



RCACC 2862 The Royal Montreal Regiment
4625 St. Catherine Street West
Westmount, QC H3Z 1S4
514.496.2003 ext. 2315



Silver Star Expedition

As the parent/guardian of a member of Army Cadet Corps 2862 The Royal Montreal Regiment, your consent is required in order that your son/daughter/ward may participate in cadet corps activities. By completing and signing this form you are granting staff members your permission to act on your behalf in case of emergency or injury. This may include, but is not limited, to authority to permit medical attention or medication until such time as you can be contacted. It is your responsibility to inform the cadet corps of any medical reason that may inhibit your child's participation in an activity.

Activity: Silver Star Expedition
Goal: Develop Leadership Skills and personal challenge
Date and time: Friday May 17, 2019 – Sunday May 19, 2019
Location: Rawdon, Quebec
Departure: 18:15 Parking Lot Longue Pointe
Arrival: 15:00 Parking Lot Longue Pointe
Dress/Equipment: See attached equipment list

Should you have any questions and/or concerns regarding this activity, please contact Capt. Rolanda Murphy on the Facebook Page.

(Please return this portion complete to CC2862 by next Friday night)

I, _____ grant permission for cadet _____ to participate

(Please Print)

(Please Print)

in the **Silver Star Expedition**. I agree that I cannot hold the Cadet Corps responsible for any loss that my child may incur during the course of this activity. I also grant permission for the Cadet Corps staff to act upon my behalf as required.

Medical conditions or medication: _____

During this activity, I may be contacted at this number: _____

Parent/guardian Signature: _____



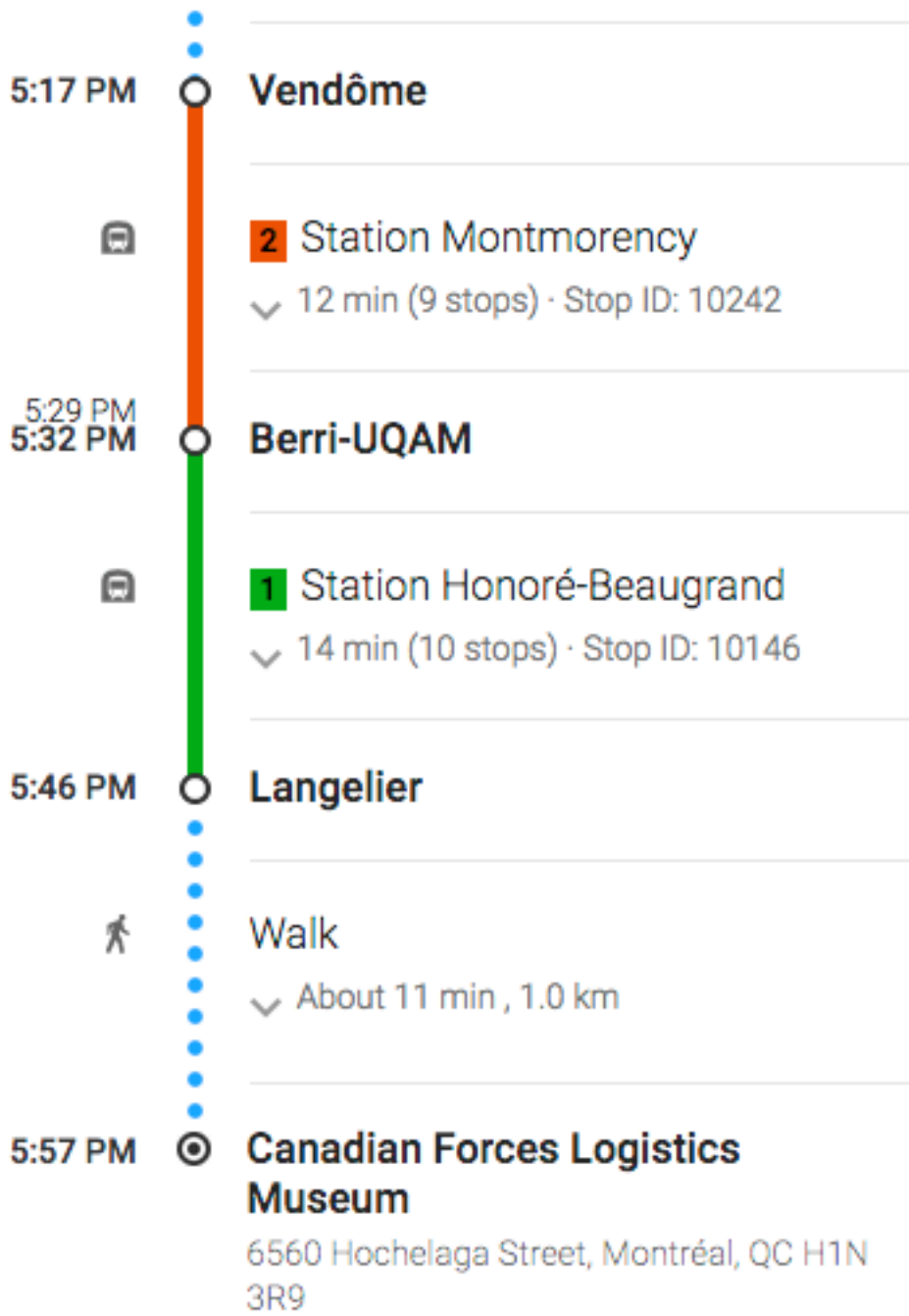
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Silver Star Expedition Equipment List

REMINDER: For the well being of your child, any cadet with insufficient clothing will **NOT** participate in the exercise. **Personal equipment must be identified to avoid loss.** If your child does bring any prohibited items (eg. ipod) it is therefore your child's responsibility and if it does get lost, we cannot be held responsible for that loss.

<p>CLOTHING</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 Kit bag (Duffle bag, sports bag, rucksack) <input type="checkbox"/> 1 Hat <input type="checkbox"/> 1 Jacket (4 season or parka) <input type="checkbox"/> 2 Sets of sweatshirts or equivalent (fleece, turtleneck...) <input type="checkbox"/> 3 T-Shirts (Cadet Corp T-shirt) <input type="checkbox"/> 1 pair of shorts <input type="checkbox"/> 1 Wrist watch <input type="checkbox"/> 3 Pairs of pants sweatpants (No Jeans in the field) <input type="checkbox"/> 3 Sets of underwear <input type="checkbox"/> 3 Pairs of wool socks <input type="checkbox"/> 1 Pair of rugged boots (<i>Warmth and water resistance is very important</i>) <input type="checkbox"/> 3 Garbage bags <input type="checkbox"/> 1 Set of raingear 	<p>PERSONAL HYGIENE KIT</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 Bath towel <input type="checkbox"/> 1 Face cloth <input type="checkbox"/> 1 Toothbrush <input type="checkbox"/> 1 Tube of toothpaste (can be travel sized) <input type="checkbox"/> 1 Soap <input type="checkbox"/> 1 Moisturizing lotion <input type="checkbox"/> 1 Foot powder <input type="checkbox"/> 1 Comb or small brush <input type="checkbox"/> 1 Razor for boys <input type="checkbox"/> 1 Shaving cream <input type="checkbox"/> 1 Aftershave lotion <input type="checkbox"/> Sanitary napkins for girls
<p>MISCELLANEOUS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Valid Medical Insurance Card or equivalent (mandatory) <input type="checkbox"/> Medication (if applicable) <input type="checkbox"/> Medic-Alert bracelet or chain (if applicable it must be worn at all times) <input type="checkbox"/> Small note book (mandatory) <input type="checkbox"/> 2 Pencils (mandatory) <input type="checkbox"/> Flashlight (recommended) 	<ul style="list-style-type: none"> <input type="checkbox"/> Non-disposable bottle of water (mandatory) <input type="checkbox"/> Sunscreen <input type="checkbox"/> Lip balm x 2 <input type="checkbox"/> Personal First aid kit – bandaids, gauze, medical tape <input type="checkbox"/> Camera (<i>at your own risk</i>) <input type="checkbox"/> Small backpack or daypack (empty) <input type="checkbox"/> Sunglasses
<p>STRICTLY PROHIBITED</p> <ol style="list-style-type: none"> 1) iPod 2) Food 3) Knives 4) Pyrotechnics (Firecrackers, live rounds...) 5) Drugs and alcohol 6) Cigarettes <p>Any of these items and any other deemed hazardous will be confiscated on the spot</p>	<p>IMPORTANT</p> <ol style="list-style-type: none"> (1) If your child requires any medication during the course of the weekend, it is important that you make the staff aware of this. (2) The wearing of contact lenses is prohibited for the duration of the exercise; cadets requiring eyeglasses must have a strap to secure the glasses to avoid damage or loss. (3) You must take into account the weather that you will be subjected to during the weekend in planning and packing your personal equipment. (4) The Cadet Corps is not responsible for any lost or damage to personal equipment.



Cost: CA\$3.25