

UP THE CREEK WITH A PADDLE

Cadets will be participating in two canoeing activities

13 May Day Activity – Canoeing skills taught

3-4 June Activity – Over night canoeing trip

Must attend May 17 to participate for the trip

The following forms must be filled out completely and handed into SLt Sharp **No later than April 26**

- Informed consent form
- Outdoor Centre Participate Medical Form
- Cadet Medical Forms X2
- Cheque (returned if cadet participates)

Please read the forms carefully. There are many places that the cadet and parent need to sign.

If you have any questions, please email SLt Sharp @

344victoriato@gmail.com

Annex C
1087-20-2 (TrgO)
Mar 17

EXERCISE UP THE CREEK WITH A PADDLE
WARNING ORDER

Dates: ******May 13******

Contact Officer: SLt Sharp 344victoriato@gmail.com

Assembly Time/Place: 0830 hrs @ Bowness Park - 8900 48 Ave NW

Return Time/Place: 1600 hrs @ Shouldice Park - 4900 Monserrat Dr NW
(in the NW corner under the bridge)

Cost: Free

Cadet Kit List

1. The following items are recommended to be brought:
Cadets should be in gear to get wet upon arrival

Item	Amount
Lunch / Snacks	1
Hat	1
Water Bottle	1
Towel	1
Sweatpants	1
Sweat Shirt	1
Sunscreen	1
Garbage Bags (to keep items dry)	1
Dry Shoes	1
Back Pack	1

2. Valuables shall not be brought. If they are and are lost or stolen the Navy League of Canada Fish Creek Branch or DND will not be held accountable.
3. If you have prescription glasses, you are required to have strap on them.
4. Questions regarding the weekend should be directed to the Contact Officer above

EXERCISE UP THE CREEK WITH A PADDLE
WARNING ORDER

Dates: **** June 3-4****

Location: Red Deer River

Contact Officer: SLt Sharp 344victoriato@gmail.com

Assembly Time/Place: 0545 @ Juno Beach Academy

Return Time/Place: 1700 @ Juno Beach Academy

Cost: We will require a \$125 deposit – if your cadet doesn't show up for the activity will cash the cheque.

Cadet Kit List

1. The following items are recommended to be brought: Cadets are only allowed one Back Pack and one Sleeping Bag (all items need to fit in the canoes with equipment)

Item	Amount
Back Pack – All items must fit in	1
Hat / Sunglasses	1
Water Bottle	1
Towel / Swimsuit	1
Wet Shoes (sturdy support sandals, old runners NO FLIP FLOPS)	1
Fleece Sweater	1
T-shirts	2
Shorts	2
Sweatpants	2
Garbage Bags / Ziplock Bags	5/5
Dry Shoes	1
Toiletries (toothbrush, deodorant, sunscreen, lip balm)	1
Rain Jacket	1
Socks – wool if possible	4
Underwear	2
PJ's	1
Sleeping Bag in a stuff sack (notify contact officer if you need this items)	1
Camera with water proof bag	1

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3. If you have prescription glasses, you are required to have strap on them.
4. Questions regarding the weekend should be directed to the Contact Officer above