

Digital gold star cadet lesson EO M425.03 develop an expedition equipment list

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Lesson Introduction

The objective of the lesson EO M425.03 is to the cadet with enough important and relative information to prepare them.

The lesson is important as every cadet will at least once be provided an opportunity to prepare their very own kit for an expedition activity whether it be an ftx a day hike or any other form of an expedition outing. This lesson is important as every expedition activity has its own challenges and difficulties and requires its own unique equipment to overcome these.

The lesson is composed of four parts and a confirmation activity. Teaching Point A, Fuel and Food Consumption. Teaching Point B, Personal Kit. Teaching Point C, Group Equipment. Teaching Point D, Activity Specific Equipment. The lesson should be followed in this order for maximum clarity.

Teaching Point A, Fuel and food Consumption

In this teaching point we will discuss how much fuel and food will be required to sustain an individual or group for a determined period of time.

Fuel

For fuel consumption we will be looking at how much fuel is required for a group or individual to cook three MRE's a day. The equations below will show you how to calculate fuel consumption.

(The fuel approximation is based on a Coleman peak single burner stove)

fuel per person and time duration per season

Summer

1 person for one day uses approximately 5.5 ounces of fuel

You can multiply this number by the amount of days you will be staying for an estimate of the fuel that will be required.

$$5.5 \times 2 = 11$$

So you will need 11 ounces of fuel for 2 days.

3 people for one day use approximately 11 ounces of fuel

You can multiply this number by the amount of days you will be staying for an estimate of the fuel that will be required.

$$11 \times 2 = 22$$

So you will need 22 ounces of fuel for 2 days.

Fall/Spring

1 person for one day uses approximately 8.5 ounces of fuel

You can multiply this number by the amount of days you will be staying for an estimate of the fuel that will be required.

$$8.5 \times 2 = 17$$

So you will need 17 ounces of fuel for 2 days.

3 people for one day use approximately 11 ounces of fuel

You can multiply this number by the amount of days you will be staying for an estimate of the fuel that will be required.

$$17 \times 2 = 34$$

So you will need 34 ounces of fuel for 2 days.

Winter

1 person for one day uses approximately 17 ounces of fuel

You can multiply this number by the amount of days you will be staying for an estimate of the fuel that will be required.

$$17 \times 2 = 34$$

So you will need 34 ounces of fuel for 2 days.

3 people for one day use approximately 25.5 ounces of fuel

You can multiply this number by the amount of days you will be staying for an estimate of the fuel that will be required.

$$25.5 \times 2 = 51$$

So you will need 51 ounces of fuel for 2 days.

Food

For food consumption we will look at the average amount of food to sustain cadets for a determined amount of time.

The average cadet requires three MRE packages to maintain a proper diet we can use this number to determine how many are required for a set amount of people and time in the following equation.

$$3 \times \text{the amount of people attending} \times \text{Amount of days attending} = \text{Food required}$$

The following equation is for three people for five days.

$$3 \times 3 \times 5 = 45$$

This equation shows you will need 45 mre packages for three people for five days.

*Teaching Point B,
Personal Kit*

In this teaching point we will be discussing the personal kit required for a typical expedition. It will be broken up into issues and brought to the kit. The kit in this section only the cadet who brought it or was issued it is responsible for it. Only pack as need as you will be carrying the load.

Issued (Not limited to list)

| | |
|----------------------|------------------------------------|
| Sleeping Bag + Liner | All seasons |
| Hiking Pack | All seasons |
| Velice | All seasons |
| Snow Shoes | Winter maybe early spring and fall |
| Mukluks | Winter maybe early spring and fall |
| Thick winter gloves | Winter maybe early spring and fall |
| flashlight/ headlamp | All seasons |
| Mess kit | All seasons |
| whistle | All seasons |
| Ground pad | All seasons |
| Trekking poles | All seasons |

*Note as to knives only silver stars and higher are allowed to carry a six inch folding knife not assisted or straight blade.

Brought (Not limited to list)

| | |
|---|---------------------------|
| T-shirts or quick-dry shirts | All seasons |
| FTU's or suitable civis | All seasons |
| Cadet Socks or suitable civis | All seasons |
| Underwear | All seasons |
| sweaters | All seasons |
| Cadet Combat boots or suitable civis hiking boots | All seasons |
| Hat (wide brim tilly or baseball cap) or wither cap | All seasons |
| Sunglasses | All seasons |
| Sunscreen not aerosol | All seasons |
| Cadet issued gloves | All seasons |
| Notepad and pencil | All seasons |
| Flashlight/ headlamp | All seasons |
| soap | All seasons |
| Face cloth or small hand towel | All seasons |
| Lip balm | All seasons |
| Rain gear | All seasons |
| Cadet issued parka | Winter maybe early spring |
| Toothbrush + past | All seasons |
| Water bottle Nalgene preferably. | All seasons |
| mug | All seasons |
| Long underwear | Winter maybe early spring |
| A scarf or other winter accessories | Winter maybe early spring |
| Health card | All seasons |

Teaching Point C, Group Equipment

In this teaching point we will be discussing the group kit required for a typical expedition. It will be issued in a typical excursion and the entirety of the group is responsible for the kit. The kit in this section is not intended to be used or carried by a single individual the entirety of the time but is to be shared so the load is easier and all can develop the important skills.

- Pot set
- Fuel (Naphtha)
- Cooking tool (Coleman peak single burner stove)
- 15-meter rope
- compass
- Map (topographical) or guide book
- Food issued to the group and is then divided evenly
- garbage bags
- glow sticks
- handheld radio
- GPS
- batteries
- zip lock bags (resealable)
- tent or equivalent.
- water filter and new filter
- first aid kit
- survival kit

Teaching Point D, Activity Specific Equipment

In this teaching point we will be discussing the kit required for specific expedition activities such as canoeing and mountain biking. This kit is usually issued and does not include specific clothing items such as biking wear for biking as you commonly will be completing these activities in uniform.

| Canoeing | Mountain biking |
|---|--|
| Inspected non damaged canoe | Inspected non-damaged bike (1 per person) |
| Inspected non-damaged paddles (1 per person) | Inspected non damaged helmet (1 per person) |
| Spare paddles (1 per person) | Bike repair kit and tools |
| Canoe emergency patch kit | Chain grease hit me vest for 1 person in front, back and middle of the group |
| Bailer bucket | |
| Throw rope | |
| Signal light | |
| PDF fitted (1 per person) | |
| Painters (rope ties to front and back) | |

confirmation activity

For this activity, I would like you to plan a 6-day excursion in summer consisting of one group of six people. will be performing a canoe portage during the five days. When planning this excursion you must make a generic pack list for the cadets and list the group materials needed for them to complete the task. When the first two aspects of planning are complete I would like to know both fuel and food requirements for the groups and any activity-specific items.

Generic kit list

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Group kit list

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| Group kit (collum) | Activity specific kit (collum) |
|--------------------|--------------------------------|

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|---------------|---------------|
| Food required | Fuel required |
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Sgt. O'handley