



CENTRAL REGION
CADET SUMMER TRAINING CENTRES

CONSOLIDATED JOINING INSTRUCTIONS

- COURSE CADETS -

AMENDED: FEBRUARY 2009

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PURPOSE

1. The purpose of these joining instructions is to provide cadet candidates selected, and their parents, with the necessary information for course participation. They must be read in full, together with the specific annexes appropriate to the Cadet Summer Training Centre (CSTC) the cadet will be attending.

COURSE DETAIL

2. Course location, dates and transportation details will be provided by the Commanding Officer of the home corps/squadron prior to commencement of the course. Transportation is generally arranged for cadets' arrival one day prior to commencement of the course, and departure one day following completion of training. Distance to destination, equipment scheduling and local (CSTC) routines may dictate modification of that practice. Thus, it is important for parents to maintain close coordination with their cadets' local corps/squadron.

PREPARATION

CLOTHING AND EQUIPMENT REQUIREMENTS



3. Military and civilian clothing and equipment requirements are detailed in the joining instruction **Kit List**. All items should be clearly marked with name and initials in indelible ink.

4. Cadets **MUST** ensure that all DND-issued items of clothing, especially footwear, fit properly before departing for training. There are no facilities for clothing exchange at the CSTCs. Any necessary clothing exchanges must be completed at the local corps/squadron.

5. There is no need for cadets attending training centres in Central Region to wear civilian clothing. Jeans only will be allowed and must not be defaced, cut, ripped, or have drawings, lettering or other adornment on them. They may be worn during non-training

activities such as dances and relaxed periods, along with the training centre T-Shirt.

6. Valuable items such as radios, I-pods, cellular telephones, expensive cameras, jewelry, and civilian clothing not listed in the **Kit List** should not be brought to the training centre. Bringing valuables is done so at the cadet's risk as DND accepts no responsibility for personal property. All personal items should be documented on a **Personal Articles Log** which should accompany the cadet to camp.

MEDICAL AND DENTAL INFORMATION

7. Provincial Health Cards

All cadets must have their valid provincial health card in their possession and be prepared to show it before boarding transportation. In the event the cadet is awaiting a new or replacement card, the Ontario Ministry of Health receipt may be shown instead. If the card's expiry date falls within the cadet's course dates, it must be renewed prior to departure. Cadets who live outside of Ontario must have in their possession a legible photocopy of their personal or family health card issued by the respective province.

8. Prescription Medication

Cadets requiring prescription medication must bring sufficient medication to last for their entire stay at the training centre. Medications will be logged in and retained by CSTC staff, together with dispensing instructions. Although proper dosages and frequency are supervised by CSTC staff, cadets are expected to be aware of, and understand, their own medication requirements. If prescription replenishment is likely to be required during the course, cadets must have in their possession the medication renewal prescription, the dosage, and sufficient funds to cover the cost of acquiring the medication. Canadian Forces Health Services will not pay for refilling prescriptions.

9. Over-the-Counter and Patent Medicines

Cadets are not permitted to retain any non-prescription medications. Should circumstances warrant, CSTC MIR personnel will administer any appropriate medications.

10. Cadets allergic to bee and wasp stings must bring their prescribed Anakit/Epi-pen with them.

11. Medic-Alert Bracelets

Cadets with known medical conditions (diabetes, allergies etc.) must wear a Medic-Alert bracelet while attending summer training.

12. Eyeglasses

Lenses and frames are the personal property of the cadet. The Canadian Forces will not replace or repair lost or broken glasses. It is strongly recommended that the cadet or the parent have insurance coverage for repair/replacement of eyeglasses. In addition, cadets requiring eyeglasses shall have in their possession, two pairs of glasses and a copy of the prescription. Cadets are responsible for the safety of their eyeglasses and must exercise all due diligence in preventing loss or damage (wearing retaining straps etc.). If it is determined that the cadet was on duty and all due diligence was exercised by the cadet to prevent loss/damage, a claim against the crown may be submitted.

Note: cadets are NOT permitted to wear contact lenses if attending the International Exchanges, Parachute or Marksmanship courses conducted at Connaught NACSTC.

TRANSPORTATION ARRANGEMENTS

13. Transportation to and from the CSTC is provided at no expense to the cadet or family and is generally via charter motor coach. Out-of-region travel may be provided by rail or by military or commercial air transport. The Movements Officer of the appropriate Regional Cadet Support Unit arranges all transportation for cadets. This information, including the pick-up location, is then passed to corps/squadron Commanding Officers for onward dissemination to cadets and parents/guardians. Cadets shall travel to and from training centres in uniform.



14. Cadets travelling by rail or air MUST carry government-issued identification. For air travel, as a minimum, cadets under age 16 must have either one piece of photo identification or two pieces of identification, one of which specifies gender and date of birth. Such documents as a health card or birth certificate satisfy this requirement. Cadets aged 16 and over must have identification with photo. In both circumstances, a valid passport fulfills the requirements. School identification or corps/squadron I.D. cards are not accepted. Cadets whose 16th birthday falls within their camp period will be required to hold the higher level of documentation for their homeward journey.

15. Under the Government of Canada's Passenger Protect program, for all air travel, full legal names must be used. Cadets' names as registered with their home corps/squadron MUST match the identification being carried. Discrepancies such as short forms or nicknames, use of a middle name, surnames assumed by the cadet instead of their legal name, or spelling errors may result in denied boarding. Additional details about the Passenger Protect program are available from Transport Canada.

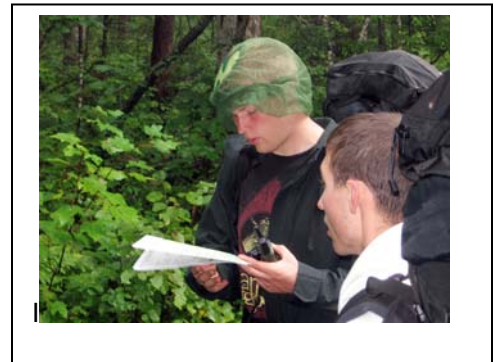
16. Personal luggage must be clearly marked with a duplicate tag placed inside the container (duffle bag, suitcase, kit bag). Luggage restrictions may apply to cadets travelling by air. Details regarding checked and carry-on luggage may be obtained from the Canadian Air Transport Security Authority (CATSA).

17. Parents/Guardians bringing their son/daughter to the training centre must ensure that the corps/squadron Commanding Officer is so informed in advance, and should plan their journey to arrive at the CSTC Ops Centre no later than 13:00 hours (1:00 p.m.) of the reporting-in day, which is generally the day before the course start date.

18. Meals appropriate to the time of day are normally provided enroute if cadets' travel extends over a meal period. In the event cadets are required to purchase a meal, receipts must be obtained for reimbursement purposes upon arrival at the training centre.
19. All parents/guardians must complete a Cadet Transportation Form to assist Movements staff in planning return transportation. The form should accompany the cadet to the CSTC. Parents/Guardians intending to retrieve their son/daughter/ward at the completion of training **MUST** inform the training centre in advance to prevent unnecessary transportation arrangements for their son/daughter/ward.
20. Cadets are not permitted to bring private motor vehicles of any type to the training centre.

PRE-DEPARTURE CHECK

21. In preparing for departure, all cadets must assemble the following items to bring with them.
- Provincial Health Card. (see para. 7);
 - Personal identification (see para. 14);
 - Prescriptions for eyeglasses (see para. 12) and/or medications see (para. 8);
 - List of medications and dispensing information (dosage, frequency);
 - Prescribed medications (see para. 8);
 - Eyeglasses (see para. 12);
 - Long-distance calling card (suggested, for cadets to call home periodically);
 - Pocket money for incidental personal expenses (canteen snacks, souvenirs, etc., \$15 - \$20 per week suggested); and,
 - Completed Cadet Transportation Form



TRAINING CENTRE ROUTINES

IN-CLEARANCE

22. All cadets are processed through an in-routine upon arrival and will be required to provide the following:
- Name;
 - Course attending;
 - Health card (confirmation cadets have it in their possession);
 - Eyeglass and other prescriptions (if applicable);
 - List of medications (if applicable);
 - Any travel documents/tickets; and,
 - Cadet Transportation Form** particularly if requesting early departure

23. Personal luggage will be subject to search upon arrival to ensure that no unsafe or prohibited items are brought into the training centre.

24.

TRAINING CENTRE SERVICES AND INFRASTRUCTURE



25. Central Region CSTCs utilize a mix of permanent structures for sleeping accommodation, instructional and administrative functions. Blackdown and Connaught ACSTCs employ semi-permanent softwall shelters for instructional and sleeping quarters. Trenton ACSTC employs permanently erected single-storey modular quarters. The Regional Gliding School (RGS) and Advanced Aviation course cadets are housed in community college student residences, and HMCS ONTARIO cadets occupy student quarters at the Royal Military College.

26. Cadet accommodations are multi-occupant, gender-specific and access-restricted. Sleeping equipment consists generally of two-tier bunk beds. All bedding (sheets, blankets, pillows) is provided. Security for cadets' personal belongings is provided by "barracks boxes" or steel lockers similar to those in school. Cadets are expected to bring their own padlocks.

27. Meals are served to cadets in a cafeteria style mess-hall environment three times daily. CF facilities do not generally offer allergen-free foods or food preparation conditions, and cannot ensure avoidance of certain ingredients in food preparation. Whenever possible, foods containing or prepared with identified possible allergens (e.g. nuts, dairy, shellfish) are so identified when served; however, under Director Food Services policy, it remains the individual's responsibility to monitor their own food intake to avoid an allergen.

28. Personal stocks of foodstuffs (snacks, confections, beverages) are discouraged in living quarters. Prevailing seasonal weather conditions promote early spoilage and the presence of foodstuffs tends to attract vermin and insect pests.

MEDICAL AND DENTAL CARE

29. Medical Services – Each Training Centre is staffed with medical personnel, including a physician during training hours, to provide a first-response level of medical services intended to deal with minor injuries and routine medical conditions. When necessary, individuals may be referred to local civilian medical facilities for more comprehensive diagnosis and/or treatment.

30. Dental Services –Emergency dental care is available in the event of accident or injury. No dental care beyond the emergency level is provided.

TELEPHONES

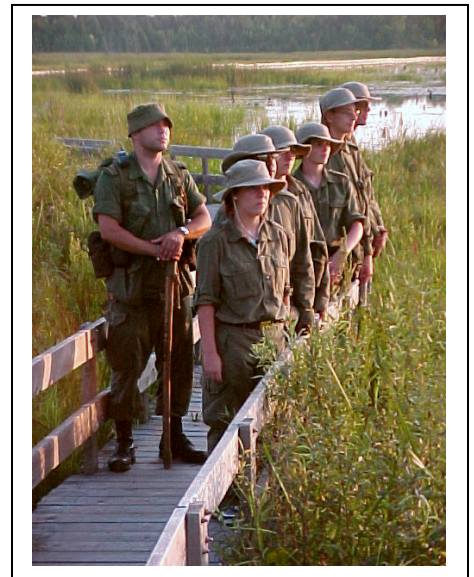
31. Personal calls may not be made from DND telephones. Commercial pay telephones are conveniently located in the common areas of each Training Centre. If desired, the cadet may bring a Calling Card, Prepaid Phone Card, etc., to make phone calls at parent / guardian / cadet expense. Cadets are not permitted to bring cell phones to the Training Centre. In emergency circumstances, CSTC staff will initiate telephone calls to cadets' homes at government expense. In the event of urgent or emergency circumstances requiring parents to contact cadets, they may do so by calling the appropriate CSTC duty centres as listed in each of the Training Centre annexes.

POSTAL SERVICES

32. Postage deliveries and pickups occur daily at the Training Centres. Cadets desiring to mail letters should bring a supply of postage stamps. Additional stamps are available for purchase at cadet canteens. Parents wishing to send mail to their sons/daughters or to a Training Centre headquarters should refer to address instructions in the Training Centre Annex specific to the one their children attend.

LAUNDRY

33. Laundry services vary from centre to centre. Fully equipped laundry facilities are available. In the case of Trenton, HMCS Ontario, Blackdown, and Connaught laundry attendants are employed to perform laundry services. Pressing facilities (irons provided) are available on a "do-it-yourself" basis. Cadets must clearly mark their name on all items of clothing (inside collars and waistbands) using non-soluble ink.



CANTEEN

34. Canteen with snack bar and retail outlet are available for the purchase of soft drinks, confections, hygiene items, shoe polish, souvenirs and items of clothing such as Training Centre T-shirts. All merchandise is modestly priced and the profits are devoted to providing amenities for the cadets.

WORSHIP SERVICES AND SPIRITUAL GUIDANCE

35. Each Training Centre maintains a multi-denominational staff of chaplains in making every effort to meet the needs of all religious denominations. The centres provide both Protestant and Roman Catholic services for those cadets wishing to attend. Those cadets seeking a service within their own faith are encouraged to approach the Training Centre chaplains for assistance.

CADET BANKING

36. The Training Centres, except RGS and Advanced Aviation locations, provide an on-site banking service. Cadets are encouraged to deposit any large amounts of money upon arrival and withdraw money as required to provide for one or two days' spending. It is emphasized that there are absolutely no mandatory charges associated with attendance at a summer training centre. Cadets, however, may wish to purchase such items as caps, T-shirts, fleece jackets, soft drinks or confections. They are responsible for personal hygiene materials including soap, shampoo etc... and haircuts.



37. There are no ATMs (commercial banks' Automated Teller Machines) located within Training Centres. However, cadets holding their own personal banking or ATM cards may be provided periodic opportunities to access an ATM at nearby commercial or on-base locations. RGS and Advanced Aviation locations, being housed in community college campuses have ATM service onsite.

TRAINING BONUS

38. Course cadets qualify for a training bonus of \$10.00 per day starting on the first day of training, to a maximum of \$60.00 per week. The bonus is paid in installments, at the end of one and three weeks' training and (for six-week courses) upon completion of the course. Interim installments are paid in cash and the final installment is paid by cheque. When a cadet is, for any reason, unable to finish the authorized activity and is returned to his or her unit (RTU), entitlement for the training bonus shall be determined on a per-diem basis for each completed day of training.

PERSONAL APPEARANCE

39. The standards of personal dress, appearance and grooming shall be such as to reflect credit on the individual and on the Canadian Cadet Organization as a whole. The following regulations are extracted from Canadian Forces Dress Regulations and Cadet Dress Regulations. They are not intended to be overly restrictive, but to ensure the maintenance of high standard of grooming consistent with military standards while also recognizing the standards of Canadian society and the traditional privileges, which have proven their value in fostering group identity and morale. The regulations are reasonable, enforceable, assure a favourable military image, and yet permit some individuality.



HAIR STYLE – MALE PERSONNEL

40. As guidelines, hair shall be:

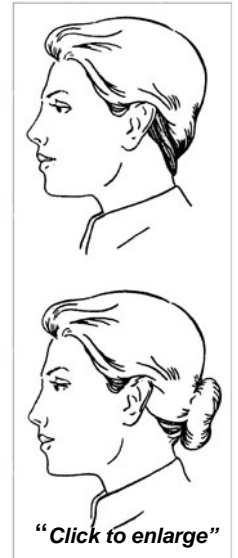
- a. neatly groomed;
- b. taper-trimmed at the back, the sides, and above the ears, to blend with the hairstyle. A straight cut at the neck is permissible when the tapered appearance is maintained;
- c. not more than 15 centimetres (6 inches) in length and short enough so that when

hair is groomed and headdress removed, no hair touches the ears or collar, or falls below the top of the eyebrows. The distance of the hair from the collar for the average man should be 2.5 centimetres (1 inch) but this may vary according to whether the individual has a short or long neck; and,

- d. not greater than 4 centimetres (1½ inches) in bulk at the top of the head with the bulk gradually decreasing from the top to blend with the tapered trimmed sides and back; and does not interfere with the proper wearing of any military headdress.

41. Sideburns shall:

- a. not extend below the point where the top of the ear lobe joins the face;
- b. be squared off in a horizontal line at the bottom edge; and,
- c. be taper-trimmed to conform to the overall hairstyle and of even width.



HAIR STYLE – FEMALE PERSONNEL

42. Hair shall be kept neat and well groomed and shall not extend below the lower edge of the jacket collar. Varying hairstyles, straight or curled are permitted within these limits but exaggerated or bizarre styles including those with excessive fullness or extreme height are not authorized. In no case shall the bulk of the hair interfere with the proper wearing of military headdress. Hair ornaments shall not be worn. Bobby pins, hairpins and similar items used to secure the hair shall not be visible.

43. Braids, if worn, shall be styled conservatively and tied tightly, secured at the end by a knot or a small-unadorned fastener. A single braid shall be worn in the centre of the back. Double braids shall be worn behind the shoulders. Hair shall be a maximum length when gathered behind the head and braided which does not extend below the top of the armpit. Multiple braids and/or cornrows shall be directed toward the back of the head, pulled tight to the head and secured at the end by a knot or a small-unadorned fastener. Multiple braids extending below the lower edge of the collar are to be gathered in a bun.

MAKE-UP – FEMALE PERSONNEL

44. Make-up shall be conservatively applied when in uniform. This precludes the use of false eyelashes, heavy eyeliner, brightly coloured eye shadow, coloured nail polish and excessive make-up.

JEWELRY

45. The wearing of jewelry by personnel in uniform is restricted. Wrist watches, ID or Medic Alert bracelets are permitted. A maximum of two rings may be worn provided that they are not of a gaudy or costume nature. Personnel in uniform shall not wear necklaces or chains about the neck. Females may wear only a single pair of plain gold, silver stud or white pearl earrings in pierced ears. A healing device of similar size not to exceed 0.6 cm. in diameter and spherical in shape may be worn while ears are healing after piercing. Only a single earring or healing device, worn in the centre of each ear, may be worn at a time.

DISCIPLINE AND DEPORTMENT



46. Regulations and standards have been developed to ensure the safety, efficiency and well-being of everyone. These requirements are not difficult to meet, and a willingness to abide by the rules will contribute greatly towards an enjoyable summer for all cadets. When regulations are ignored, it causes unreasonable hardship for both cadets and staff, and must be addressed through remedial or disciplinary action.

47. Cadets are required to sign a 'Rules of Conduct' declaration in which they acknowledge the standards of conduct and behavior expected of them while participating in summer training.

LEAVE AND PASSES

48. Cadets attending a training centre are considered undergoing training. Parents are reminded that training occurs seven days a week commencing at 0600 hrs daily and concluding at 2000 hrs following a varied and active training day. Each training day is a stepping stone for the next and is therefore important.

49. Cadets require parental consent to depart the Training Centre. The cadet must be accompanied by a responsible individual, as noted in Section D of the Application for Training (CF51) and the Consent for Leave form. In any case, leave authorization is dependent on training requirements. Leave passes are not available to cadets attending two-week courses; however parents may arrange visits on the mid-course weekend or during evenings according to specific variations at each CSTC; respective Annexes should be consulted for details.

50. If there are special restrictions (e.g. due to court orders, custody issues, etc.) or changes in authorization of who may take a cadet on leave, the Training Centre requires notice in writing, either by mail or by fax. Refer to the Training Centre Annexes for contact information.

51. Leave periods vary according to the training requirements at each CSTC and parents should consult their respective Annexes before making any travel plans. Cadets are required to be in uniform when departing and returning to the Training Centre.

SMOKING

52. Central Region Cadet Summer Training Centres are a preferred Smoke Free Environment. Therefore, smoking will strongly be discouraged at ALL CSTCS. Government policy forbids smoking inside DND buildings or riding in any DND vehicles or aircraft. In any case, cadets are not permitted to smoke at a CSTC without **written authorization** from their parent/guardian. Tobacco products will not be available for sale at Training Centres. Please note that, due to the type of training conducted there, Connaught NACSTC is a fully non-smoking environment.



CONTROLLED SUBSTANCES (ALCOHOLIC BEVERAGES AND DRUGS)

53. Cadets are prohibited from buying, consuming, or having in their possession any alcoholic beverage of any sort. Cadets are prohibited from buying, selling, using or being in possession of any narcotic or hallucinogenic substance. Anyone suspecting another of using or being in possession of drugs or alcohol is obliged to advise their supervisor immediately. Central Region adheres to a zero-tolerance policy with regard to the misuse of controlled substances, and any cadet so involved may be subject to immediate RTU and possible criminal charges.

FRATERNIZATION

54. Cadet Summer Training Centres embody three groups of individuals: course cadets, staff cadets, and officers (including Civilian Instructors). Fraternization, that is, inappropriate interactions as defined in CATO 15-22, among any of these categories is not permitted. Living quarters are gender-exclusive and are off limits to members of the opposite sex. Failure to comply will not be tolerated and may result in personnel being RTU.

RETURN TO UNIT (RTU)

55. A cadet may be Returned to Unit (RTU) for serious disciplinary problems, medical reasons, upon parental request, as a training failure or when determined by the Commanding Officer to be in the best interest of the cadet. The RTU procedure may commence on very short notice. It is imperative, therefore, that the parent/guardian's whereabouts are known by the corps/squadron Commanding Officer at all times. It is also important that parent/guardians have accurately specified (on the initial Application for Training [CF 51]) contact numbers including their alternate contact. Undue delay in returning home may place unnecessary stress on the cadet.

GRADUATION AND RETURNING HOME

56. Each Training Centre conducts a full ceremonial review Graduation Parade at the conclusion of each two-, three- and six-week training serial. Parents and friends are welcome, and encouraged, to attend. Dates are course-specific and individual parade schedules and locations are detailed in each of the CTSCs' individual annexes.



57. Cadets do not depart immediately following graduation parades. Pre-departure out-clearance procedures and transportation arrangements are planned well in advance of the scheduled departure dates. Further, due to the large number of cadets departing in a short time frame, a rigid departure plan must be maintained.

58. It is imperative that parents desiring an early departure with their sons/daughters **advise the Training Centre well in advance**. In order to expedite the process and in an attempt to reduce lengthy delays, parents are obliged to complete the Cadet Transportation Form

submitted as part of their cadets' In-Routine. If circumstances change, a substitute form may be sent by fax or mail to the Training Centre, or arrangements may be made by telephone.

59. Parents, or those adults designated by parents as the person authorized by them to transport the cadet home, are obliged to ensure they have adequate identification on their person and that they are indeed the parent or individual identified on the cadet's original Application for Training (Form CF51) or Transportation Form. CSTC staff is obliged to exercise due diligence and not release a cadet to anyone's custody without the proper parental authorization and confirmation of identity.

60. As detailed in paragraph 13 earlier in this instruction, transportation from the CSTC is provided at no expense to the cadet or family. All travel instruction detailed in paragraphs 13,14 and 15 apply to home-bound travel as well. Cadet transportation generally terminates at the same location outbound transport originated.

CSTC CONTACTS AND GRADUATION PARADE SCHEDULES

61. CSTC contact information and Graduation Parade schedules are detailed in the following Annexes.

ANNEXES

- Annex A - Forms
- Annex B - Blackdown Army Cadet Summer Training Centre
- Annex C - Connaught National Army Cadet Summer Training Centre
- Annex D - HMCS Ontario Sea Cadet Summer Training Centre
- Annex E - Trenton Air Cadet Summer Training Centre
- Annex F - Regional Gliding School (Central)
- Annex G - Advanced Aviation Courses

Annex A

This annex comprises the necessary forms for Course Cadets attending Central Region Cadet Summer Training Centres.

- Appendix 1 - Kit List
- Appendix 2 - Personal Articles Log
- Appendix 3 - Transportation Form
- Appendix 4 - Smoking Consent
- Appendix 5 - Leave Consent and Parental Direction
- Appendix 6 - Rules of Conduct – Course Cadets

KIT LIST

The following table describes the clothing and personal items required by course cadets.
 For a printer-friendly checklist, click the CSTC being attended.

IMPORTANT! – See [Restricted and Prohibited Items](#) below

	Blackdown	Connaught	HMCS Ontario	Trenton	RGS	Advanced Aviation	Power Pilot Scholarship
Headdress* NOTE 1	1	1	1	1	1	1	1
Shirt, Uniform*	1	1	1	1	1	1	1
Tie, Uniform*		1			1	1	
Sweater, turtle-neck*	1				1		1
T-shirt, Uniform*				Min. 1 blue	Min. 1 blue		
Trouser, Uniform*	1	1	1	1	1	1	1
Belt, black web, Uniform*	1	1	1	1	1	1	1
Tunic, Uniform*		1	1		1	1	1
Socks, grey wool, pair, Uniform*	2	2	2	2	2	2	2
Boots, ankle, black, pair, Uniform*	1	1	1	1	1	1	1 NOTE 9
Raincoat, Uniform (Cadet parka)*			1	1	1	1	1
Hat, Tilley*	1	1	1	1	1	1	
T-shirt, grey* (PT)	1	1	1	1	1	1	1
T-Shirt, white	1				2		5
Shorts, grey* (PT)	1	1	1	1	1	1	1
Sweat suit	1		1 NOTE 8			1	
Swimsuit NOTE 2	1	1	1	1	1	1	1
Swim Cap NOTE 3			1		1		1
Socks, athletic, white. Pair	2		3	8	2	2	2
Shoes, Running/Cross-training*, pair	1	1	1	1	1	1	1
Shoes, Water-activity, pair NOTE 5	2			1	1		
Jacket NOTE 7			1	1	1	1	1
Underwear	6	5	5	6	5	5	5
Sleepwear NOTE 2	2	1	1	1	1	1	1
Jeans NOTE 6		1	Nil	2	1	2	1
Personal Hygiene Kit including:							
Soap	1	1	1	1	1	1	1
Shampoo	1	1	1	1	1	1	1
Toothbrush	1	1	1	1	1	1	1
Toothpaste	1	1	1	1	1	1	1
Deodorant	1	1	1	1	1	1	1
Hairbrush	1	1	1	1	1	1	1

	<u>Blackdown</u>	<u>Connaught</u>	<u>HMCS Ontario</u>	<u>Trenton</u>	<u>RGS</u>	<u>Advanced Aviation</u>	<u>Power Pilot Scholarship</u>
Shaving Kit (Razor, lather, as required)	1	1	1	1	1	1	1
Handkerchief or Tissues	1	1	1	1	1	1	1
Towel, bath	2	2	2	2	2	2	2
Towel, hand	2		2			2	
Cloth, face	2	1		1			2
Footwear, shower, pair <small>NOTE 4</small>	1	1	1	1	1	1	1
Lip Balm (as required)	1				1		1
Sunscreen: minimum SPF 29 suggested	1			1	2		2
Insect Repellent DEET Caution					1		1
Eyeglasses, prescription (as required)	2	2	2	2	2	2	2
Sports strap (retaining strap for cadets with prescription eyewear)	1	1	1	1	1	1	1
Shine Kit (Shoe polish, soft cloth, e.g. Kiwi cloth, brush)	1	1	1	1	1	1	1
Stationery supplies (pens, pencil, paper, stamps etc..)	1	1	1	1	1	1	1
Lock, Combination or keyed padlock/ 2 keys unless otherwise specified	2, Combination	1	1	2	1	2	1, Combination
Clothes hangars	6	4		4	4		4
Sewing Kit (Needle, thread)	1	1	1	1		1	1
Bottle, sport				1, w/ carry case	1, w/ carry case		1
Laundry detergent (also available for purchase at canteen)	1						
Kit bag*				1	1		1
Gym bag/ knapsack			1	1	1	1	1
Additional Items as Specified in Annex:	<u>B</u>	<u>C</u>	<u>D</u>	<u>E</u>	<u>F</u>	<u>G</u>	<u>H</u>
Documents							
Health Card	1	1	1	1	1	1	1
Personal Items Log	1	1	1	1	1	1	1
Transportation Form	1	1	1	1	1	1	1
Prescription(s) – Meds	1	1	1	1	1	1	1
Prescription – Eyeglasses	1	1	1	1	1	1	1
Smoking Permission (as applicable)	1	1	1	1	1	1	1
Identification (under age 16, Government-issued, e.g. birth certificate) if travelling by rail or air	2	2	2	2	2	2	2
OR							
Photo identification (Age 16 and over, Government-issued, e.g. passport) if travelling by rail or air	1	1	1	1	1	1	1

	<u>Blackdown</u>	<u>Connaught</u>	<u>HMCS Ontario</u>	<u>Trenton</u>	<u>RGS</u>	<u>Advanced Aviation</u>	<u>Power Pilot Scholarship</u>
Long Distance Telephone Calling Card	1	1	1	1	1	1	1
Glider & Power Pilot Candidates: Cheques payable to Receiver General for Canada					1 @ \$55.00 1 @ \$105.00		1 @ \$55.00 1 @ \$105.00

ADDITIONAL ITEMS FOR CADET LEADER INSTRUCTOR ADVENTURE COURSE CADETS							
Not mandatory, but recommended in view of the substantial time spent in hiking, backpacking, canoeing and mountain biking.							
Quick-dry shirts, shorts, pants (as required) **	3						
Hat with visor for sun protection	1						
Appropriate style hiking boot (as required) **	1						
Extra sports socks (minimum 3 pair extra)	3						
Sunglasses	1						
Wristwatch	1						
Dry bag(s)	2						
Bottle, sport	1, Nalgene style						
ADDITIONAL ITEMS FOR SAILING AND GENERAL TRAINING (SEA) COURSE CADETS							
Shorts, civilian pattern, solid colour (blue, black, brown, khaki, white) and/or Appropriate sailing attire			3-5				

NOTES:

- * Issued at home corps/squadron
- Note 1: Issued elemental cap, beret or wedge cap **INCLUDING brass or insignia**
- Note 2: Must be conservative in style and fit. Swimwear: Two-piece or bikini style not permitted. Sleepwear: Appropriate to time of year, but sufficiently conservative to ensure standards of personal modesty.
- Note 3: For females with long hairstyles
- Note 4: For shower; Water resistant, Velcro fastener recommended, e.g. beach sandals, jelly shoes
- Note 5: Footwear capable of foot protection during water activities, e.g. canoeing, etc. Blackdown: Sandals with ankle strap, water shoes etc. RGS: Old running shoes, etc.
- Note 6: Only jeans, preferably blue denim, in good repair will be permitted for off-duty casual wear at those Training Centres permitting jeans at all. Torn, frayed, embellished (written-upon, painted, spangled, etc.) or low-rider garments are not permitted.
- Note 7: Lightweight windbreaker style. Warm sweater may be substituted.
- Note 8: Sweater and pants may be substituted.
- Note 9: Additional pair of boots, ankle, black to be drawn from home squadron if possible, for wear while flying.

RESTRICTED & PROHIBITED ITEMS

The following table describes items which should NOT accompany cadets to a Training Centre. Any such items discovered during routine in-clearance or during a cadet's attendance to training are subject to confiscation by directing staff and could result in disciplinary or legal action.

DESCRIPTION	EXTENSION, EXAMPLES
Flammables	Lighter fluid,
Explosives	Fireworks, firecrackers, ammunition, pyrotechnics
Weapons	Knives, daggers, camping knives, sheath knives, machetes, scissors, and sharp instruments of any sort, pistols and rifles (whether firearms or air/pellet),
Controlled Substances	Non-prescription and over-the-counter medications, hallucinogens
Alcoholic Beverages	
Foodstuffs and beverages	Perishables, packaged goods, snacks, candy
Unauthorized Uniforms or Accoutrements	Combat clothing, gaiters, webbing, clickers
Personal Attire	Clothing not specified in kit lists, contact lenses (Connaught only)
Sports Equipment	Skate boards, roller skates, roller blades, private sailboats, sailboards
Personal Electronics	Cell phones*, Pagers, "Ghetto Blasters", "Boom boxes", Laser pointers, "Diskman" CD players, Ipods.
	*EXCEPTION: MAY be permitted if so indicated in individual CSTC Annex Cell phones are permitted for Power Pilot Scholarship candidates, and Army Cadet Exchange and Basic Parachutist Course candidates at CNACSTC, on an "own risk" basis; subject to inspection upon arrival
Small Appliances	Hair dryers*, curling irons, clothes irons, hotplates. *EXCEPTION: Hair dryers permitted at RGS
Pornographic Materials of any sort	Pornographic books, movies,
Pets	
Motor vehicles of any sort	
Miscellaneous Items potentially hazardous to others	Glass containers, felt-tipped markers,

Alterations to Footwear

CF Dress Regulations prohibit the altering of footwear; therefore "clickers" may not to be installed on footwear. Additionally, clickers tend to damage flooring and are considered a fire hazard in some environments (e.g. flight lines). Any such additions to footwear (boots, shoes) will be removed before travelling to camp, and left off.

DEET CAUTION

To inhibit the risk of contracting a number of insect-borne diseases including [West Nile Virus](#), Health Canada recommends several protective measures including the application of an insect repellent containing DEET. Only Health Canada approved products should be purchased.

Most cadets fall into the over-12 age category, which is the same as adults, for whom Health Canada recommends repellents containing 5% to 30% DEET.

Cadets aged 12 should use a product containing 10% DEET or less.

More detailed information is available on the [Health Canada](#) website.

KIT CHECK LIST: BLACKDOWN		✓OUTBOUND	✓HOME-BOUND	NOTES
ITEM	QUANTITY			
Headress* NOTE 1	1			
Shirt, Uniform*	1			
Tie, Uniform*				
Sweater, turtle-neck*	1			
T-shirt, Uniform*				
Trouser, Uniform*	1			
Belt, black web, Uniform*	1			
Tunic, Uniform*				
Socks, grey wool, pair, Uniform*	2			
Boots, ankle, black, pair, Uniform*	1			
Raincoat, Uniform*				
Hat, Tilley*	1			
T-shirt, grey* (PT)	1			
T-Shirt, white	1			
Shorts, grey* (PT)	1			
Sweat suit	1			
Swimsuit NOTE 2	1			
Swim Cap NOTE 3				
Socks, athletic, white. Pair	2			
Shoes, Running/Cross-training*, pair	1			
Shoes, Water-activity, pair NOTE 5	2			
Jacket NOTE 7				
Underwear	6			
Sleepwear NOTE 2	2			
Jeans NOTE 6				
Personal Hygiene Kit including:				
Soap	1			
Shampoo	1			
Toothbrush	1			
Toothpaste	1			
Deodorant	1			
Hairbrush	1			
Shaving Kit (Razor, lather, as required)	1			
Handkerchief or Tissues	1			
Towel, bath	2			
Towel, hand	2			

KIT CHECK LIST: BLACKDOWN		✓OUTBOUND	✓HOME-BOUND	NOTES
ITEM	QUANTITY			
Cloth, face	2			
Footwear, shower, pair NOTE 4	1			
Lip Balm (as required)	1			
Sunscreen: minimum SPF 29 suggested	1			
Insect Repellent DEET Caution				
Eyeglasses, prescription (as required)	2			
Sports strap (retaining strap for cadets with prescription eyewear)	1			
Shine Kit (Shoe polish, soft cloth, e.g. Kiwi cloth, brush)	1			
Stationery supplies (pens, pencil, paper, stamps etc..)	1			
Lock, Combination or keyed padlock/ 2 keys unless otherwise specified	2, Combin- ation			
Clothes hangars	6			
Sewing Kit (Needle, thread)	1			
Bottle, sport	...			
Laundry detergent (also available for purchase at canteen)	1			
Kit bag*				
Gym bag/ knapsack				
Additional Items as Specified in Annex:	B			
Documents				
Health Card	1			
Personal Items Log	1			
Transportation Form	1			
Prescription(s) – Meds	1			
Prescription – Eyeglasses	1			
Smoking Permission (as applicable)	1			
Identification (under age 16, Government-issued, e.g. birth certificate) if travelling by rail or air OR Photo identification (Age 16 and over, Government- issued, e.g. passport) if travelling by rail or air	2			
	1			
Long Distance Telephone Calling Card	1			
Glider & Power Pilot Candidates: Cheques payable to Receiver General for Canada				

ADDITIONAL ITEMS FOR CADET LEADER INSTRUCTOR ADVENTURE COURSE CADETS				
Not mandatory, but recommended in view of the substantial time spent in hiking, backpacking, canoeing and mountain biking.				
Quick-dry shirts, shorts, pants (as required) **	3			
Hat with visor for sun protection	1			
Appropriate style hiking boot (as required) **	1			
Extra sports socks (minimum 3 pair extra)	3			
Sunglasses	1			
Wristwatch	1			
Dry bag(s)	2			
Bottle, sport	1, Nalgene style			

NOTES:

- * Issued at home corps/squadron
- Note 1: Issued elemental cap, beret or wedge cap **INCLUDING brass or insignia**
- Note 2: Must be conservative in style and fit. Swimwear: Two-piece or bikini style not permitted. Nightwear: Appropriate to time of year, but sufficiently conservative to ensure standards of personal modesty.
- Note 3: For females with long hairstyles
- Note 4: For shower; Water resistant, Velcro fastener recommended, e.g. beach sandals, jelly shoes
- Note 5: Footwear capable of foot protection during water activities, e.g. canoeing, etc. Blackdown: Sandals with ankle strap, water shoes etc. RGS: Old running shoes, etc.
- Note 6: Only jeans, preferably blue denim, in good repair will be permitted for off-duty casual wear at those Training Centres permitting jeans at all. Torn, frayed, embellished (written-upon, painted, spangled, etc.) or low-rider garments are not permitted.
- Note 7: Lightweight windbreaker style. Warm sweater may be substituted.

KIT CHECK LIST: CONNAUGHT		✓OUTBOUND	✓HOME-BOUND	NOTES
ITEM	QUANTITY			
Headress* NOTE 1	1			
Shirt, Uniform*	1			
Tie, Uniform*	1			
Sweater, turtle-neck*				
T-shirt, Uniform*				
Trouser, Uniform*	1			
Belt, black web, Uniform*	1			
Tunic, Uniform*	1			
Socks, grey wool, pair, Uniform*	2			
Boots, ankle, black, pair, Uniform*	1			
Raincoat, Uniform*				
Hat, Tilley*	1			
T-shirt, grey* (PT)	1			
T-Shirt, white				
Shorts, grey* (PT)	1			
Sweat suit				
Swimsuit NOTE 2	1			
Swim Cap NOTE 3				
Socks, athletic, white. Pair				
Shoes, Running/Cross-training*, pair	1			
Shoes, Water-activity, pair NOTE 5				
Jacket NOTE 7				
Underwear	5			
Sleepwear NOTE 2	1			
Jeans NOTE 6	1			
Personal Hygiene Kit including:				
Soap	1			
Shampoo	1			
Toothbrush	1			
Toothpaste	1			
Deodorant	1			
Hairbrush	1			
Shaving Kit (Razor, lather, as required)	1			
Handkerchief or Tissues	1			
Towel, bath	2			
Towel, hand				

KIT CHECK LIST: CONNAUGHT		✓OUTBOUND	✓HOME-BOUND	NOTES
ITEM	QUANTITY			
Cloth, face	1			
Footwear, shower, pair NOTE 4	1			
Lip Balm (as required)				
Sunscreen: minimum SPF 29 suggested				
Insect Repellent DEET Caution				
Eyeglasses, prescription (as required)	2			
Sports strap (retaining strap for cadets with prescription eyewear)	1			
Shine Kit (Shoe polish, soft cloth, e.g. Kiwi cloth, brush)	1			
Stationery supplies (pens, pencil, paper, stamps etc..)	1			
Lock, Combination or keyed padlock/ 2 keys unless otherwise specified	1			
Clothes hangars	4			
Sewing Kit (Needle, thread)	1			
Bottle, sport				
Laundry detergent (also available for purchase at canteen)				
Kit bag*				
Gym bag/ knapsack				
Additional Items as Specified in Annex:	C			
Documents				
Health Card	1			
Personal Items Log	1			
Transportation Form	1			
Prescription(s) – Meds	1			
Prescription – Eyeglasses	1			
Smoking Permission (as applicable)	1			
Identification (under age 16, Government-issued, e.g. birth certificate) if travelling by rail or air OR	2			
Photo identification (Age 16 and over, Government- issued, e.g. passport) if travelling by rail or air	1			
Long Distance Telephone Calling Card	1			
Glider Candidates: Cheques payable to Receiver General for Canada				

NOTES:

- * Issued at home corps/squadron
- Note 1: Issued elemental cap, beret or wedge cap **INCLUDING brass or insignia**
- Note 2: Must be conservative in style and fit. Swimwear: Two-piece or bikini style not permitted. Nighwear: Appropriate to time of year, but sufficiently conservative to ensure standards of personal modesty.
- Note 3: For females with long hairstyles
- Note 4: For shower; Water resistant, Velcro fastener recommended, e.g. beach sandals, jelly shoes
- Note 5: Footwear capable of foot protection during water activities, e.g. canoeing, etc. Blackdown: Sandals with ankle strap, water shoes etc. RGS: Old running shoes, etc.
- Note 6: Only jeans, preferably blue denim, in good repair will be permitted for off-duty casual wear. Torn, frayed, embellished (written-upon, painted, spangled, etc.) or low-rider garments are not permitted.
- Note 7: Lightweight windbreaker style. Warm sweater may be substituted.

KIT CHECK LIST: HMCS ONTARIO		✓OUTBOUND	✓HOME-BOUND	NOTES
ITEM	QUANTITY			
Headdress* (Note 1)	1			
Shirt, Uniform*	1			
Tie, Uniform*				
Sweater, turtle-neck*				
T-shirt, Uniform*				
Trouser, Uniform*	1			
Belt, black web, Uniform*	1			
Tunic, Uniform*	2			
Socks, grey wool, pair, Uniform*	1			
Boots, ankle, black, pair, Uniform*	1			
Raincoat, Uniform (Cadet parka)*	1			
Hat, Tilley*	1			
T-shirt, grey* (PT)	1			
T-Shirt, white	1			
Shorts, grey* (PT)	1			
Sweat suit	1 <small>NOTE 8</small>			
Swimsuit (Note 2)	1			
Swim Cap (Note 3)	1			
Socks, athletic, white. Pair	3			
Shoes, Running/Cross-training*, pair	1			
Shoes, Water-activity, pair (Note 5)				
Jacket (Note 7)	1			
Underwear	5			
Sleepwear (Note 2)	1			
Jeans (Note 6)	Nil			
Personal Hygiene Kit including:				
Soap	1			
Shampoo	1			
Toothbrush	1			
Toothpaste	1			
Deodorant	1			
Hairbrush	1			
Shaving Kit (Razor, lather, as required)	1			
Handkerchief or Tissues	1			
Towel, bath	2			
Towel, hand	2			
Cloth, face				

Footwear, shower, pair (Note 4)	1			
Lip Balm (as required)	1			
Sunscreen: minimum SPF 29 suggested	1			
Insect Repellent **DEET Caution				
Eyeglasses, prescription (as required)	2			
Sports strap (retaining strap for cadets with prescription eyewear)	1			
Shine Kit (Shoe polish, soft cloth, e.g. Kiwi cloth, brush)	1			
Stationery supplies (pens, pencil, paper, stamps etc..)	1			
Lock	1			
Clothes hangars				
Sewing Kit (Needle, thread)	1			
Bottle, sport				
Laundry detergent (also available for purchase at canteen)				
Kit bag*				
Gym bag/ knapsack	1			
Additional Items as Specified in Annex:	D			
Documents				
Health Card	1			
Personal Items Log	1			
Transportation Form	1			
Prescription(s) - Meds	1			
Prescription - Eyeglasses	1			
Smoking Permission (as applicable)	1			
Identification (Government-issued, e.g. birth certificate) (if travelling by rail or air) OR	2			
Photo identification (over age 16, if travelling by rail or air; Government-issued, e.g. passport)	1			
Long Distance Telephone Calling Card	1			
ADDITIONAL ITEMS FOR SAILING AND GENERAL TRAINING (SEA) COURSE CADETS				
Shorts, civilian pattern, solid colour (blue, black, brown, khaki, white) and/or Appropriate sailing attire	3-5			

NOTES:

- * Issued at home corps/squadron
- Note 1: Issued elemental cap, beret or wedge cap **INCLUDING brass or insignia**
- Note 2: Must be conservative in style and fit. Swimwear: Two-piece or bikini style not permitted. Nighwear: Appropriate to time of year, but sufficiently conservative to ensure standards of personal modesty.
- Note 3: For females with long hairstyles
- Note 4: For shower; Water resistant, Velcro fastener recommended, e.g. beach sandals, jelly shoes
- Note 5: Footwear capable of foot protection during water activities, e.g. canoeing, etc. Blackdown: Sandals with ankle strap, water shoes etc. RGS: Old running shoes, etc.
- Note 6: Only jeans, preferably blue denim, in good repair will be permitted for off-duty casual wear at those Training Centres permitting jeans at all. Torn, frayed, embellished (written-upon, painted, spangled, etc.) or low-rider garments are not permitted.
- Note 7: Lightweight windbreaker style. Warm sweater may be substituted.
- Note 8: Sweater and pants may be substituted.

KIT CHECK LIST: TRENTON		✓OUTBOUND	✓HOME-BOUND	NOTES
ITEM	QUANTITY			
Headdress* Note 1	1			
Shirt, Uniform*	1			
Tie, Uniform*				
Sweater, turtle-neck*				
T-shirt, Uniform*	Min. 1 blue			
Trouser, Uniform*	1			
Belt, black web, Uniform*	1			
Tunic, Uniform*				
Socks, grey wool, pair, Uniform*	2			
Boots, ankle, black, pair, Uniform*	1			
Raincoat (Cadet parka) *	1			
Hat, Tilley*	1			
T-shirt, grey* (PT)	1			
T-Shirt, white				
Shorts, grey* (PT)	1			
Sweatsuit				
Swimsuit (Note 2)	1			
Swim Cap (Note 3)				
Socks, athletic, white. Pair	8			
Shoes, Running/Cross-training*, pair	1			
Shoes, Water-activity, pair (Note 5)	1			
Jacket (Note 7)	1			
Underwear	6			
Sleepwear (Note 2)	1			
Jeans (Note 6)	2			
Personal Hygiene Kit including:				
Soap	1			
Shampoo	1			
Toothbrush	1			
Toothpaste	1			
Deodorant	1			
Hairbrush	1			
Shaving Kit (Razor, lather, as required)	1			
Handkerchief or Tissues	1			
Towel, bath	2			
Towel, hand				
Cloth, face	1			
Footwear, shower, pair (Note 4)	1			

Lip Balm (as required)				
Sunscreen: minimum SPF 29 suggested	1			
Insect Repellent **DEET Caution				
Eyeglasses, prescription (as required)	2			
Sports strap (retaining strap for cadets with prescription eyewear)	1			
Shine Kit (Shoe polish, soft cloth, e.g. Kiwi cloth, brush)	1			
Stationery supplies (pens, pencil, paper, stamps etc..)	1			
Lock	2, Combination or keyed padlock/ 2 keys			
Clothes hangars	4			
Sewing Kit (Needle, thread)	1			
Bottle, sport	1, w/ carry case			
Laundry detergent (also available for purchase at canteen)				
Kit bag*	1			
Gym bag/ knapsack	1			
Additional Items as Specified in Annex:	E			
Documents				
Health Card	1			
Personal Items Log	1			
Transportation Form	1			
Prescription(s) - Meds	1			
Prescription - Eyeglasses	1			
Smoking Permission (as applicable)	1			
Identification (Under age 16; Government-issued, e.g. birth certificate) (if travelling by rail or air) OR	2			
Photo identification (Age 16 and over, Government-issued, e.g. passport) (if travelling by rail or air)	1			
Long Distance Telephone Calling Card	1			

NOTES:

- * Issued at home corps/squadron
- Note 1: Issued elemental cap, beret or wedge cap **INCLUDING brass or insignia**
- Note 2: Must be conservative in style and fit. Swimwear: Two-piece or bikini style not permitted. Sleepwear: Appropriate to time of year, but sufficiently conservative to ensure standards of personal modesty.
- Note 3: For females with long hairstyles
- Note 4: For shower; Water resistant, Velcro fastener recommended, e.g. beach sandals, jelly shoes
- Note 5: Footwear capable of foot protection during water activities, e.g. canoeing, etc. Blackdown: Sandals with ankle strap, water shoes etc. RGS: Old running shoes, etc.
- Note 6: Only jeans, preferably blue denim, in good repair will be permitted for off-duty casual wear at those Training Centres permitting jeans at all. Torn, frayed, embellished (written-upon, painted, spangled, etc.) or low-rider garments are not permitted.
- Note 7: Lightweight windbreaker style. Warm sweater may be substituted.

KIT CHECK LIST: REGIONAL GLIDING SCHOOL		✓OUTBOUND	✓HOME-BOUND	NOTES
ITEM	QUANTITY			
Headress* NOTE 1	1			
Shirt, Uniform*	1			
Tie, Uniform*	1			
Sweater, turtle-neck*	1			
T-shirt, Uniform*	1 blue			
Trouser, Uniform*	1			
Belt, black web, Uniform*	1			
Tunic, Uniform*	1			
Socks, grey wool, pair, Uniform*	2			
Boots, ankle, black, pair, Uniform*	1			
Raincoat, Uniform*	1			
Hat, Tilley*	1			
T-shirt, grey* (PT)	1			
T-Shirt, white	2			
Shorts, grey* (PT)	1			
Sweat suit	1			
Swimsuit NOTE 2	1			
Swim Cap NOTE 3	1			
Socks, athletic, white. Pair	2			
Shoes, Running/Cross-training*, pair	1			
Shoes, Water-activity, pair NOTE 5	1			
Jacket NOTE 7	1			
Underwear	5			
Sleepwear NOTE 2	1			
Jeans NOTE 6	1			
Personal Hygiene Kit including:				
Soap	1			
Shampoo	1			
Toothbrush	1			
Toothpaste	1			
Deodorant	1			
Hairbrush	1			
Shaving Kit (Razor, lather, as required)	1			
Handkerchief or Tissues	1			
Towel, bath	2			
Towel, hand				
Cloth, face				

Footwear, shower, pair NOTE 4	1			
Lip Balm (as required)	1			
Sunscreen: minimum SPF 29 suggested	2			
Insect Repellent DEET Caution	1			
Eyeglasses, prescription (as required)	2			
Sports strap (retaining strap for cadets with prescription eyewear)	1			
Shine Kit (Shoe polish, soft cloth, e.g. Kiwi cloth, brush)	1			
Stationery supplies (pens, pencil, paper, stamps etc..)	1			
Lock, Combination or keyed padlock/ 2 keys unless otherwise specified	1			
Clothes hangars	4			
Sewing Kit (Needle, thread)				
Bottle, sport	1, w/ carry case			
Laundry detergent (also available for purchase at canteen)				
Kit bag*	1			
Gym bag/ knapsack	1			
Additional Items as Specified in Annex:	E			
Documents				
Health Card	1			
Personal Items Log	1			
Transportation Form	1			
Prescription(s) – Meds	1			
Prescription – Eyeglasses	1			
Smoking Permission (as applicable)	1			
Identification (under age 16, Government-issued, e.g. birth certificate) if travelling by rail or air	2			
OR				
Photo identification (Age 16 and over, Government-issued, e.g. passport) if travelling by rail or air	1			
Long Distance Telephone Calling Card	1			
Glider Candidates: Cheques payable to Receiver General for Canada	1 @ \$55.00 1 @ \$105.00			

NOTES:

- * Issued at home corps/squadron
- Note 1: Issued elemental cap, beret or wedge cap **INCLUDING brass or insignia**
- Note 2: Must be conservative in style and fit. Swimwear: Two-piece or bikini style not permitted. Nightwear: Appropriate to time of year, but sufficiently conservative to ensure standards of personal modesty.
- Note 3: For females with long hairstyles
- Note 4: For shower; Water resistant, Velcro fastener recommended, e.g. beach sandals, jelly shoes
- Note 5: Footwear capable of foot protection during water activities, e.g. canoeing, etc. Blackdown: Sandals with ankle strap, water shoes etc. RGS: Old running shoes, etc.
- Note 6: Only jeans, preferably blue denim, in good repair will be permitted for off-duty casual wear. Torn, frayed, embellished (written-upon, painted, spangled, etc.) or low-rider garments are not permitted.
- Note 7: Lightweight windbreaker style. Warm sweater may be substituted.

KIT CHECK LIST: ADVANCED AVIATION		✓OUTBOUND	✓HOME-BOUND	NOTES
ITEM	QUANTITY			
Headress* ^{NOTE 1}	1			
Shirt, Uniform*	1			
Tie, Uniform*	1			
Sweater, turtle-neck*				
T-shirt, Uniform*				
Trouser, Uniform*	1			
Belt, black web, Uniform*	1			
Tunic, Uniform*	1			
Socks, grey wool, pair, Uniform*	2			
Boots, ankle, black, pair, Uniform*	1			
Raincoat, Uniform*	1			
Hat, Tilley*	1			
T-shirt, grey* (PT)	1			
T-Shirt, white				
Shorts, grey* (PT)	1			
Sweat suit	1			
Swimsuit ^{NOTE 2)}	1			
Swim Cap ^{NOTE 3}				
Socks, athletic, white. Pair	2			
Shoes, Running/Cross-training*, pair	1			
Shoes, Water-activity, pair ^{NOTE 5}				
Jacket ^{NOTE 7}	1			
Underwear	5			
Sleepwear ^{NOTE 2}	1			
Jeans ^{NOTE 6}	2			
Personal Hygiene Kit including:				
Soap	1			
Shampoo	1			
Toothbrush	1			
Toothpaste	1			
Deodorant	1			
Hairbrush	1			
Shaving Kit (Razor, lather, as required)	1			
Handkerchief or Tissues	1			
Towel, bath	2			
Towel, hand	2			
Cloth, face				

Footwear, shower, pair ^{NOTE 4}	1			
Lip Balm (as required)				
Sunscreen: minimum SPF 29 suggested				
Insect Repellent DEET Caution				
Eyeglasses, prescription (as required)	2			
Sports strap (retaining strap for cadets with prescription eyewear)	1			
Shine Kit (Shoe polish, soft cloth, e.g. Kiwi cloth, brush)	1			
Stationery supplies (pens, pencil, paper, stamps etc..)	1			
Lock, Combination or keyed padlock/ 2 keys unless otherwise specified	2			
Clothes hangars				
Sewing Kit (Needle, thread)	1			
Bottle, sport				
Laundry detergent (also available for purchase at canteen)				
Kit bag*				
Gym bag/ knapsack	1			
Additional Items as Specified in Annex:	<u>G</u>			
Documents				
Health Card	1			
Personal Items Log	1			
Transportation Form	1			
Prescription(s) – Meds	1			
Prescription – Eyeglasses	1			
Smoking Permission (as applicable)	1			
Identification (under age 16, Government-issued, e.g. birth certificate) if travelling by rail or air OR	2			
Photo identification (Age 16 and over, Government- issued, e.g. passport) if travelling by rail or air	1			
Long Distance Telephone Calling Card	1			
Glider Candidates: Cheques payable to Receiver General for Canada				

NOTES:

- * Issued at home corps/squadron
- Note 1: Issued elemental cap, beret or wedge cap **INCLUDING brass or insignia**
- Note 2: Must be conservative in style and fit. Swimwear: Two-piece or bikini style not permitted. Nighwear: Appropriate to time of year, but sufficiently conservative to ensure standards of personal modesty.
- Note 3: For females with long hairstyles
- Note 4: For shower; Water resistant, Velcro fastener recommended, e.g. beach sandals, jelly shoes
- Note 5: Footwear capable of foot protection during water activities, e.g. canoeing, etc. Blackdown: Sandals with ankle strap, water shoes etc. RGS: Old running shoes, etc.
- Note 6: Only jeans, preferably blue denim, in good repair will be permitted for off-duty casual wear. Torn, frayed, embellished (written-upon, painted, spangled, etc.) or low-rider garments are not permitted.
- Note 7: Lightweight windbreaker style. Warm sweater may be substituted.

KIT CHECK LIST: POWER PILOT SCHOLARSHIP		✓OUTBOUND	✓HOME-BOUND	NOTES
ITEM	QUANTITY			
Headress* ^{NOTE 1}	1			
Shirt, Uniform*	1			
Tie, Uniform*	1			
Sweater, turtle-neck*	1			
T-shirt, Uniform*				
Trouser, Uniform*	1			
Belt, black web, Uniform*	1			
Tunic, Uniform*	1			
Socks, grey wool, pair, Uniform*	2			
Boots, ankle, black, pair, Uniform*	1 ^{NOTE 9}			
Raincoat, Uniform*	1			
Hat, Tilley*	1			
T-shirt, grey* (PT)	1			
T-Shirt, white	5			
Shorts, grey* (PT)	1			
Sweat suit				
Swimsuit ^{NOTE 2}	1			
Swim Cap ^{NOTE 3}	1			
Socks, athletic, white. Pair	2			
Shoes, Running/Cross-training*, pair	1			
Shoes, Water-activity, pair ^{NOTE 5}				
Jacket ^{NOTE 7}	1			
Underwear	5			
Sleepwear ^{NOTE 2}	1			
Jeans ^{NOTE 6}	1			
Personal Hygiene Kit including:				
Soap	1			
Shampoo	1			
Toothbrush	1			
Toothpaste	1			
Deodorant	1			
Hairbrush	1			
Shaving Kit (Razor, lather, as required)	1			
Handkerchief or Tissues	1			
Towel, bath	2			
Towel, hand				
Cloth, face	2			

Footwear, shower, pair ^{NOTE 4}	1			
Lip Balm (as required)	1			
Sunscreen: minimum SPF 29 suggested	2			
Insect Repellent DEET Caution	1			
Eyeglasses, prescription (as required)	2			
Sports strap (retaining strap for cadets with prescription eyewear)	1			
Shine Kit (Shoe polish, soft cloth, e.g. Kiwi cloth, brush)	1			
Stationery supplies (pens, pencil, paper, stamps etc..)	1			
Lock, Combination	1			
Clothes hangars	4			
Sewing Kit (Needle, thread)	1			
Bottle, sport	1			
Laundry detergent (also available for purchase at canteen)				
Kit bag*	1			
Gym bag/ knapsack	1			
Additional Items as Specified in Annex:	<u>H</u>			
Documents				
Health Card	1			
Personal Items Log	1			
Transportation Form	1			
Prescription(s) – Meds	1			
Prescription – Eyeglasses	1			
Smoking Permission (as applicable)	1			
Identification (under age 16, Government-issued, e.g. birth certificate) if travelling by rail or air OR				
Photo identification (Age 16 and over, Government- issued, e.g. passport) if travelling by rail or air	1			
Long Distance Telephone Calling Card	1			
Glider Candidates: Cheques payable to Receiver General for Canada	1 @ \$55.00 1 @ \$105.00			

NOTES:

- * Issued at home corps/squadron
- Note 1: Issued elemental cap, beret or wedge cap **INCLUDING brass or insignia**
- Note 2: Must be conservative in style and fit. Swimwear: Two-piece or bikini style not permitted. Nighwear: Appropriate to time of year, but sufficiently conservative to ensure standards of personal modesty.
- Note 3: For females with long hairstyles
- Note 4: For shower; Water resistant, Velcro fastener recommended, e.g. beach sandals, jelly shoes
- Note 5: Footwear capable of foot protection during water activities, e.g. canoeing, etc. Blackdown: Sandals with ankle strap, water shoes etc. RGS: Old running shoes, etc.
- Note 6: Only jeans, preferably blue denim, in good repair will be permitted for off-duty casual wear. Torn, frayed, embellished (written-upon, painted, spangled, etc.) or low-rider garments are not permitted.
- Note 7: Lightweight windbreaker style. Warm sweater may be substituted.
- Note 8: Sweater and pants may be substituted.
- Note 9: Additional pair of boots, ankle, black to be drawn from home squadron if possible, for wear while flying.

CADET TRANSPORTATION FORM

FORMULAIRE DE TRANSPORT DES CADETS

PRINT CADET NAME (SURNAME, GIVEN NAME(S))

NOM DU CADET EN LETTRES MOULÉES
(NOM DE FAMILLE, PRÉNOM)

COURSE TITLE

TITRE DU COURS

CORPS / SQUADRON NUMBER

NUMÉRO DU CORPS/DE L'ESCADRON

WILL REQUIRE TRANSPORTATION HOME

AURA BESOIN D'UN MOYEN DE
TRANSPORT POUR LE RETOUR

WILL NOT REQUIRE TRANSPORTATION
HOME

N'AURA PAS BESOIN D'UN MOYEN DE
TRANSPORT POUR LE RETOUR

PICKUP DATE:

DATE DE DÉPART

NAME OF PERSON PICKING UP THE CADET

NOM DE LA PERSONNE AUTORISÉE A PASSER PRENDRE LE
CADET

RELATIONSHIP

LIEN DE PARENTÉ

ADDRESS

ADRESSE

CITY, PROVINCE & POSTAL CODE

VILLE, PROVINCE ET CODE POSTAL

()

TELEPHONE NUMBER

NUMÉRO DE TÉLÉPHONE

DATE SIGNED

DATE

SIGNATURE OF PARENT / GUARDIAN

SIGNATURE DU PARENT/TUTEUR

PLEASE COMPLETE AND BRING THIS FORM TO CAMP.

VEUILLEZ REMPLIR CE FORMULAIRE ET L'APPORTER AU CAMP.

CENTRAL REGION BAGGAGE RESTRICTIONS

A. CHARTER COACH

1. There is no entitlement for excess baggage on charter coach transport. Passengers travelling with baggage exceeding the entitlements detailed below will be responsible to arrange alternate cargo transportation on their own.

2. Baggage entitlement for charter coach passengers is limited to:

a. One piece only of carry-on luggage (not including handbags or ladies' purses) provided that the dimensions do not exceed 43 cm by 16 cm by 33 cm and weight does not exceed 22 lbs (10 kg); and

b. Stowed luggage limited to:

i. For Staff, a total of two pieces not to exceed 50 lbs (23 Kgs) each, or a total of 75 lbs (35 Kgs);
OR

ii. For Course Cadets, one piece only, not to exceed 50 lbs (23 Kgs).

3. Possessions acquired during the term of training or staff employment will

RÉGION DU CENTRE RESTRICTIONS QUI S'APPLIQUENT AUX BAGAGES

A. AUTOCAR NOLISÉ

1. Aucun excédent de bagages n'est autorisé à bord d'un autocar nolisé. Tout passager qui transporte des bagages excédentaires par rapport aux restrictions décrites ci-dessous devra prendre les arrangements nécessaires pour les faire transporter à bord d'un autre véhicule.

2. Les bagages autorisés à bord d'un autocar nolisé sont les suivants :

a. Chaque passager a droit à un bagage à main (sans compter la sacoche ou le sac à main), à condition que les dimensions du bagage ne dépassent pas 43 cm sur 16 cm sur 33 cm et que le poids ne dépasse pas 22 lb (10 kg);

b. En ce qui concerne les bagages à ranger dans la soute :

i. chaque membre du personnel a droit à deux bagages d'un poids maximum de 50 lb (23 kg) chacun ou d'un poids total de 75 lb (35 kg);

ii. chaque cadet a droit à un bagage d'un poids maximum de 50 lb (23 kg).

3. Les cadets et les membres du personnel qui auront fait des achats durant

not alter baggage entitlements and must either be accommodated within existing luggage or shipped by alternate means at the passenger's expense.

B. AIR TRANSPORT ADVISORY

Effective April 2007

1. There is no entitlement for excess baggage on DND airlift or on commercial charters. Passengers travelling with baggage not meeting the entitlements detailed below will be responsible to pay excess/oversize baggage charges.

2. The baggage entitlement for commercial, commercial charter and DND aircraft is listed at paragraphs 2, subparagraph a, for checked baggage, and subparagraph b, for carry-on luggage. These entitlements are put into place to meet all airline requirements. Members must keep in mind that the weight and size restrictions also apply on the return flight and space should be allotted for purchases made during travel:

a. Checked Baggage:

- (1) a total of one piece of checked baggage not to exceed 50 lbs (23 Kgs) will be accepted per course cadet;
- (2) a total of two pieces of checked baggage not to exceed 50 lbs (23 Kgs) each, or a total of 75 lbs (35 Kgs) will be accepted

la période d'instruction doivent prévoir la place dans leurs bagages, en tenant compte des restrictions qui s'y appliquent, ou faire expédier l'excédent par un autre moyen, à leurs frais.

B. AVIS SUR LE TRANSPORT AÉRIEN

Entrée en vigueur en avril 2007

1. Aucun excédent de bagages n'est autorisé à bord d'un vol du MDN ou d'un vol commercial nolisé. Tout passager qui transporte des bagages excédentaires ou des bagages hors format devra assumer les frais connexes.

2. Les types de bagages autorisés à bord d'un vol commercial, d'un vol commercial nolisé ou d'un vol du MDN sont énumérés au paragraphe 2. L'alinéa a fait état des bagages enregistrés, tandis que l'alinéa b fait état des bagages à main. L'application de restrictions vise à faire respecter les politiques de tous les transporteurs aériens. Nous rappelons à chacun que les restrictions imposées sur le poids et les dimensions des bagages s'appliquent également au vol de retour et qu'il y a lieu de prévoir de la place dans ses bagages pour les achats effectués en voyage :

a. Bagages enregistrés :

- (1) chaque cadet a droit à un seul bagage enregistré d'un poids maximum de 50 lb (23 kg);
- (2) chaque membre du personnel et chaque cadet-cadre a droit à deux bagages enregistrés d'un poids maximum de 50 lb

per Staff and Staff cadet;
and

(23 kg) chacun ou d'un
poids total de 75 lb (35 kg);

(3) overall dimensions
(length plus width plus
height) **must not** exceed
158 cm;

(3) la dimension totale
(longueur plus largeur plus
hauteur) **ne doit pas**
excéder 158 cm.

b. **Carry-on Baggage:** One piece of hand luggage may be carried on board the airplane provided that the dimensions do not exceed 43 cm by 16 cm by 33 cm and weight does not exceed 22 lbs (10 kg). Clothing bags or suit carriers are not authorized in the cabin of CC 150 Airbus; and

b. **Bagages à main.** Chaque passager a droit à un bagage à main à bord de l'avion, à condition que les dimensions du bagage ne dépassent pas 43 cm sur 16 cm sur 33 cm et que le poids ne dépasse pas 22 lb (10 kg). Les housses à vêtements ne sont pas autorisées dans la cabine du CC 150 Airbus.

c. **Exception.** There will be events where the cadets will be allowed full baggage entitlement of 2 bags at 50 Lbs or 23 Kgs each for a total of 100 lbs or 46 Kgs, for example, on international exchanges. This entitlement will be identified in the joining instructions sent to the cadets for the particular event.

c. **Exception.** Dans certains cas, par exemple lors d'un échange international, les cadets ont droit à deux bagages de 50 lb ou 23 kg chacun ou d'un poids total de 100 lb ou de 46 kg. Le cas échéant, les bagages autorisés sont indiqués dans les instructions de ralliement acheminées aux cadets.

3. The carrier will accept for transportation as baggage such personal property as is necessary for the wear, use, comfort or convenience of the passenger for the purpose of the trip, subject to the conditions listed at paragraph 3, sub-paragraphs a to d:

3. Le transporteur accepte à bord des biens personnels dont un passager a besoin pour sa convenance ou son confort pendant le voyage, sous réserve des conditions énumérées aux alinéas a à d du paragraphe 3, comme suit.

a. all baggage must be suitable, externally identified and packed in suitcases or in similar containers in order to ensure safe and convenient carriage with ordinary care and handling. Fragile (e.g.

a. Tous les bagages doivent être placés dans des valises ou des contenants similaires qui sont bien identifiés à l'extérieur, et ils doivent pouvoir être transportés facilement et en toute sécurité selon les méthodes de

cameras) or perishable articles, money, jewellery, silverware, alcohol, business documents shall be accepted as checked baggage. The carrier shall not be liable for loss, damage or delay in the delivery of any such articles where they are included in checked baggage without the knowledge of the carrier;

- b. carry-on baggage must be able to be conveniently stowed in the passenger compartment of the aircraft and must not be otherwise offensive or objectionable to any other passenger;
- c. carry-on baggage must meet current security regulations. As such they shall not contain any sharp items such as knives or scissors or liquid and gels more than 100 ml.
- d. baggage shall not be carried when such baggage is likely to endanger airplane, persons or property, or is likely to be damaged by air carriage or is unsuitably tagged, or if the carriage of such would violate the laws, regulations or orders of countries to be flown from, into or over;

manutention habituelles. Les articles fragiles (p. ex. un appareil photo), les articles périssables, l'argent, les bijoux, l'argenterie, l'alcool et les documents d'affaires sont acceptés comme des bagages enregistrés. Aucun transporteur n'assume la responsabilité à l'égard de pertes, de dommages ou de retards de livraison en ce qui a trait à de tels articles lorsqu'ils sont placés dans des bagages enregistrés à l'insu du transporteur.

- b. Les bagages à main doivent pouvoir être rangés dans le compartiment prévu à cette fin et ne doivent incommoder d'aucune façon les autres passagers.
- c. Les bagages à main doivent respecter les règlements de sécurité en vigueur. Ainsi, ils ne doivent pas contenir d'objets tranchants, tels que des couteaux ou des ciseaux, ni de liquide ou de gel dont le contenant a une capacité de plus de 100 ml
- d. Il est interdit d'emporter des bagages qui peuvent constituer un danger pour l'avion, les passagers et l'équipage ou les biens, qui peuvent être abîmés par le transport aérien, qui sont mal identifiés ou dont le transport irait à l'encontre des lois, règlements ou directives du pays de départ ou de destination ou des pays survolés.

e. carriers shall have the right to restrict the weight, size and character of baggage and shall refuse to carry baggage with certain articles unless prior arrangements have been made with the carrier. These articles are:

- (1) firearms;
- (2) explosives, ammunition, corrosives, flammable or otherwise dangerous materials (e.g. compressed hexamine type 1 UN 1328);
- (3) electronic or motorized equipment;
- (4) musical instruments;
- (5) objects of art;
- (6) live animals; and
- (7) perishable items.

4. Electronic devices such as cell phones, laptop computers and portable or electronic games are to be charged and ready to be turned on for inspection.

5. It is the responsibility of the individual traveller to be familiar and comply with the current baggage, identification and security regulations for air travel. Individual baggage limitations may vary by carrier; thus travellers should consult the specific carrier(s) identified on their travel orders.

Date: April 2007

e. Un transporteur a le droit d'imposer des restrictions quant au poids, à la taille et à la nature des bagages, et il doit refuser de transporter des bagages contenant les articles suivants, à moins que des arrangements préalables n'aient été pris :

- (1) armes à feu;
- (2) explosifs, munitions, substances corrosives ou inflammables ou toute autre matière dangereuse (p. ex. hexamine comprimée de type 1 UN 1328);
- (3) matériel électronique ou motorisé;
- (4) instruments de musique;
- (5) objets d'art;
- (6) animaux vivants;
- (7) articles périssables.

4. Chacun doit s'assurer que les appareils électroniques en sa possession (cellulaire, portable, jeux électroniques) sont chargés et prêts à être allumés pour faire l'objet d'une inspection.

5. Les voyageurs ont la responsabilité de connaître et de respecter les règlements en vigueur en matière de bagages, d'identification et de sécurité liés aux transport aérien. Les restrictions qui s'appliquent aux bagages peuvent varier selon le transporteur; les voyageurs doivent donc vérifier les règles en vigueur pour le ou les transporteurs dont le nom figure sur leur ordre de mission.

Date : avril 2007

**PARENT/GUARDIAN AUTHORIZATION
FOR CADET TOBACCO USE**

**USAGE DU TABAC – AUTORISATION
DU PARENT/TUTEUR**

I, THE UNDERSIGNED, legal parent/guardian
of cadet:

JE, SOUSSIGNÉ(E), à titre de parent/tuteur
légal du cadet :

Print Cadet Name

Nom du cadet en lettres moulées

Certify herein that my son/daughter/ward does
smoke tobacco products and
Has my permission to smoke while attending
training at

confirme que mon fils/ma fille/l'enfant sous ma
tutelle est un fumeur et
qu'il/elle a ma permission de fumer pendant son
séjour au

INDICATE TRAINING CENTRE

INDIQUER LE CENTRE D'INSTRUCTION

BLACKDOWN Army Cadet Summer Training
Centre, CFB Borden

Centre d'instruction d'été des cadets de l'Armée
BLACKDOWN, BFC Borden

CONNAUGHT National Army Cadet Summer
Training Centre, ASU Ottawa

Centre national d'instruction d'été des cadets de
l'Armée CONNAUGHT, USS Ottawa

HMCS ONTARIO Sea Cadet Summer Training
Centre, CFB Kingston

Centre d'instruction d'été des cadets de la Marine
NCSM ONTARIO, BFC Kingston

TRENTON Air Cadet Summer Training Centre,
CFB Trenton

Centre d'instruction d'été des cadets de l'Air
TRENTON, BFC Trenton

REGIONAL GLIDING SCHOOL (Central),
Mountainview Detachment CFB Trenton

ÉCOLE RÉGIONALE DE VOL À VOILE (Centre),
Détachement Mountainview, BFC Trenton

ADVANCED AVIATION COURSE
conducted at :

- Georgian College, Barrie
- Canadore College, North Bay

COURS DE TECHNOLOGIE AVANCÉE DE
L'AVIATION
qui a lieu au :

- Georgian College, à Barrie
- Canadore College, à North Bay

POWER PILOT SCHOLARSHIP COURSE
conducted at:

- Brampton Flying Club, Brampton
- Durham Flight Centre, Oshawa
- Island Air Flight School, Toronto
- National Flyers Academy, Breslau
- Windsor Flying Club, Windsor

COURS DE PILOTAGE D'AVION
qui a lieu au :

- Brampton Flying Club/Aéroclub de
Brampton, à Brampton
- Durham Flight Centre/Centre d'aviation
Durham, à Oshawa
- Island Air Flight School/École d'aviation
Island, à Toronto
- National Flyers Academy/Académie
nationale d'aviation, à Breslau
- Windsor Flying Club/Aéroclub de
Windsor, à Windsor

Dated/Date :

INSERT DATE/INDIQUER LA DATE

PARENT/GUARDIAN SIGNATURE/SIGNATURE DU PARENT/TUTEUR

PARENTAL / GUARDIAN LEAVE AUTHORIZATION

CADET NAME: _____
GIVEN NAME *SURNAME*

DIRECTION

I/we hereby authorize the following person(s) to pick up my child / ward from
_____ for Weekend Leave/ Pass
TRAINING CENTRE

on the weekend of _____
DATES

PLEASE PRINT LEGIBLY. STRIKE OUT UNUSED SPACES

Parent / Guardian: _____

Parent / Guardian: _____

Friend / Relative: _____

Friend / Relative: _____

**INDIVIDUALS HEREIN AUTHORIZED TO PICK UP A CHILD/WARD MUST PRESENT
PHOTO ID OF THEMSELVES BEFORE THE CADET IS RELEASED.**

ACKNOWLEDGEMENT

I UNDERSTAND THAT

1. If it should be necessary to authorize any person other than those listed above to pick up my child/ward, I must contact the applicable Training Centre to make the necessary arrangements.
2. Failure to do this will result in my child/ward being denied the above leave/pass.
3. I am not allowed to authorize any person under the age of 18 to pick up my child/ward.
4. I certify that all persons authorized to pick up my child/ward are at least 18 years of age.

SIGNATURE OF PARENT/GUARDIAN

PLEASE PRINT NAME

NOTE: NO LEAVE IS AUTHORIZED FOR 2-WEEK COURSE CADETS.

FOR TRAINING CENTRE USE ONLY

Cadet released to the custody of _____

Signature of authorizing Staff

Date and Time

RULES OF CONDUCT – COURSE CADETS

While attending

_____ at _____
Course Title Cadet Summer Training Centre

I, CADET _____
Given Name / Initials and Surname

Hereby undertake to carry out my duties to the best of my ability, and agree to abide by the following rules:

1. **I will** be loyal, fair, honest, courageous, diligent, fair and responsible;
2. **I will** maintain a high standard of personal appearance and conduct myself in a dignified manner, so as to reflect credit upon the Canadian Cadet Organizations and myself;
3. **I will** respect the people around me, my environment and the belongings of others;
4. **I will** take good care of all articles of dress and any and all DND equipment placed at my disposal, and I will use them responsibly;
5. **I will not** commit theft, nor will I borrow the belongings of others without first having been authorized to do so by the owners of those belongings;
6. **I will not** sell any items of property belonging to the Government of Canada;
7. **I will not** sell, consume and/or distribute alcohol, drugs, narcotics, tobacco products, pornographic materials or any other controlled substances, nor will I participate in any gambling activity;
8. **I will not** consume any prescription or non-prescription medications for any reasons not directly relating to my actual medical condition;
9. **I will** obey the rules that apply at the Cadet Summer Training Centres/Schools during cadet activities, and will respect and obey the orders, directives and instructions issued by persons in authority over me;
10. **I will** obey the policies regarding personal relations and harassment;
11. **I will not** engage in any inappropriate interactions (as defined in CATO 15-22) with any person in a position of authority within the unit;
12. **I will** respect my peers and superiors and will utter no unpleasant, demeaning or disparaging remarks concerning anyone's ethnic origin, religion, colour, race, age, sexual orientation, matrimonial status, family situation or physical challenge of any sort;
13. **I will** not condone or participate in any rites of initiation that offend, demean, belittle or humiliate their participants;
14. **I will** advise duly appointed authorities of any breach of these rules I observe or of which become aware;
15. **I will** do nothing to endanger the safety or property of other cadets or any personnel around me.

I understand that these rules also apply in the context of activities taking place at any Cadet Corps/Squadron/CSTC/School I may be attending, both on and off the unit.

I understand that any breach of any one or more of these rules could result in either or both administrative or disciplinary measures, including termination of membership.

In signing this document, I acknowledge that I have been informed of these rules and that, if I did not understand any of them, they have been explained to me in full.

Cadet Signature

Unit / Section / Company / Flight

Signature of Commanding Officer or Designate

Date Signed

BLACKDOWN ARMY CADET SUMMER TRAINING CENTRE

1. CONTACT INFORMATION:

- a. Duty Officer; 705-423-3602
 Fax: 705-423-3741
 Email: Elizabeth.Seamans@forces.gc.ca
- b. For the following Company Administration Officers, dial 705-424-1200 and the extension indicated:
 - Alpha Company (Cadet Leader Instructor – Drill & Ceremonial) Ext. 2978
 - Bravo Squadron (Survival Instructor) Ext. 2979
 - Charlie Company (Cadet Leader Instructor – Adventure) Ext. 2974
 - Delta Company (Cadet Leader) Ext. 2980
 - Echo Company (Cadet Leader) Ext. 2981
 - Foxtrot Company (Cadet Leader) Ext. 2982
 - Golf Company (Cadet Leader) Ext. 2983
 - Hotel Company (General Training) Ext. 2975
 - India Company (General Training) Ext. 2976
 - Juliet Company (Military Band) Ext. 2985
 - Kilo Company (Pipes & Drums) Ext. 2984
 - Lima Squadron (Introduction to Survival Training Course) Ext. 1878
- c. Mail – Headquarters:
 Commanding Officer
 Blackdown Army Cadet Summer Training Centre
 PO Box 1000 Stn Main
 Borden ON L0M 1C0
- d. Mail – Cadet
 CADET *Cadet Initial(s) and Surname*
 ___Company/Squadron, ___Platoon/Flight
 Blackdown Army Cadet Summer Training Centre
 PO Box 1000 Stn Main
 Borden ON L0M 1C0

2. COURSE DATES

COURSE TITLE	BEGINS	ENDS
Basic Military Band (Serial 1) (Army Cadet & Air Cadet)	6 July 2009	24 July 2009
Basic Military Band (Serial 2) (Army Cadet & Air Cadet)	27 July 2009	14 Aug 2009
Basic Pipes & Drums (Serial 1) (Army Cadet & Air Cadet)	6 July 2009	24 July 2009
Basic Pipes & Drums (Serial 2) (Army Cadet & Air Cadet)	27 July 2009	14 Aug 2009
Cadet Leader	6 July 2009	14 Aug 2009
Cadet Leader – Military Band	6 July 2009	14 Aug 2009
Cadet Leader – Pipes and Drums	6 July 2009	14 Aug 2009
Cadet Leader Instructor – Adventure	6 July 2009	14 Aug 2009
Cadet Leader Instructor – Drill and Ceremonial	6 July 2009	14 Aug 2009
Cadet Leader Instructor – Military Band	6 July 2009	14 Aug 2009
Cadet Leader Instructor – Pipes and Drums	6 July 2009	14 Aug 2009
Cadet Musician, Level 1-5 (Air Cadet)	6 July 2009	14 Aug 2009

COURSE TITLE	BEGINS	ENDS
General Training (Serial 1)	6 July 2009	17 July 2009
General Training (Serial 2)	20 July 2009	31 July 2009
General Training (Serial 3)	3 Aug 2009	14 Aug 2009
Introduction to Survival Training (Serial 1)	6 July 2009	18 July 2009
Introduction to Survival Training (Serial 2)	20 July 2009	31 July 2009
Introduction to Survival Training (Serial 3)	3 Aug 2009	14 Aug 2009
Pipes and Drums, Level 1-5 (Air Cadet)	6 July 2009	14 Aug 2009
Survival Instructor (Air Cadet)	6 July 2009	14 Aug 2009

3. GRADUATION PARADES

All graduation parades will take place on the Blackdown main Parade Square adjacent to Headquarters. Visitor parking is provided just inside the main gate of Blackdown, approximately a 5-10 minute walk away.

COURSE TITLE	PARADE DATE	TIME
Basic Military Band (Serial 1) (Army Cadet & Air Cadet)	24 July 2009	1000 hrs
Basic Military Band (Serial 2) (Army Cadet & Air Cadet)	14 Aug 2009	1800 hrs
Basic Pipes & Drums (Serial 1) (Army Cadet & Air Cadet)	24 July 2009	1000 hrs
Basic Pipes & Drums (Serial 2) (Army Cadet & Air Cadet)	14 Aug 2009	1800 hrs
Cadet Leader	14 Aug 2009	1800 hrs
Cadet Leader – Military Band	14 Aug 2009	1800 hrs
Cadet Leader – Pipes and Drums	14 Aug 2009	1800 hrs
Cadet Leader Instructor – Adventure	14 Aug 2009	1800 hrs
Cadet Leader Instructor – Drill and Ceremonial	14 Aug 2009	1800 hrs
Cadet Leader Instructor – Military Band	14 Aug 2009	1800 hrs
Cadet Leader Instructor – Pipes and Drums	14 Aug 2009	1800 hrs
Cadet Musician, Level 1-5 (Air Cadet)	14 Aug 2009	1800 hrs
General Training (Serial 1)	17 July 2009	1000 hrs
General Training (Serial 2)	31 July 2009	1000 hrs
General Training (Serial 3)	14 Aug 2009	1800 hrs
Introduction to Survival Training (Serial 1)	17 July 2009	1800 hrs
Introduction to Survival Training (Serial 2)	31 July 2009	1800 hrs
Introduction to Survival Training (Serial 3)	14 Aug 2009	1800 hrs
Pipes and Drums, Level 1-5 (Air Cadet)	14 Aug 2009	1800 hrs
Survival Instructor (Air Cadet)	14 Aug 2009	1800 hrs

4. DRIVING DIRECTIONS

- ➔ Route to the Barrie area via Highway 400 and Exit 96 West (Hwy 90 / Dunlop St.)
- ➔ Turn West and proceed 16.2 km into Angus; Hwy 90 becomes Mill St.
- ➔ Continue through Angus, bearing right through CFB Borden North Gate; Mill St. becomes Cambrai Rd.

- ➔ Continue through CFB Borden on Cambrai Rd. to Falaise Rd.
- ➔ Turn West (right) and proceed past Ortona Rd., passing Fire Hall (on Right); Ortona Rd. becomes Range Rd.
- ➔ Continue 3.2 km to Blackdown gate on left.

[Map](#)

ADDENDA

5. SUNSET CEREMONY

Every year, the cadets of Blackdown Army Cadet Summer Training Centre perform a traditional military Tattoo and Retreat, the Sunset Ceremony, showcasing the individual and combined talents of two 100-Cadet Honour Guards, the Military Band, the Pipes and Drums and highland dancers.

The Sunset Ceremony will begin at 1800 hrs on Friday, 7 August 2009. It is requested that guests be seated no later than 1730 hrs. Allowance for extra travel time is recommended due to the anticipated volume of traffic.

6. PERSONAL ELECTRONICS

Provisions of Appendix A1 notwithstanding, BACSTC permits course cadets to retain a reasonable quantity of personal electronics **at the owner's risk**. It must be clearly understood that the Government of Canada accepts no liability or responsibility for the loss of, or damage to, such property, however caused.

CONNAUGHT NATIONAL ARMY CADET SUMMER TRAINING CENTRE

1. CONTACT INFORMATION

- a. Orderly Room: 613-991-4294
 Fax: 613-998-9154
 email: CNACSTC@forces.gc.ca
- b. Mailing Address – Headquarters
 Commanding Officer
 Connaught NACSTC
 1 Lewis Gun Road
 Nepean, ON K2K 2W6
- c. Mailing Address – Cadet
 Cadet's Name
 Cadet's Company
 Connaught NACSTC
 1 Lewis Gun Road
 Nepean, ON K2K 2W6

2. COURSE DATES

COURSE TITLE	BEGINS	ENDS
Air Cadet Rifle Coach 1	6 July 2009	24 July 2009
Air Cadet Rifle Coach 2	27 July 2009	14 Aug 2009
Army Cadet Leader Instructor Marksman	6 July 2009	22 Aug 2009
Army Cadet Leader Instructor PERT	6 July 2009	14 Aug 2009
Army Cadet Leader Instructor Rifle Coach	6 July 2009	14 Aug 2009
Army Cadet Leader Marksman	6 July 2009	14 Aug 2009
Army Cadet Parachutist	5 July 2009	7 Aug 2009
Basic Marksman 1	6 July 2009	24 July 2009
Basic Marksman 2	27 July 2009	14 Aug 2009
Royal Canadian Army Cadet National Rifle Team	29 June 2009	22 Aug 2008
Australia Exchange	12 July 2009	3 Aug 2009
Cayman Island Exchange	12 July 2009	3 Aug 2009
Federal Republic of Germany Exchange	12 July 2009	10 Aug 2009
Maple Leaf Exchange (England)	27 June 2009	7 Aug 2009
Norway Exchange	12 July 2009	3 Aug 2009
Outward Bound Exchange (Scotland)	27 June 2009	7 Aug 2009
Outward Bound Exchange (Wales)	27 June 2009	7 Aug 2009
United States of America Exchange	12 July 2009	3 Aug 2009

3. GRADUATION PARADES

COURSE TITLE	PARADE DATE	TIME
Air Cadet Rifle Coach 1	23 July 2009	1900 hrs
Air Cadet Rifle Coach 2	14 Aug 2009	1900 hrs

Army Cadet Leader Instructor Marksman	22 Aug 2009	1200 hrs
Army Cadet Leader Instructor PERT	14 Aug 2009	1900 hrs
Army Cadet Leader Instructor Rifle Coach	14 Aug 2009	1900 hrs
Army Cadet Leader Marksman	14 Aug 2009	1900 hrs
Army Cadet Parachutist	7 Aug 2008	1000 hrs
Basic Marksman 1	24 July 2008	1900 hrs
Basic Marksman 2	14 Aug 2009	1900 hrs
Royal Canadian Army Cadet National Rifle Team	22 Aug 2009	1200 hrs
Australia Exchange	3 Aug 2009	1000 hrs
Cayman Island Exchange	3 Aug 2009	1000 hrs
Federal Republic of Germany Exchange	10 Aug 2009	1000 hrs
Maple Leaf Exchange (England)	7 Aug 2009	1900 hrs
Norway Exchange	7 Aug 2009	1000 hrs
Outward Bound Exchange (Scotland)	7 Aug 2009	1900 hrs
Outward Bound Exchange (Wales)	7 Aug 2009	1900 hrs
United States of America Exchange	3 Aug 2009	1000 hrs

4. DRIVING DIRECTIONS

- ➔ Route to the Ottawa/Kanata area via Highway 417 (The Queensway) West, and Exit 134 at Moodie Drive.
- ➔ Turn North and proceed 2.1 km to Carling Avenue (RR 38).
- ➔ Turn West (left) and proceed 2.4 km to Rifle Road.
- ➔ Turn north (right) and proceed 1.8km. The road will curve left and become Malibar Boulevard.
- ➔ Continue West 2.3km to Sir Sam Hughes Rd.
- ➔ Enter the signed entrance to Connaught NACSTC, 1 Lewis Gun.Road, on the right. [Map](#)

AMPLIFICATIONS AND ADDENDA

5. Leave Restrictions

No leave will be granted on 1 July (Canada Day) and 3 Aug (Civic Holiday) as they are training days, nor on days that the Army Cadet Leader Instructor Marksman Course participates in competitions; 8,9, 15 and 16 Aug.

6. Smoking

CNACSTC is a totally smoke-free environment. No smoking is permitted at any time.

HMCS ONTARIO SEA CADET SUMMER TRAINING CENTRE

1. CONTACT INFORMATION

- a. Telephone:
 Ship's Office: 613-541-5010 Ext. 4681 (0730-1600 hrs, Mon-Fri)
 After Hours/Duty Centre: 613-541-5010 Ext: 6063
 Fax: 613-541-5013
 email: HMCSONT@intern.mil.ca

- b. Mail – Headquarters:
 Commanding Officer
 HMCS Ontario
 CFB Kingston
 PO Box 17000 STN Forces
 Kingston, ON K7K 7B4

- c. Mail – Cadet:
 COURSE CADET *Cadet First name/Initials and Surname*
Cadet's Division and Course
 HMCS Ontario
 CFB Kingston
 PO Box 17000 STN Forces
 Kingston, ON K7K 7B4

2. COURSE DATES

COURSE TITLE	BEGINS	ENDS
Athletic Instructor	29 June 2009	7 Aug 2009
Boatswain (Trade Group 1, Serial 1)	29 June 2009	17 July 2009
Boatswain (Trade Group 1, Serial 2)	20 July 2009	7 Aug 2009
Boatswain (Trade Group 2)	29 June 2009	7 Aug 2009
General Training (Serial 1)	29 June 2009	10 July 2009
General Training (Serial 2)	13 July 2009	24 July 2009
General Training (Serial 3)	27 July 2009	7 Aug 2009
Gunnery (Trade Group 1, Serial 1)	29 June 2009	17 July 2009
Gunnery (Trade Group 1, Serial 2)	20 July 2009	7 Aug 2009
Gunnery (Trade Group 2 & 3)	29 June 2009	7 Aug 2009
Music (Trade Group 1, Serial 1)	29 June 2009	17 July 2009
Music (Trade Group 1, Serial 2)	20 July 2009	7 Aug 2009
Music (Trade Group 2 & 3)	29 June 2009	7 Aug 2009
Sailing (Trade Group 1, Serial 1)	29 June 2009	17 July 2009
Sailing (Trade Group 1, Serial 2)	20 July 2009	7 Aug 2009
Sailing (Trade Group 2 & 3)	29 June 2009	7 Aug 2009

3. GRADUATION PARADES

COURSE TITLE	DATE	TIME
Athletic Instructor	6 Aug 2009	1730 hrs.
Boatswain (Trade Group 1, Serial 1)	16 July 2009	1830 hrs.
Boatswain (Trade Group 1, Serial 2)	6 Aug 2009	1730 hrs
Boatswain (Trade Group 2)	6 Aug 2009	1730 hrs
General Training (Serial 1)	9 July 2008	1830 hrs
General Training (Serial 2)	23 July 2008	1830 hrs
General Training (Serial 3)	6 Aug 2009	1730 hrs
Gunnery (Trade Group 1, Serial 1)	16 July 2009	1830 hrs
Gunnery (Trade Group 1, Serial 2)	6 Aug 2009	1730hrs
Gunnery (Trade Group 2 & 3)	6 Aug 2009	1730 hrs
Music (Trade Group 1, Serial 1)	16 July 2009	1830 hrs
Music (Trade Group 1, Serial 2)	6 Aug 2009	1730 hrs
Music (Trade Group 2 & 3)	6 Aug 2009	1730 hrs
Sailing (Trade Group 1, Serial 1)	16 July 2009	1830 hrs
Sailing (Trade Group 1, Serial 2)	6 Aug 2009	1730hrs
Sailing (Trade Group 2 & 3)	6 Aug 2009	1730 hrs

4. DRIVING DIRECTIONS

- ➔ Route to the Kingston area via Highway 401 (MacDonald-Cartier Freeway); Exit 623 at Highway 15 (Kingston/Smiths Falls/CFB Kingston/Ft. Henry).
- ➔ Turn South and proceed 6.6 km to Highway 2.
- ➔ Turn West (right) and proceed 0.7 km to Fort Henry Drive.
- ➔ Turn South (left) onto Fort Henry Drive for approx. 100 m to Precision Drive, the main entrance to the Royal Military College of Canada and turn right.
- ➔ Stop at the gatehouse if requested; proceed 0.5 km to Gen Crerar Cres.
- ➔ Turn right and proceed 200 m to Valour Drive..
- ➔ Turn left and proceed 200 m to Amiens Avenue.
- ➔ On the South side of the Parade Square, look for the sign identifying Headquarters, HMCS ONTARIO.

[Map](#)

AMPLIFICATIONS / ADDENDA

5. LAUNDRY

Laundry services are available to all cadets at HMCS Ontario and are coordinated by divisional staff.. **All clothing must be marked in permanent marker** so that any inadvertently misplaced items can be quickly returned. Normally, items submitted in the early morning are ready for pick up the same evening.

6. SMOKING

Provisions of Joining Instructions main document, paragraph 51, notwithstanding, course cadets are not permitted to smoke at any time while attending HMCS ONTARIO.

7. ADDITIONAL KIT: SAILORS

As detailed in Kit List, Sailing and General Training course cadets require additional quantities of solid-colour, civilian pattern shorts or appropriate sailing wear while on the water, as issued grey PT

shorts tend to become easily water-laden. These will be carried – not worn - to and from the waterfront and worn only when engaged in on-water activity.

TRENTON AIR CADET SUMMER TRAINING CENTRE

1. CONTACT INFORMATION

- a. Telephone:
 Administration Office: 613-392-2811 Ext. 2835 (0730-1600 hrs, Monday-Friday)
 After Hours/Duty Centre: 613-392-2811 Ext. 3219 or 2537 24/7
 Fax: 613-965-7359
 Email: clare.cooper@forces.gc.ca
- b. Mail – Headquarters:
 Commanding Officer
 Trenton Air Cadet Summer Training Centre
 32 Buffalo Ave
 PO Box 1000 Station Forces
 Astra ON K0K 3W0
- c. Mail – Cadet
 COURSE CADET *Cadet's Given Name/Initials and Surname*
Cadet's Course Name and (if known) Flight No.
 Trenton Air Cadet Summer Training Centre
 32 Buffalo Ave.
 PO Box 1000 Station Forces
 Astra ON K0K 3W0

2. COURSE DATES

COURSE TITLE	BEGINS	ENDS
General Training (Serial 1)	6 July 2009	17 July 2009
General Training (Serial 2)	20 July 2009	31 July 2009
General Training (Serial 3)	3 Aug 2009	14 Aug 2009
Introduction to Instruction (Serial 1)	6 July 2009	24 July 2009
Introduction to Instruction (Serial 2)	27 July 2009	14 Aug 2009
Introduction to Leadership (Serial 1)	6 July 2009	24 July 2009
Introduction to Leadership (Serial 2)	27 July 2009	14 Aug 2009
Introduction to Physical Education & Recreational Training (Serial 1)	6 July 2009	24 July 2009
Introduction to Physical Education & Recreational Training (Serial 2)	27 July 2009	14 Aug 2009

3. GRADUATION PARADES

Graduation parades will take place at Bain Park, adjacent to the Training Centre grounds, excepting the final graduation parade which will occur on the main Parade Square of 8 Wing, Trenton.

COURSE TITLE	PARADE DATE	TIME
General Training (Serial 1)	17 July 2009	0900 hrs
General Training (Serial 2)	31 July 2009	0900 hrs
General Training (Serial 3)	14 Aug 2009	0900 hrs
Introduction to Instruction (Serial 1)	24 July 2009	0900 hrs
Introduction to Instruction (Serial 2)	14 Aug 2009	0900 hrs
Introduction to Leadership (Serial 1)	24 July 2009	0900 hrs

COURSE TITLE	PARADE DATE	TIME
Introduction to Leadership (Serial 2)	14 Aug 2009	0900 hrs
Introduction to Physical Education & Recreational Training (Serial 1)	24 July 2009	0900 hrs
Introduction to Physical Education & Recreational Training (Serial 2)	14 Aug 2009	0900 hrs

4. DRIVING DIRECTIONS

- ➔ Route to the Trenton/Quinte West area via Highway 401 (MacDonald-Cartier Freeway); Exit 526 at Glen Miller Rd./Sidney St.
- ➔ Turn South on Sidney St. and proceed 0.5 km to Hamilton Rd. (County Rd. 22)
- ➔ Turn East (left) and proceed 1.7 km to RCAF Road. (County Rd. 21)
- ➔ Turn South (right) and proceed 3.2 km to Highway 2.
- ➔ Proceed through traffic signal and park in the parking lot to the right, Proceed on foot to TACSTC gate across the road.

[Map](#)

AMPLIFICATIONS AND ADDENDA

5. LEAVE

Course Cadets on three-week courses or on the Band course may leave TACSTC on an approved pass on Sundays only. These cadets will only be permitted to depart after the lunch period ends at 1330 hrs. Cadets on pass are expected to return to the Training Centre no later than 2030 hrs. Cadets on two-week courses are not permitted to leave the Training Centre.

Visits: Parents/guardians may visit their son/daughter/ward at the Training Centre any other day of the week from 1830 hrs to 2030 hrs ONLY, however the cadet will not be permitted to leave the Training Centre.

REGIONAL GLIDING SCHOOL

1. CONTACT INFO

- a. Telephone:
 Administration Office: 613-391-2916/2936 (0800-1600 hrs., Monday-Friday)
 Air Operations Officer: 613-965-2942
 After Hours/Duty Centre: 613-969-9684
 Fax: 613-965-7212
- b. Mail – Headquarters:
- i. Before 26 June 2009:
 Commanding Officer
 REGIONAL GLIDING SCHOOL (CENTRAL)
 CFB Trenton
 PO Box 1000 Stn Forces
 Astra ON K0K 3W0
- ii. After 29 June 2009
 Commanding Officer
 REGIONAL GLIDING SCHOOL (CENTRAL)
 c/o Loyalist College Residence
 Box 6400
 Belleville ON K8N 5E2
- c. Mail – Cadet
Cadet Surname, Given name and initials
Course Name (ie., RGS, ITAC)
 REGIONAL GLIDING SCHOOL (CENTRAL)
 c/o Loyalist College Residence
 Box 6400
 Belleville ON K8N 5E2

2. COURSE DATES

COURSE TITLE	BEGINS	ENDS
Introduction to Aviation (Serial 1) (ITAC)	6 July 2009	24 July 2009
Introduction to Aviation (Serial 2) (ITAC)	27 July 2009	14 Aug 2009
Glider Pilot	6 July 2009	14 Aug 2009

3. GRADUATION PARADES

COURSE TITLE	PARADE DATE	TIME	LOCATION
Introduction to Aviation (Serial 1)	24 July 2009	0900 hrs	Parade Square, 8 Wing Trenton
Introduction to Aviation (Serial 2)	14 Aug 2009	1330 hrs	CFD Mountainview
Glider Pilot	14 Aug 2009	1330 hrs	CFD Mountainview

4. DRIVING DIRECTIONS

Cadets attending ITAC and Glider Pilot instruction are accommodated on the campus of Loyalist College, Belleville, Ont.

- ➔ Route to the Belleville area via Highway 401 (MacDonald-Cartier Freeway); Exit 538 at Wallbridge-Loyalist Road. (CR 1)

- ➔ Turn South and proceed 4.8 km to the Loyalist College campus on East (left) side of the street.
- ➔ The Ops Office is located in the McFarlane Building, Apt. 12. [Map](#)

For the end-of-season “Wings Parade” to be held at Canadian Forces Detachment Mountainview:

- ➔ Route to the Belleville area via Highway 401; Exit 543 at N. Front St./ CR 62
- ➔ Turn South and proceed through Belleville to Dundas St. where CR 62 intersects with CR 2.
- ➔ Turn West and proceed to the diversion of CRs 2 and 62 at Bay Bridge Rd.
- ➔ Turn South onto Bay Bridge Rd./CR 62 and proceed across the Bay Bridge toward Picton.
- ➔ Proceed 11.9 km to Silver Star Rd. and watch for signs identifying Canadian Forces Base Trenton Detachment Mountainview on the West (right) side of the road.
- ➔ Turn right onto Detachment property and obtain directions at the gatehouse. [Map](#)

5. MEDICAL

Certain medical conditions are incompatible with flying duties. Parents must therefore be totally candid in providing complete disclosure of all of the cadet’s medical conditions on their initial CF 51 APPLICATION AND APPROVAL – CADET ACTIVITIES form for review by the Central Region Medical Advisor, and to immediately advise of any medical changes in that may occur following submission of the CF 51. Undisclosed medical circumstances could result in the cadet being RTU since minimum medical standards must be maintained as a condition of holding a Transport Canada aircrew licence.

Any and all medications ingested must be approved by a Canadian Forces Flight Surgeon (where available) or a Transport Canada approved Canadian Aviation Medical Examiner. Similarly, ingesting unapproved or undocumented medication may result in RTU action.

6. CONDUCT AND DISCIPLINE

Although remote from the physical environment of a Cadet Summer Training Centre, Central Region’s Gliding School is functionally similar, particularly in terms of cadet department. The regional Return to Unit (RTU) policy described in paragraph 54 of the [Regional Joining Instructions](#) is in force. Additional potential causes for Cease Training/RTU action during the Glider Scholarship course include:

- a. Failure of four ground school exams;
- b. Failure of a rewritten Transport Canada examination;
- c. Four unsatisfactory (failed) flights during the course; and
- d. Academic dishonesty.

7. HONOURS AND AWARDS

Significant achievement during the Glider Scholarship and Introduction to Aviation Courses will be recognized at graduating parades. The awards include:

- a. For the Glider Scholarship Course:
 - i. Central Region Gliding Memorial Trophy and Advanced Soaring Award (Best Overall Pilot)
 - ii. LCol R.R. Massier Trophy (Best Pilot)
 - iii. Maj N. Cairns Trophy (Top Academic Pilot)

- b. Introduction to Aviation Course (Both serials)
 - i. LCol Donnelly Trophy (Top Academic Cadet)
 - ii. Capt K.W. Moore Trophy (Top Overall Cadet)
- c. OPC Flying Awards
 - i. Trenton Chamber of Commerce Trophy (GPS Best Pilot Overall)
 - ii. Confederation Life Trophy (GPS Exemplary Flying Ability)

ADVANCED AVIATION – AIRPORT OPERATIONS
ADVANCED AVIATION – AIRCRAFT MAINTENANCE

1. CONTACT INFO – AIRPORT OPERATIONS

- a. Telephone:
Office/OR.: 705-331-3450
After Hours/Duty Centre: 705-331-3450
Fax: TBA
email: TBA
- b. Mail – Headquarters
Officer Commanding
Advanced Aviation Course - Airport Operations
c/o Conference Services & Summer Suites
Georgian College
101 Georgian Drive
Barrie ON L4M 6Z5
- c. Mail – Cadet
COURSE CADET *Surname And Initials/Given Name*
Advanced Aviation Course - Airport Operations
c/o Conference Services & Summer Suites
Georgian College
101 Georgian Drive
Barrie ON L4M 6Z5

2. CONTACT INFO – AIRCRAFT MAINTENANCE

- d. Telephone:
Office/OR: 705-331-1467
After Hours/Duty Centre: 705-331-1467
Fax: .TBA
email: TBA.
- e. Mail – Headquarters
Officer Commanding
Advanced Aviation Course – Aircraft Maintenance
c/o Canador College, Conference Services
15 College Drive
North Bay ON P1B 9V5
- f. Mail – Cadet:
COURSE CADET *Surname And Initials/Given Name*
Advanced Aviation Course – Aircraft Maintenance
Unit # (TBD)
100 College Drive, PO Box 5001
North Bay ON P1B 8L7

3. COURSE DATES

COURSE TITLE	BEGINS	ENDS
Advanced Aviation Course – Airport Operations	6 July 2009	14 Aug 2009
Advanced Aviation Course – Aircraft Maintenance	6 July 2009	14 Aug 2009

4. GRADUATION PARADES

COURSE TITLE	PARADE DATE	TIME	LOCATION
Advanced Aviation Course – Airport Operations	14 Aug 2009	0900 hrs	Georgian College, Barrie, Ont.
Advanced Aviation Course – Aircraft Maintenance	14 Aug 2009	0900 hrs	Canadore College, North Bay, Ont.

5. DRIVING DIRECTIONS – AIRPORT OPERATIONS COURSE

Course cadets are accommodated in the student residences of Georgian College.

From Central and Southern Ontario areas:

- ➔ Route via Highway 401 (MacDonald-Cartier Freeway) to Toronto/North York, exit 359 at Highway 400.
- ➔ Turn North on Highway 400 and proceed 81.5 km.
- ➔ Exit at 102/Duckworth St. and proceed straight through the intersection onto Georgian Dr.
- ➔ Proceed 300 m to the campus entrance on the right. [Map](#)

From Northern areas:

- ➔ Route to Highway 400 South.
- ➔ Exit at 102/Duckworth St.
- ➔ Turn South (left) and proceed 400 m to Georgian Dr.
- ➔ Turn East (left) and proceed 300 m to the campus entrance on the right.

6. DRIVING DIRECTIONS – AIRPORT OPERATIONS COURSE

Course cadets are accommodated in the student residences of Canadore College.

From Southern Ontario areas:

- ➔ Route via Highway 400 North through Barrie.
- ➔ At approx. distance marker 104, follow ramp to Highway 11 North. (Orillia/North Bay)
- ➔ Proceed North 244 km to O'Brien St., North Bay.
- ➔ Turn North (right) and proceed 0.5 km to McKeown Ave.
- ➔ Turn East (right) and proceed 100 m to the continuation of O'Brien St.
- ➔ Turn North (left) and proceed 400 m to Airport Rd.
- ➔ Turn Northeast (right) and proceed 3.2 km to Airport Way.
- ➔ Turn North (left) and proceed 400 m to Aviation Ln.
- ➔ Turn left, proceed 500 m to Aviation Ave. And enter the Canadore parking lot. [Map](#)

From the East:

- ➔ Route via Highway 17 (Trans Canada Highway) West to North Bay.
- ➔ At Twin Lake Rd., proceed through exit 344 diverging right and continue on Hwy 11/17 West (Sudbury) for 9.6 km to O'Brien St.
- ➔ Turn North (right) and proceed 0.5 km to McKeown Ave.
- ➔ Turn East (right) and proceed 100 m to the continuation of O'Brien St.
- ➔ Turn North (left) and proceed 400 m to Airport Rd.
- ➔ Turn Northeast (right) and proceed 3.2 km to Airport Way.
- ➔ Turn North (left) and proceed 400 m to Aviation Ln.
- ➔ Turn left, proceed 500 m to Aviation Ave. And enter the Canadore parking lot.

From the West:

- ➔ Route via Highway 17 East to North Bay.
- ➔ Approaching Highway 17B/Main St., continue east on Hwy 17/11 to O'Brien St.
- ➔ Turn North (right) and proceed 0.5 km to McKeown Ave.
- ➔ Turn East (right) and proceed 100 m to the continuation of O'Brien St.
- ➔ Turn North (left) and proceed 400 m to Airport Rd.
- ➔ Turn Northeast (right) and proceed 3.2 km to Airport Way.
- ➔ Turn North (left) and proceed 400 m to Aviation Ln.

➔ Turn left, proceed 500 m to Aviation Ave. And enter the Canadore parking lot

AMPLIFICATIONS/ADDENDA

7. BANKING

Cadets are discouraged from bringing large sums of cash with them. Major bank ATMs are available on-campus and instalments of the cadets' training bonus will be paid in cash to provide sufficient pocket money. For those preferring not to spend their training bonus, a limited cadet banking service will be provided. The final training bonus instalment will be paid by cheque at the conclusion of the course.

8. LAUNDRY

Laundry facilities are provided free of charge for cadets to tend to their own laundry needs. Since the availability of laundry detergents will be coordinated through directing staff, the carrying of laundry products in luggage is not recommended.

9. LEAVE AND VISITING

Course cadets are not permitted to leave the campus during training hours, 0800 – 1600 hours (8:00 a.m. to 4:00 p.m.) Monday through Friday. Weekend visits are preferred for those parents, relatives or parentally authorized friends wishing to do so, and are permitted from 1000 – 2000 hours (10:00 a.m. to 8:00 p.m.) Saturday and Sunday. Visitors may accompany cadet meals at a nominal cost; a minimum 24 hours notice is required.

Visitors travelling long distances, during training or for final graduation, may secure overnight accommodation directly through [Georgian College](#) or [Canadore College](#).

10. CIVILIAN CLOTHING

Civilian smart casual or casual attire for off-duty wear is permitted. The following items are deemed acceptable:

- ✓ Shirts with collars (golf shirt style)
- ✓ T-shirts with sleeves, provided that they are plain, solid colour or with a ship's/company/corps/squadron crest or logo or discrete manufacturers' emblems or slogans within generally-accepted standards of morality and good taste. Apparel with offensive or otherwise inappropriate slogans is not permitted.
- ✓ Jeans – Only jeans in good repair, preferably blue or black denim. Torn, frayed, embellished (written-upon, painted, spangled, etc.) or low-rider garments are not permitted.
- ✓ Khaki or cotton shorts
- ✓ Khaki or cotton slacks
- ✓ Sport shorts for sporting or waterfront activities, or as directed by CSTC CO

The following items are not acceptable:

- x Tank tops;
- x Tube tops;
- x Halter tops;
- x Cut-off shorts;
- x Flip-flops – only to be worn while in barracks, shower, etc.;
- x Torn or worn clothing;
- x Short tops showing midriff;
- x Stretchy, tight fitting pants;
- x Inappropriately adorned T-shirts

11. KIT LIST ADDENDA

Additional pair of boots, ankle, black to be drawn from home squadron. (Applies to Advanced Aviation: Aircraft Maintenance Course, Canadaor College).

POWER PILOT SCHOLARSHIP COURSE

1. CONTACT INFO – UNTIL 26 JUNE 2009

- a. Telephone:
 - i. Administration Office: 613-391-2916/2936 (0800-160 hrs., Monday-Friday)
 Fax: 613-965-7212
 - ii. Commanding Officer:
 TBA
 Tel. (613) TBA
 Cell (613) TBA
 - iii. Deputy Commanding Officer:
 Major R. Sensabaugh
 Tel. (613) 391-2902
 Cell (613) 968-1218
 - iv. RC Air Ops Power Scholarship Coord
 Maj. P.B. van Haastreht
 Cell. (613) 969-2747
 Email: peter.vanhaastreht@forces.gc.ca
- b. Mail – Headquarters:
 Commanding Officer
 REGIONAL GLIDING SCHOOL (CENTRAL)
 CFB Trenton
 PO Box 1000 Stn Forces
 Astra ON K0K 3W0

For contact information at each of the four flight training centres beginning 29 June 2009, consult the attached appendixes.

2. COURSE DATES

COURSE TITLE	BEGINS	ENDS
Power Pilot Scholarship	29 June 2009	14 Aug 2009

3. GRADUATION PARADE

COURSE TITLE	PARADE DATE	TIME	LOCATION
Power Pilot Scholarship	14 Aug 2009	1330 hrs	CFD Mountainview ¹

4. DRIVING DIRECTIONS – FLIGHT TRAINING CENTRES

MAP

Please consult the attached appendixes

5. DRIVING DIRECTIONS - GRADUATION PARADE

For the end-of-season “Wings Parade” to be held at Canadian Forces Detachment Mountainview:

- ➔ Route to the Belleville area via Highway 401; Exit 543 at N. Front St./ CR 62
- ➔ Turn South and proceed through Belleville to Dundas St. where CR 62 intersects with CR 2.
- ➔ Turn West and proceed to the diversion of CRs 2 and 62 at Bay Bridge Rd.
- ➔ Turn South onto Bay Bridge Rd./CR 62 and proceed across the Bay Bridge toward Picton.
- ➔ Proceed 11.9 km to Silver Star Rd. and watch for signs identifying Canadian Forces Base Trenton Detachment Mountainview on the West (right) side of the road.
- ➔ Turn right onto Detachment property and obtain directions at the gatehouse.

Map

6. WHAT TO BRING`

The regional Joining Instructions Appendix A-1H details kit requirements for Power Pilot Scholarship candidates. While discouraged at other Cadet Summer Training Centres, civilian smart casual wear is permitted for off-duty wear. Those cadets in possession of CF pattern flight clothing are encouraged to bring it with them.

In addition to the Transport Canada Licence Application Fee and Examination Fee cheques specified in Appendix A-1H, candidates should also bring a cheque payable to the flight centre in the amount of \$265.00 to cover possible Examination Rewrite Fees and purchases of Aeronautical Information Publication (AIM) Canada, Transport Canada Flight Training Manual, aeronautical charts, Pilot Operating Handbook and Pilot Training Record. Any unused funds will be returned to the cadet at the conclusion of the course.

Candidates must also bring the originals of all of their Canadian Aviation documents (i.e. TC Medical Certification, Glider Pilot Licence (if held), Radio Licence, etc.) and a pocket calculator.

7. MEDICAL

Certain medical conditions are incompatible with flying duties. Parents must therefore be totally candid in providing complete disclosure of all of the cadet's medical conditions on their initial CF 51 APPLICATION AND APPROVAL – CADET ACTIVITIES form for review by the Central Region Medical Advisor, and to immediately advise of any medical changes in that may occur following submission of the CF 51. Undisclosed medical circumstances could result in the cadet being RTU since minimum medical standards must be maintained as a condition of holding a Transport Canada aircrew licence.

Any and all medications ingested must be approved by a Canadian Forces Flight Surgeon (where available) or a Transport Canada approved Canadian Aviation Medical Examiner. Similarly, ingesting unapproved or undocumented medication may result in RTU action.

8. CONDUCT AND DISCIPLINE

Although remote from the physical environment of a Cadet Summer Training Centre, Central Region's four Power Pilot Scholarship sites are functionally similar, particularly in terms of cadet deportment. The regional Return to Unit (RTU) policy described in paragraph 54 of the Regional Joining Instructions is in force. Additional potential causes for Cease Training/RTU action include:

- a. Lack of aptitude, motivation and/or application;
- b. Repeated airsickness;
- c. Failure to achieve an overall passing grade on the Transport Canada examination at initial writing;
- d. Failure to achieve a passing grade on a previously failed section at subsequent writing;
- e. Failure to perform a solo flight after 14 hours of dual flying instruction, excepting that the Region Cadet Air Operations Officer may authorize an additional two hours of instruction upon due consultation with the flight training centre Chief Flying Instructor; and/or
- f. Wilful, gross violations of air regulations and tenets of Flight Safety.

9. LEAVE RESTRICTIONS

Passes will not usually be issued to any cadet until after successful completion of Transport Canada exams during Week Four of the course, and then only in accordance with established policies detailed at paragraphs 47-49 of the Regional Joining Instructions. Parents are encouraged to limit their visits to Sundays only, or such other days as may be so designated by each site's supervisory officer.

10. HONOURS AND AWARDS

Significant achievement on the Power Pilot Scholarship Course will be recognized at the graduating Wings Parade. The awards include:

- a. Top Pilot Award (1 per site);
- b. Top Academic Award (1 per site); and
- c. The Doug Whitley Award, presented by the Air Cadet League of Canada –Ontario Provincial Committee to the Power Pilot Scholarship Best Overall Pilot. This pilot will also generally receive the ANAVETS Cadet Medal of Merit.

11. CIVILIAN CLOTHING

Civilian smart casual or casual attire for off-duty wear is permitted. The following items are deemed acceptable:

- ✓ Shirts with collars (golf shirt style)
- ✓ T-shirts with sleeves, provided that they are plain, solid colour or with a ship's/company/corps/squadron crest or logo or discrete manufacturers' emblems or slogans within generally-accepted standards of morality and good taste. Apparel with offensive or otherwise inappropriate slogans is not permitted.
- ✓ Jeans – Only jeans in good repair, preferably blue or black denim. Torn, frayed, embellished (written-upon, painted, spangled, etc.) or low-rider garments are not permitted.
- ✓ Khaki or cotton shorts
- ✓ Khaki or cotton slacks
- ✓ Sport shorts for sporting or waterfront activities, or as directed by CSTC CO

The following items are not acceptable:

- x Tank tops;
- x Tube tops;
- x Halter tops;
- x Cut-off shorts;
- x Flip-flops – only to be worn while in barracks, shower, etc.;
- x Torn or worn clothing;
- x Short tops showing midriff;
- x Stretchy, tight fitting pants;
- x Inappropriately adorned T-shirts

Appendixes

- 1 Brampton Flying Club
- 2 Durham Flight Centre
- 3 Island Air Flight School
- 4 National Flyers Academy
- 5 Windsor Flying Club

1. CONTACT INFO – BRAMPTON FLYING CLUB(AFTER 29 JUNE 2009)

- a. Telephone (EMERGENCY ONLY): 905-838-1400
Email: TBA.crgs@cadets.gc.ca
- b. Mail – Headquarters:
Supervisory Officer
Air Cadet Power Pilot Scholarship Course,
c/o Brampton Flying Club
13691 McLaughlin Rd.
Caledon, ON L7C 2B2
- c. Mail – Cadet
Cadet Surname, Given name and initials
Air Cadet Power Pilot Scholarship Course,
c/o Brampton Flying Club
13691 McLaughlin Rd.
Caledon, ON L7C 2B2

2. DRIVING DIRECTIONS

- ➔ Route to the Brampton area via Hwy 401 (MacDonald-Cartier Freeway); Exit 344 at Hwy 403/410. Keep **right** at the fork.
- ➔ Merge North (right) onto Hwy 410 and proceed 18.3 km to the end of Hwy 410 at Mayfield Rd. (CR 14)
- ➔ Turn Southwest (left) and proceed 4.8 km to McLaughlin Rd.
- ➔ Turn Northwest (right) and proceed 5.2 km to Brampton Airport.
- ➔ Turn right into the airport, proceed 0.2 km and watch for identifying signs. [Map](#)

1. CONTACT INFO – DURHAM FLIGHT CENTRE (AFTER 29 JUNE 2009)

- a. Telephone (EMERGENCY ONLY): 905-720-2831
Email: dfc.crgs@cadets.gc.ca
- b. Mail – Headquarters:
Supervisory Officer
Air Cadet Power Pilot Scholarship Course,
c/o Durham Flight Centre
1190 Keith Ross Court
Oshawa Municipal Airport
Oshawa, ON L1H 7K4
- c. Mail – Cadet
Cadet Surname, Given name and initials
Air Cadet Power Pilot Scholarship Course,
c/o Durham Flight Centre
1190 Keith Ross Court
Oshawa Municipal Airport
Oshawa, ON L1H 7K4

2. DRIVING DIRECTIONS

- ➔ Route to the Oshawa area via Highway 401 (MacDonald-Cartier Freeway); Exit 412 at Thickson Road South (RR 26).
- ➔ Turn North and proceed 6.4 km to Taunton Road (RR 4)
- ➔ Turn East (right) and proceed 2.5 km to Oshawa Municipal Airport on the South (right) side.
- ➔ Follow signs to Durham Flight Centre. [Map](#)

1. CONTACT INFO – ISLAND AIR FLIGHT SCHOOL (AFTER 29 JUNE 2009)

- a. Telephone (EMERGENCY ONLY): 1-888-576-2359
Email: TBA.crgs@cadets.gc.ca
- b. Mail – Headquarters:
Supervisory Officer
Air Cadet Power Pilot Scholarship Course,
c/o Island Air Flight School
Toronto City Center Airport
Hangar #4, Ste 109
Toronto ON M5V 1A1
- c. Mail – Cadet
Cadet Surname, Given name and initials
Air Cadet Power Pilot Scholarship Course,
c/o Island Air Flight School
Toronto City Center Airport
Hangar #4, Ste 109
Toronto ON M5V 1A1

2. DRIVING DIRECTIONS

From the West and North:

- ➔ Route to the Toronto area via Hwy 401 (MacDonald-Cartier Freeway); Exit 352 for Hwy 427 South.
- ➔ Merge Southbound Hwy 427 and proceed 7.2 km. to Gardiner Expwy.
- ➔ Merge Eastbound toward Toronto and proceed 8.9 km to Lakeshore Blvd./Jamieson Ave. exit.
- ➔ Merge into Eastbound Lakeshore Blvd. and proceed 3.0 km. to Bathurst St.
- ➔ Turn South (right) and proceed 300 m and turn right into Port Authority of Toronto.
- ➔ Take the ferry to Toronto City Centre Airport and proceed to Hangar #4. [Map](#)

From the East:

- ➔ Route to the Toronto area via Hwy 401 (MacDonald-Cartier Freeway); Exit 375 for Don Valley Parkway South.
- ➔ Merge Southbound and proceed 16.3 km. to Gardiner Expwy West.
- ➔ Merge Westbound and proceed 3.3 km. to Lakeshore Blvd. West exit, West of Yonge Street.
- ➔ Merge onto Lakeshore Blvd. West and continue 1.1 km. to Bathurst St.
- ➔ Turn South (left) and proceed 300 m and turn right into Port Authority of Toronto.
- ➔ Take the ferry to Toronto City Centre Airport and proceed to Hangar #4.

1. CONTACT INFO – NATIONAL FLYERS ACADEMY (After 29 June 2009)

- a. Telephone (EMERGENCY ONLY): 519-648-3797
Email: nfa.crgs@cadets.gc.ca
- b. Mail – Headquarters:
Supervisory Officer
Air Cadet Power Pilot Scholarship Course,
c/o National Flyers Academy
PO Box 315
Breslau ON N0B 1M0
- c. Mail – Cadet
Cadet Surname, Given name and initials
Air Cadet Power Pilot Scholarship Course,
c/o National Flyers Academy
PO Box 315
Breslau ON N0B 1M0

2. DRIVING DIRECTIONS

- ➔ Route to the Kitchener-Waterloo area via Highway 401 (MacDonald-Cartier Freeway); Exit 278A/Cambridge onto Hwy 8.
- ➔ Turn North (left) and proceed 1.2 km to Fountain Street North (RR 17)
- ➔ Continue 6.1 km on Fountain Street to Region of Waterloo Int'l Airport on right.
- ➔ Turn right into airport and follow signs to National Flyers Academy on left. [Map](#)

1. CONTACT INFO – WINDSOR FLYING CLUB (After 29 June 2009)

- a. Telephone (EMERGENCY ONLY): 519-969-1320
Email: TBA.crgs@cadets.gc.ca
- b. Mail – Headquarters:
Supervisory Officer
Air Cadet Power Pilot Scholarship Course
c/o Windsor Flying Club
Group Box 6, Airport Rd.
Windsor, ON, N8V 1A2
- c. Mail – Cadet
Cadet Surname, Given name and initials
Air Cadet Power Pilot Scholarship Course
c/o Windsor Flying Club
Group Box 6, Airport Rd.
Windsor, ON, N8V 1A2

2. DRIVING DIRECTIONS

- ➔ Route to the Windsor area via Hwy 401 (MacDonald-Cartier Freeway); Exit 14 for Essex Rd. West (CR 46).
- ➔ Merge onto Essex Rd. and proceed 600 m. to Provincial Rd.
- ➔ Merge onto Provincial Rd. and proceed 200 m. to Walker Rd.
- ➔ Turn North (right) and proceed 2 km. to Airport Rd.
- ➔ Turn West (right) and proceed 2 km. to Windsor International Airport.
- ➔ Follow signs to the Windsor Flying Club.

[Map](#)