required. See the attached clothing list for further items cadets need to bring. |
| 7. Food: | A suggested menu is attached; ensure you have breakfast before arriving on Saturday morning. |
| 8. Equipment | Attached is an equipment list detailing equipment for cadets to bring with them, please ensure their property is clearly marked. 30SQN have some equipment available for hire at a small cost, these items are marked on the list with an *. |
| 9. Emergency Contact | For any <u>emergencies</u> on the weekend please contact: FLTLT Andrew Bennison (phone number available from the Squadron), <i>this is for emergencies only during the weekend.</i> |

S. Bown
Under Officer
Advanced Flight CDR

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Equipment List

Item	Details	Minimum Quantity
Pack* and pack liner	To carry all clothing & equipment inside pack	1
Day Pack		1
Sleeping bag	Must fit in pack	1
Bedroll		1
Tarpaulin/ Groundsheet	2m x 1m	1
Boots or strong footwear	Must have good soles and ankle support	1pr
Raincoat	Mid thigh length with hood. Must be water proof or seam sealed to stop persistent rain & wind.	1
Woollen Jersey/Swandri		1
T-Shirt		3
Long Trousers	NOT jeans or denim	1
Shorts	For tramping in, lightweight	2
Woollen Socks	Must be thick wool	2pr
Underwear		3pr
Thermals	Wool or polypro. Must be both top and bottom, snug fit.	2set
Woollen hat		1
Sun hat*		1
Dixie's*	For cooking in	1
Food	See attached suggested menu, must be sufficient for weekend	
Cutlery	Knife, fork, spoon or Spork (spoon-fork-knife in one)	1
Gas cooker* & Gas*		1
Water bottles* and water		3L
Towel	Micro fibre, small 1m x 0.5m	1
Toilet gear	Soap, toothbrush/paste, face cloth, comb, toilet paper, hand sanitizer	
Sun block/Insect repellent		
Personal survival kit		1
Personal first aid Kit	Including personal medication	1
Torch/ headlamp	Including spare batteries	1
Optional Items		
Sunglasses	Inexpensive	1
Over trousers		1
Gaiters/Putters		1

- Items marked with * can be hired from the unit for a small fee.
- NO camouflage type clothing is to be worn at any time during the exercise.
- Ensure equipment is clearly named

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Suggested Menu

Breakfast	Details
Sunday Morning Spaghetti/ Baked Beans Muesli Tinned Fruit	Pre-mix with milk powder in a sealed bag- just add water!
Lunch	Details
Saturday (Packed Lunch) Sandwiches Fruit Snack Bars	Saturday's lunch should require no cooking; it must be ready to eat.
Sunday (Cooked Lunch) Two minute noodles Soup Heat 'n' Eat tinned meals Backcountry freeze dried meals	Packet or tinned 'Watties Big Eat' or 'Backcountry' Freeze Dried meals.
Dinner	Details
Saturday Heat 'n' Eat tinned meals Two minute noodles Soup Backcountry freeze dried meals Creamed rice Tinned fruit	'Packet or tinned 'Watties Big Eat' or 'Backcountry' Freeze Dried meals.
Snacks	Details
Scroggin ANZAC Biscuits/ Oat Biscuits Nut Bars/ Muesli Bars Party Mix lollies Barley Sugars	Snacks should be light to carry and high in energy.

Remember: It is good to have food that is light to carry and makes as little rubbish as possible.

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PARENTAL CONSENT/MEDICAL

CADETS NAME: _____
Rank Surname

As parent / Guardian of the above cadet I give permission for him / her to take part in
The *Proficiency and Advanced Survival Weekend 2012*

*Delete as applicable

- * My Son / Daughter / Ward has no medical condition, disabilities or food allergies
- * My Son / Daughter / Ward has a medical condition, disability or food allergy. I.e. sting, food or medicine allergies, asthma, migraines etc. They will bring along any medication required.

CONDITION: _____

MEDICATION: _____

Parent Signature: _____ Parent Name: _____

Your emergency phone number during the activity: _____

Note: the emergency contact should be available at any time during the weekend to collect a cadet

This information will be destroyed at the conclusion of the activity. Any injuries incurred by a cadet on this exercise requiring medical attention are at the cost of his/her parent or guardian.

If a cadet is sick on the day of an activity it is best for them not to attend to stop illness from spreading.
Inform the emergency contact if a cadet will not be attending at