

**22 Red Knight
Royal Canadian Air Cadet Squadron
Timberlane Barracks - P.O. Box 116
Powell River, BC V8A 4Z5**

December 9, 2021

To: Parents/Guardians of 22 Red Knight Squadron cadets

Subject: Fall Hike (“Exercise Appleton Canyon”)

22 Red Knight squadron will be participating in an optional day hike this Saturday, December 11th from 10 am to approximately 4 pm. It is planned to conduct a moderate (level 3) hike along the **Appleton Canyon heading to the Rievelrey’s Pond Hut** – a portion of the Sunshine Coast Trail.

Transportation will not be provided for this exercise. Cadets are responsible to meet at the rally point no later than 10 am, and be picked up at the retrieve point no later than 4 pm. See details below.

The Canadian Cadet Movement will supply a meal (in the form of MREs) for lunch. We will be carrying a minimum amount of equipment for meal prep, all of which will be provided at the rally point.

As with all of our activities in the current environment, we will be following PHMs which, for outdoor training, do not require masking provided individuals respect physical distancing.

Outdoor training exercises are an important part of each cadet training year. During some of these activities we will take opportunities to cover: caring for personal equipment, knowing how to light a fire, how to tie and use simple knots and lashings, respect for the environment, map and compass reading (Orienteering skills), team work and learning to prepare MREs (ration packs), and healthy snacks.

Itinerary:

Saturday December 11th: **Cadets need to arrive having eaten breakfast prior to the hike.*

1000 (10 am)	Cadets dropped off at rally point
1015 – 1200	Hike on Appleton Canyon Trail to Rievelrey’s Pond Hut
1200 – 1400	Lunch and field training
1400 – 1545	Hike back to rally point
1600 (4 pm)	Cadets picked up by Parents/Guardians

Cadets are to wear civilian clothes. As all activities are outdoors, we recommend suitable clothing for all weather (layers are suggested) as the exercise will be held rain, snow, or shine.

PLEASE CONFIRM PARTICIPATION by contacting Capt Pepin:

Email: guy.pepin@cadets.gc.ca

Text or call: 604-223-7048

Rally Point

From Wildwood drive north toward Lund.

At Scuttle Bay, at about 12 km, turn right onto Wilde Road

Head uphill exactly 6 km. Where the road branches in the hamlet, keep to your right onto Tomkinson Road.

At 4 km continue on past the access to Big Sliammon Lake.

Another 2 km and you will come to the bridge across Appleton Creek.

100 meters beyond the bridge, on the LEFT, is a gravel pit which will be the rally point.

Please pay close attention to the following “Kit List”. This is a list of items they will require to stay warm and healthy, and to have a good experience.]

NOTE: Rain can be expected and must be planned for.

Kit List:

- Backpack to pack your gear in*
- **Water Bottle (with water in it)**
- Twine or rope
- Toilet paper
- Unbreakable cup
- Rain Gear (Pants and Jacket style preferred)
- Sturdy footwear (water resistant preferred)
- Hat or Toque
- Gloves or Mittens
- Compass (optional)
- Snacks (optional)
- Knife (optional – up to Parent/Guardian) no longer than 4”, folding & locking blade

If you do not have some of this kit, please contact us to see if we can provide it from our stores.

If your son/ daughter has any dietary concerns - food will be military rations with supplementary items (fresh fruit) please advise us in advance.

Sincerely,

Captain G. M. Pepin
Commanding Officer