



521 Aurora SQUADRON RCACS  
**CADET PERMISSION FORM**  
*Time Warp*  
**Field Training Exercise**  
**March 31<sup>st</sup> to April 2<sup>nd</sup>, 2023**  
**1645 – 1500 hrs.**



I, the undersigned, am the parent/guardian of Cadet:

*Please Print Clearly*

<b>Rank:</b>		<b>Full Legal Name:</b>	
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I hereby grant permission for him/her to attend and participate in activities during the field training exercise. I further grant permission for medical or dental treatment deemed necessary by the squadron officers and/or first aid attendant.

**PLEASE CLEARLY FILL OUT THE FOLLOWING PERSONAL INFORMATION:**

<b>Signature of Parent or LEGAL Guardian:</b>			
<b>Name of Parent or LEGAL Guardian:</b>			
<b>Parent or Guardian's Home Telephone Contact Number:</b>		<b>Work Number:</b>	
<b>Alternate Contact Name:</b>			
<b>Alternate Number:</b>		<b>Work Number:</b>	

**MEDICAL / HEALTH INFORMATION SECTION**

**IT IS IMPORTANT TO HAVE THIS INFORMATION SECTION FILLED OUT ACCURATELY**

<b>CADET's PERSONAL HEALTH CARD NUMBER:</b>	
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DIETARY / ALLERGY / HEALTH / MEDICATION INFORMATION

(PLEASE GIVE DETAILS IN BOXES, IF NECESSARY, USE REVERSE SIDE OF THIS FORM):

<b>DIETARY / ALLERGY DETAILS: (IF ANY)</b>	
<b>HEALTH / MEDICATION DETAILS: (IF ANY)</b>	

Anyone with a prescription drug(s) must inform the Officer in Charge before the exercise. The First Aid Officer will hold the medication for the cadet until such time that the cadet requires his/her medication, it will then be given back to the cadet for the cadet to administer to themselves.

"PROTECTED A" when completed

**Permission slip must be returned by March 9<sup>th</sup>, 2023 If it is not handed by the due date the cadet will not be attending**

## Kit List

- WATERPROOF RAIN GEAR – It will rain and you will be outside and you will get wet
- Personal Tent
- Jacket & Pants
- Personal Toiletries (Deodorant, Toothbrush, Face cloth)
- Underwear               x3
- Socks                     x5
- Pair of Pants            x2
- T-shirt                   x2
- Sweaters / Hoodies    x2
- Secure Footwear (Combat or Hiking Boots)
- Hat or Toque
- Flashlight, with good batteries
- Sleeping Bag
- Air Mattress / Foamy
- Canteen or Water Bottle
- Travel Mug (for hot beverages)
- Gloves
- Tarp (Optional)
- Pillow (Optional)

Field Training Uniforms (FTUs) are the recommended clothes to be worn and brought for the FTX. Olive drab clothing is allowed.

These items are required for participation in the Field Training Exercise (FTX). All kit will be brought for inspected by the cadet on March 30<sup>th</sup>, 2023, so any deficiencies can be corrected as failure to possess ANY of the items may exclude the cadet from participating in the event. This list is a MINIMUM. All participants are responsible for their own gear. If medication is needed let any officer know. If ANY prohibited items are found, the cadet will be sent back and unable to participate in further FTX activities.

*\*Cell phones are brought at the cadets own risk, there is no reception at the sight  
Staff will confiscate if item is a distraction\**

Cadets are to meet at the squadron (St Mary's) front doors at 4:45pm on March 31<sup>st</sup>, 2023 having already eaten dinner or have something to eat before arrival at the site.

Cadets are to be picked up at the squadron front doors at 3pm on April 2<sup>nd</sup>, 2023

**Officer in charge is Capt Alicia Kathrens**