



Regional Cadet Support Unit (Central)

Silver Star / Gold Star

Cadet Expedition Site Training



Joining Instructions

Fall 2025

INTRODUCTION

1. Silver and Gold Star Cadets from across Central Region will attend Cadet Expedition Site (CES) training as part of the Army Cadet Training Program. CES training has been designed to provide the Silver and Gold Star Cadets with an opportunity to develop expedition skills in a safe and structured environment under the supervision and instruction of highly qualified staff. The CES will approach training through an experiential approach, which will allow the cadet to develop skills such as hiking, canoeing and mountain biking through direct experience at a personal level.
2. CES training during the Fall of 2025 will be full weekends with two dynamic modes of transportation and general expedition skills. The Niagara & Greater Toronto Area (NGTA), Northern Ontario Area (NOA), Ottawa and St. Lawrence Area (OSLA) will train this Fall, as the other areas completed their training during the Spring of 2025.
3. The purpose of these Joining Instructions (JIs) is to provide the cadet and their parent/guardian(s) with the information necessary for them to prepare for and participate in the training weekend.

GENERAL

4. Cadets will receive instruction and practice time in the following at the CES:
 - a. practicing environmental stewardship as a Team Senior (Cadet Team Leader);
 - b. navigating along a route using a map, compass and/or GPS Receiver;
 - c. using expedition equipment;
 - d. following daily expedition routine; and
 - e. participating in a team & group debrief.

PRE-TRAINING

5. Prior to attending the training weekend each cadet should receive a briefing (Silver Star PO M326.01 and Gold Star PO M426.01) from their corps staff that:
 - a. reviews selection of clothing, footwear, equipment; and
 - b. reviews these Joining Instructions.
6. Cadets should also review their Navigation Skills from previous training levels, especially related to map, compass and GPS Receivers.

OBJECTIVES

7. Specific objectives of expedition training are to:
 - a. promote a feeling of fun and satisfaction of being a part of an exciting and adventurous activity;
 - b. increase personal development; including self-confidence, self-discipline, self-esteem, self-worth and self-satisfaction;
 - c. develop leadership and outdoor abilities, techniques, and skills;
 - d. promote improvement in personal fitness conditioning and encourage healthy lifestyle choices;
 - e. promote an increased awareness and concern for the natural environment; and
 - f. develop an awareness of the skills and knowledge necessary to cope safely in adventure training activities.

ASSESSMENT OF PARTICIPANTS

8. Cadets participating in CES training do not have a formal assessment to complete but will receive feedback throughout the weekend. Participation in CES activities is the expected standard.
9. All Silver Star Cadets participating will be expected to perform or attempt the skills as described in PO 326 Silver Star QSP (A-CR-CCP-703/PG-001).
10. All Gold Star Cadets participating will be expected to perform or attempt the skills as described in PO 426 of the Gold Star QSP (A-CR-CCP-704/PG-001)
11. All Cadets will receive an individual de-briefing by their assigned Expedition Team Leader (ETL) to discuss their performance over the course of the day's training.
12. Results (Completed/Did not Complete) will be entered into Fortress at the end of the CES season.

SUPERVISION

13. The cadets are supervised by adults once they embark on a bus or are dropped off by a parent at the site until they disembark from the bus or are picked up by a parent at the end of the weekend.
14. Expedition Team Leaders are qualified staff members who have received various levels of expedition / adventure and youth leadership training through the Canadian Armed Forces and outside agencies i.e. St. John Ambulance (Standard First Aid), Wilderness Medical Associates (Wilderness Advanced and Wilderness First Responder First Aid), NOLS (Wilderness Risk Management), etc.
15. Adult Team Leaders are normally commissioned officers of the CAF but may also be Civilian Instructors who along with the officers meet strict requirements to be in a leadership position i.e. current Police Records Check / Vulnerable Sector Search and Reliability Status Security Clearance conducted within the CAF.

SUPPORT CADETS

16. Cadets who are in, or completed the Master Cadet/Advanced leadership, have completed their CES Training and have attended at least one of Basic Expedition, Expedition Instructor, Expedition Team Member, Expedition Team Leader or Regional Expedition Course may register as a Support Cadet to assist with training and supervision, most likely as an Assistant Team Leader.
17. Support Cadets are able to be registered for their corps' allocated CES weekend, but may also request through their unit staff to be registered for other weekends. During these other weekends, the Support Cadets most often must arrange their own transportation to/from the CES since there will not be any arranged by the Area Office if their corps is not participating.

ACCOMODATIONS AND MEALS

18. All accommodations and meals during the expedition will be pre-arranged and DND will fund the cost.
19. Cadets will be sleeping overnight in civilian pattern expedition style tents. Sleeping bags and air mattresses are provided. Cadets who are allergic to down should notify their Corps Commanding Officer (CO) who will in turn notify the Region Training Officer (Expedition) (Rgn Trg O (Expedition)) to make necessary arrangements for a synthetic sleeping bag.
20. During the training weekend, cadets will be fed Meals-Ready-to-Eat (MRE). Cadets are encouraged to bring their own snacks and to fill their water bottle or hydration pack before arriving.
21. While the staff should be informed upon arrival, cadets who are vegetarians, have food allergies or have special diet requirements must be responsible for themselves and take all precautions during the weekend. This may include bringing your own meals or supplements.

DRESS

22. Dress during training shall be suitable clothing based on current and forecasted weather conditions, air temperatures, insulating properties of clothing worn, and the ability to allow the wearer to remain dry. As such, appropriate civilian clothing is authorized. Warm, layered synthetic clothing is strongly encouraged and hiking boots or shoes are a must. See Annex A.

23. **ABSOLUTELY NO TYPE OF COMBAT / MILITARY CLOTHING, COMBAT BOOTS, JEANS OR TRACK PANTS ARE PERMITTED.**

24. Pajama pants or other similar articles of clothing is permitted only for overnight sleepwear.

25. Annex A of these JIs provides a complete list of clothing that should be worn and brought to the CES.

CONSENT TO PARTICIPATE

26. A Parental Consent Form must be signed by a parent/guardian for all CES activities. Cadets must hand-carry a copy of the signed Parental Consent Form to the CES. This form is specific to each activity and generated in Fortress in the Technical Training and Activities by Registration, either printed onto paper or into a pdf, which can be emailed to the cadets or their parent/guardian.

27. As with any outdoor adventure activity there is a degree of inherent risk associated with the cadet's participation. The potential hazards associated with this activity are identified at Annex E. The purpose of this information is to inform you of the potential risks associated with the cadet's participation in the training and steps that we have taken to minimize those risks. All of the training activities are assessed from a risk management perspective and are not approved unless they are deemed to be safe. That being said, training injuries can and do occur. To further mitigate the hazards inherent in adventure training, the Department of National Defence ensures that:

- a. the supervisors and staff are fully trained and qualified;
- b. the cadets who undertake the training are adequately supervised;
- c. the location and / or facilities meet the applicable health and safety standards;
- d. any equipment made available or used during training has been inspected and is deemed to be appropriate, safe and well maintained; and
- e. the location where the training will take place is appropriate for use and the training objectives as intended.

TRANSPORTATION / MOVEMENTS

28. Transportation for cadets and Supervision Officers will be coordinated by their respective Area Office. Corps COs will be contacted directly and informed of location and timings for pick-up and drop-off. It is the responsibility of the Corps CO to ensure that all cadets and their parent / guardian are aware of transportation details – i.e. pick-up / drop off timings and locations.

29. The use of minivans may be authorized when a small number of cadets are participating and when it is more economical and practical than using a bus. Use of the school bus will be the transportation of choice when there are several corps from the same geographical area participating. A single assembly point will be established to minimize delays during personnel movements.

30. For cadets who are taking commercial transportation to the CES they will be met by a staff member at the start and end point of their journey.

31. Cadets designated as Parental Drop-Off/Parental Pick-Up (PDO/PPU) are requested to arrive at their respective CES no earlier than (NET) 1900hrs and no later than (NLT) 1930hrs on the Friday evening.

32. Cadets are NOT required to travel in their cadet uniform but in appropriate civilian clothing.

33. Cadets are to depart for home using the same mode of travel they used to arrive i.e. PDO/PPU, busing or DND vehicle with driver. Departure time is 1400hrs, although parent/guardians should arrive early for pick-up if there is inclement weather.

34. The Corps CO is responsible for ensuring all cadets and their parent/guardian are aware of the transportation details to and from the training site, which they should receive NLT one week prior to the CES weekend.

35. Annex B of this document has the details including a map of each CES in use this Fall. During the Fall season training shall be conducted at various sites, in 3 Geographic Areas.

- a. Niagara and Greater Toronto Area (NGTA)
 - i. Kelso Conservation Area, Milton ON;
- b. Northern Ontario Area (NOA)
 - i. Kakabeka Falls Provincial Park, Kakabeka Falls, ON
 - ii. Kettle Lakes Provincial Park, Timmins, ON
 - iii. Restoule Provincial Park, North Bay, ON
- c. Ottawa and St Lawrence Area (OSLA)
 - i. Gatineau Park Lac Philippe, Wakefield, QC.

MEDICAL / DENTAL / HEALTH

36. **Medical Condition.** All cadets participating in the CES training session must have their Medical Condition Validated. New or updated Detailed Health Questionnaires (DHQs) must be processed by the Regional Medical Liaison Officer (RMLO) with Participation Limitations determined before the cadet may participate. The Rgn Trg O (Exped) or delegate must review these limitations to determine if a cadet is not permitted to attend CES training based on location, activity, duration, etc.

37. **Updated DHQ.** Cadets who have a temporary medical issue such as a sprained joint, broken bone, etc. must notify their Corps CO immediately, who must submit an updated DHQ to the RMLO. The Corps CO must also get in touch with the Rgn Trg O (Exped) to ensure they are capable of participating in training.

38. **Facilities / Services.** Medical and dental emergencies will be handled through a combination of on-site first aid and the local 911 emergency systems. During training, medical incidents will be handled using first aid and if necessary, evacuation to a designated medical facility. More serious incidents will involve the assistance of Emergency Medical Services.

39. **Prescription Medication.** Cadets taking prescription medication for an existing medical condition must bring a sufficient supply for the duration of the training day. Medications must be in clearly labelled containers and the cadet is responsible to take their medication at the proper time and quantity.

40. **Epi-Pens.** Individuals identified in Fortress as requiring an Epi-Pen must have at least one (preferably two) with them and carry it on their person at all times. If a Cadet arrives on site without the required Epi-Pen, they will be returned to unit (RTU). If the Cadet no longer requires the use of an Epi-Pen, this must be identified through an updated DHQ and letter from a physician which must be submitted to the RMLO who will update the cadets' Participation Limitations in Fortress BEFORE THE ACTIVITY. Only once these limitations have been updated can a cadet attend training without being in possession of an Epi-Pen.

41. **30 Minute Time Limitations.** Not all CESs are able to accommodate cadets that must be within 30 minutes of physician services. If a cadet has been identified in Fortress as having a 30 minute time limitation and their assigned CES is unable to accommodate this requirement, the Rgn Trg O (Expedition) will contact the corps in order to make alternate arrangements for the cadet i.e. different location, training at the Corps, etc.

42. This fall Gatineau Paek In OSLA and Kettle Lakes Provincial Park and Restoule Provincial Park in NOA are not within 30 minutes of physician services. If a cadet is assigned to one of these locations and has a 30 minute limitation as a Participation Limitation ie have an epi-pen or severe asthma, the Corps CO must contact the Rgn Trg O (Expedition) to make other arrangements ie attend another CES.

EYE GLASSES / CONTACT LENSES

43. Cadets wearing eyeglasses or contact lenses during the expedition training must exercise due diligence to the safety of their glasses/contact lenses, i.e. wearing a safety strap. A spare pair of glasses or contact lenses is recommended.

EMERGENCY CONTACT NUMBERS

44. The following is a list of emergency contact numbers:
- a. Capt Sean Murray, Region Training Officer (Expedition) 705-791-0744
 - b. Major David Forester OC Region Training 249-535-3601

SECURITY / RESTRICTIONS

45. It is recommended that personal belongings be marked with the Cadet's name or initials for identification purposes.
46. Radios, Music players, video games or electronic devices will not be permitted during training. Cell phones may be brought for appropriate picture taking and emergency purposes but must remain in the cadet's day bag when not in use during training.
47. Cadets are forbidden from bringing any firearms or weapons of any sort.
48. **Inspections.** At different moments during the training or activity, the cadet may be subjected to an inspection of his/her luggage, kit or equipment. These will be conducted or supervised by a Canadian Armed Forces member, and will serve to verify that:
- a. the cadet is carrying the proper equipment and it is in good condition and properly maintained;
 - b. the cadet's health and safety is not at risk; and
 - c. the cadet does not have prohibited, restricted or unauthorized items in his/her possession, as listed in the Joining Instructions.
49. If found, prohibited and restricted items may be handed to the applicable police agency (military or civilian), while unauthorized items may be confiscated for the duration of the training or activity. Corrective measures may be taken against a cadet for not adhering to CATO 15-22 Conduct and Discipline – Cadets, up to and including an immediate RTU.

DRUGS, ALCOHOL AND TOBACCO

50. **Regulations.** The orders detailed in 5020 series of CJCR Gp O concerning drugs and alcohol will be applied to the conduct of the training weekend. Cadets and staff who are found in the possession of drugs, prohibited substances or drug-related material will be reported to local civilian police. The use of alcohol by cadets and staff will result in an immediate RTU.

DISCIPLINE AND BEHAVIOUR

51. Cadets indulging in inappropriate behavior, violation(s) of rules/regulations or disrupting the learning of others will be subject to disciplinary action including the possibility of RTU.

COMMUNICATIONS AND CONTACTS

52. Communications regarding the CES training are to be directed to the Region Training Officer (Expedition). Contact information is as follows:

- a. Office: 705-424-1200, Ext 7031
- b. Cell: 705-791-0744
- c. Email: Sean.Murray4@forces.gc.ca

Annex A – Clothing and Equipment List and Packing Tips

Annex B – Drop-Off & Pick-Up Locations

CLOTHING AND EQUIPMENT LIST

1. The provision of all personal clothing and equipment items listed below is the responsibility of each Cadet. Prior to purchasing any outdoor related clothing and equipment, cadets should contact their corps CO or the Region Training Officer (Expedition).
2. Cadets are required to bring the items listed below. Cadets who do not have an item should notify their corps CO, who will then contact the Regional Training Officer (Expedition), who will make arrangements to procure the equipment for the cadet if possible.

TO BE WORN/BROUGHT	CHECKLIST
CLOTHING - All weather	
1 pair hiking shoes or boots	
3-4 pair of wool or synthetic (not cotton) socks	
3-4 pair of synthetic sock inner liners (preferred but not necessary)	
3 pair of underwear	
2 short sleeve shirt (synthetic)	
1 rain jacket	
2 pair of long pants (not cotton or denim)	
1 pair shorts	
1 pair of pajamas or sleepwear (suitable for shared sleeping)	
1 hat (i.e. Ball cap, Tilley Hat, etc)	
1 toque	
1 pair gloves	
1 extra pair shoes (for rainy/muddy weather)	
2 Non-Medical Masks (NMM).	
CLOTHING - if weather forecast shows temperatures near or below the freezing mark	
1 pair of long underwear (top & bottom)	
1 extra pair of warm wool or synthetic socks	
1 parka with fleece liner (may be the cadet parka)	
1 pair mitts for over gloves	
EQUIPMENT	
1 back pack or duffle bag for all clothing and items above when not being worn or used	
1 small day bag with shoulder straps (suitable for rain gear and other items needed while hiking,	
1 water bottle or hydration pack (full before arriving)	
1 small towel	
1 wrist watch (should not depend on cell phones for time due to limited battery)	

Joining Instructions – Silver & Gold Star CES Training
Annex A

OTHER ITEMS	
Ontario Health Card	
Medication	
Parental Consent Form	
Personal Hand Sanitizer	
Sunscreen	
Lip Balm	
Bug Spray	
Ear Plugs (for a good night sleep)	

3. The following items will NOT be brought to the CES training site by any participants:
- a. personal canoe and mountain bike equipment;
 - b. military-related clothing;
 - c. junk food and energy drinks;
 - d. inappropriate books or magazines;
 - e. lighters;
 - f. non-prescription drugs, alcohol or other controlled substances; and
 - g. ammunition, firearms or weapon of any kind.

PACKING & FINAL CHECKLIST

4. Before departure, double check all belongings and documents. Use this list to ensure that nothing has been forgotten.

INSTRUCTION	CHECK
Is all your personal kit packed into one bag?	
Do you have your prescription medication?	
Do you have a floating security strap for your glasses?	
Do you have your MEDIC ALERT bracelet or necklace, if applicable?	
Do you have your Provincial Health Card?	
Do you have your signed Parental Consent Form?	
Do you know where you are going? If not, contact your Corps CO asap.	
Do you know how you are travelling? If not, contact your Corps CO asap.	
Do you know your timings? If not, contact your Corps CO asap.	
Are you COVID-19 symptom free? If not, can you conduct a self-rapid test?	

CES DROP-OFF & PICK-UP LOCATIONS

NGTA

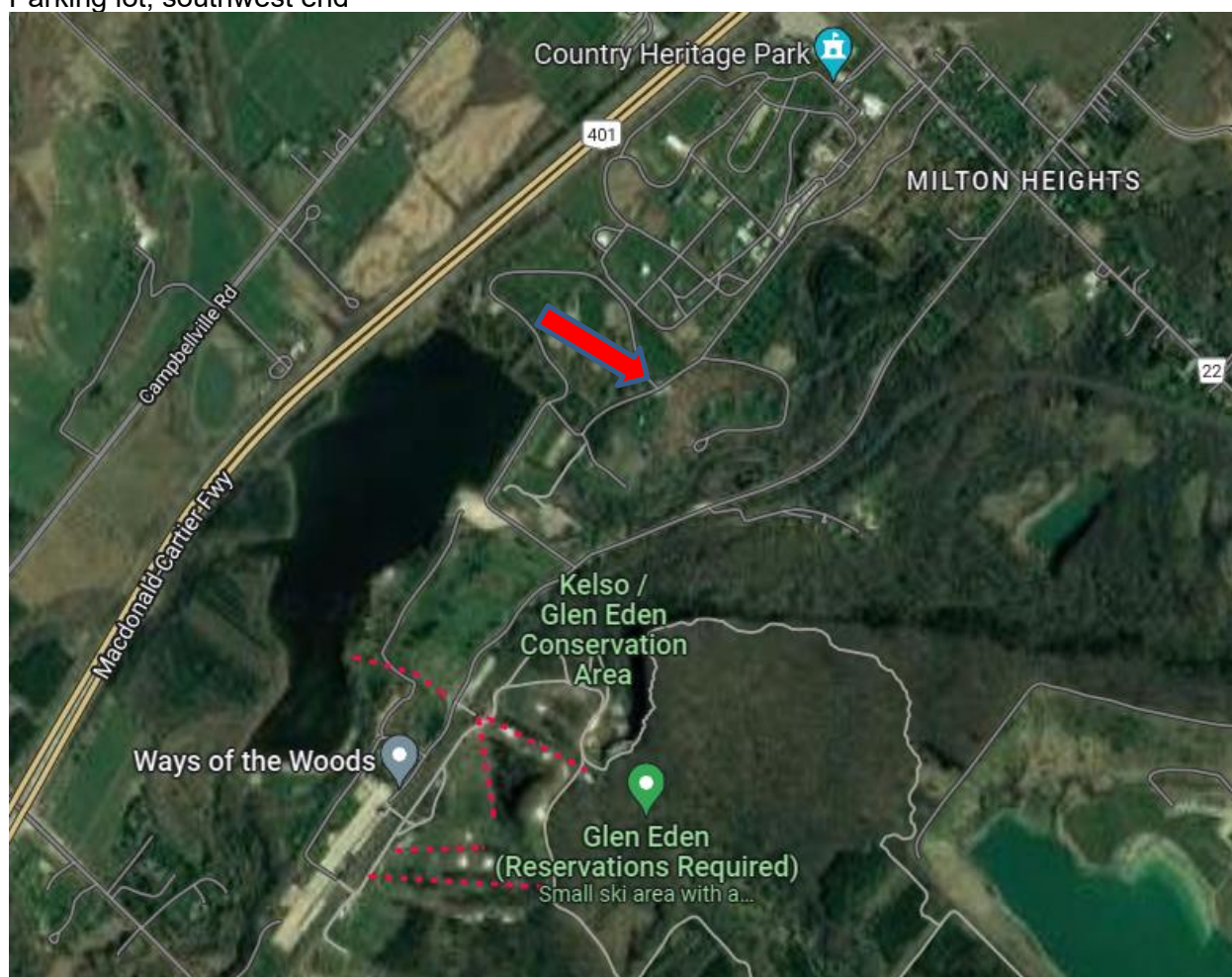
Dates / Serials:

19-21 Sept 25	CES-NGTA-Fall1
26-28 Sept 25	CES-NGTA-Fall2
3-5 Oct 25	CES-NGTA-Fall3
17-19 Oct 25	CES-NGTA-Fall4
24-26 Oct 25	CES-NGTA-Fall5
31 Oct - 2 Nov 24	CES-NGTA-Fall6

Kelso Conservation Area

5234 Kelso Rd, Milton ON L9E 0C6

Parking lot, southwest end



Timings

Friday - Drop off no earlier than (NET) 1900hrs and no later than (NLT) 1930hrs

Sunday - Departure time is 1400hrs, (parent/guardians should arrive early for pick-up if there is inclement weather)

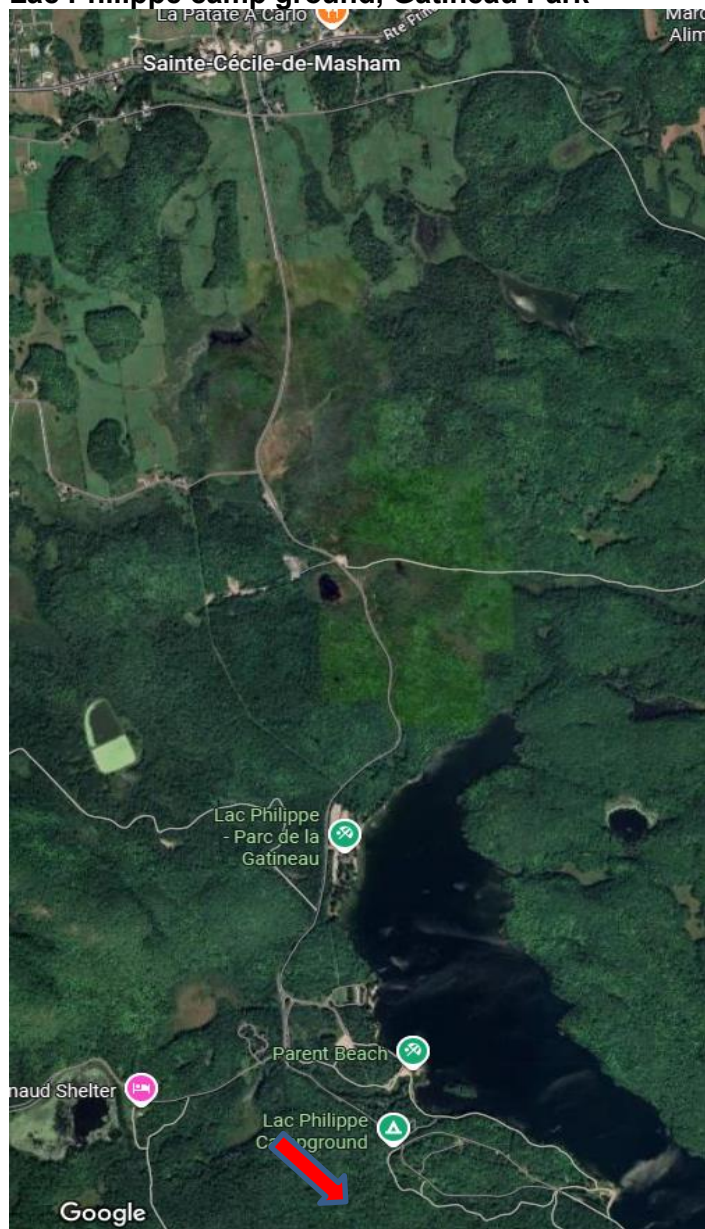
Joining Instructions – Silver & Gold Star CES Training Annex B

OSLA

Dates / Serials:

26-28 Sept 25	CES-OSLA-Fall1
3-5 Oct 25	CES-OSLA-Fall2

Lac Philippe camp ground, Gatineau Park



Timings

Friday - Drop off no earlier than (NET) 1900hrs and no later than (NLT) 1930hrs

Sunday - Departure time is 1400hrs, (parent/guardians should arrive early for pick-up if there is inclement weather)

Joining Instructions – Silver & Gold Star CES Training
Annex B

NOA

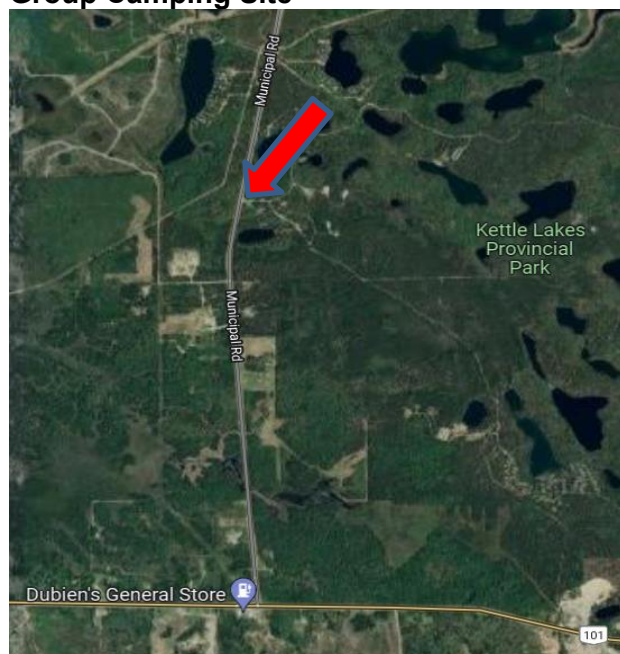
Dates / Serials / Locations:

19-21 Sept 25	CES-NOA-Fall1 – Kakabeka Falls Provincial Park
26-28 Sept 25	CES-NOA-Fall2 - Kettle Lakes Provincial Park
3-5 Oct 25	CES-NOA-Fall3 - Restoule Provincial Park

Kettle Lakes Provincial Park

1350 Municipal Rd, Connaught, ON P0N 1A0

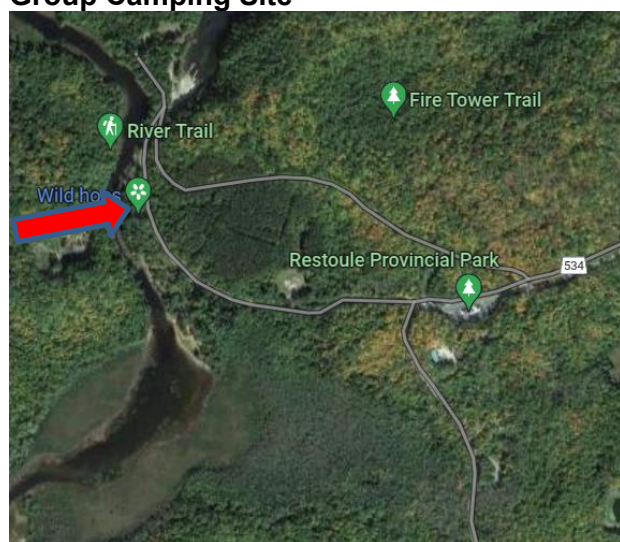
Group Camping Site



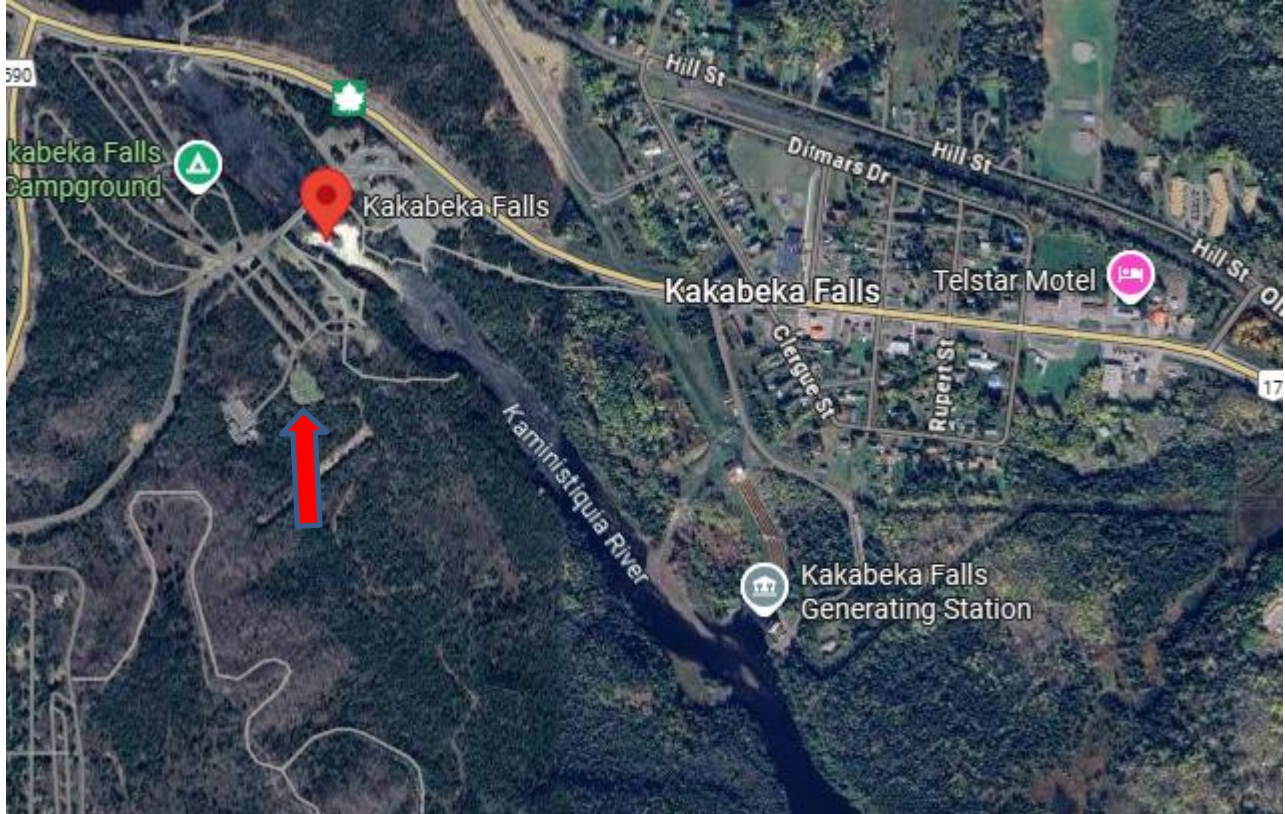
Restoule Provincial Park

8818 ON-534, Restoule, ON P0H 2R0

Group Camping Site



Kakabeka Falls Provincial Park
4853 ON-11 #17, Kakabeka Falls, ON P0T 1W0



Timings

Friday - Drop off no earlier than (NET) 1900hrs and no later than (NLT) 1930hrs

Sunday - Departure time is 1400hrs, (parent/guardians should arrive early for pick-up if there is inclement weather)