



www.airtrainingcorps.org

457 (Farnborough) Squadron

Air Training Corps
St Christopher's Road
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Date: 23 February 2010

Squadron Evening Night Ex

Activities – Night Navigation

Accommodation – N/A

Programme – Meet at The Training area at 19:00 hours, Check Equipment and brief all Cadets, start exercise at 19:30 hours. End Exercise at 21:00 hours and return to car park. 19:15 hours hold final parade. 21:30 Depart

OR 19:00 hours from Squadron in mini bus and return at 21:45 hours – Limited places

Equipment – The dress for will be Combats / Greens, each Cadet will need to have with them all of the following equipment:-

3822, Waterproof jacket, Waterproof trousers, Hat, Gloves, T-shirt, Shirt, Fleece, Windproof jacket, Trousers, Socks, Boots (with heel), Survival bag, Whistle, Emergency rations (500 kcals), Day rations including water, First Aid Kit, Medication, Watch, Pen paper pencil, Torch (with spare batteries and bulb), Compass, Map case all the above needs to be in a Rucksack.

Cadets are not to wear make-up, nail varnish or jewellery as per dress regulations.

Cadets Personal Equipment – The Air Cadet Organisation, 457 (Farnborough) Squadron or any of its Adult Staff are not responsible for and cannot be held liable for the loss or damage to Cadets personal equipment during the above noted activity. It is suggested that you take out private insurance to cover the loss or damage of any personal equipment.

Contact details - During the activity the following number(s) will be available as an EMERGENCY contact point. Flt Lt A Purkiss 07855 446231.

Cost - Nil

Food – Emergency Rations plus any of your own Snacks and Drinks if required

Brief – Cadets are taught basic fieldcraft and training for outdoors during their basic training, there is no briefing for this activity, if further information is required please ask

Parental Consent – this is a 'normal' cadet activity and is covered by the initial consent to join form

PARENTS ARE TO ENSURE THAT THEIR SON/DAUGHTER HAS THE CORRECT EQUIPMENT AND PAPERWORK.

IF IN DOUBT PLEASE ASK A MEMBER OF STAFF.

EXERCISE EQUIPMENT

Sun Cream	3822
DPM Jacket	Green T-shirt (or Sqn Blue)
DPM Shirt	Green Jumper (or fleece)
DPM Trousers	Thick Black Socks
Black Boots	Notebook
DPM Waterproof jacket	DPM Waterproof trousers
Gloves	Survival bag
Pen	Pencil
Hat	Whistle
Ruck sack	
Emergency rations 500 kcal minimum (to be left intact at the end of the exercise)	
Water bottle 1 liter (to be full at the start of the exercise)	
Torch (with spare bulb and batteries)	
First aid kit (Your painkillers, one triangular bandage, six assorted plasters, 2 pairs of surgical gloves, CPR mask, your medication)	

Some Equipment can be loaned from the Squadron

PLEASE ASK!!!