

EASTERN REGION'S SUMMER ACTIVITIES INFORMATION BOOKLET

Summer 2023

UNIQUE EXPERIENCES...

...on summer camps or in your community!

Congratulations on your participation in a Cadet Summer Activity for 2023. Whether at a Cadet Training Centre (CTC) or in the Cadet Activity Program (CAP), you will have the opportunity to participate in unique and enriching experiences.

In this booklet, you will find the general details on all the summer activities. The goal is to provide you with all the information you need to have a pleasant experience!

Note that if you no longer wish to participate in a summer activity, it is essential to inform your officers as soon as possible so we can offer the chance to another cadet who is waiting.





CADET ACTIVITY PROGRAM (CAP)





GENERAL INFORMATION

What to expect from the CAP??

First (CAP 1) and second (CAP 2) year cadets may participate in Cadet Activity Programs (CAPs). CAPs provide participants with a variety of enriching and challenging activities related to the cadet training program.

Here is an overview of possible activities:

- Leadership and citizenship activities
- Sports activities
- Marksmanship
- Drill
- Geocaching
- Elemental and Canadian Armed Forces Engagement specific day
- Team work
- Exercise with overnight stays
- And much more!

WHEN & DURATION



ONE WEEK MONDAY THROUGH FRIDAY* BETWEEN JULY 3RD TO AUGUST 11TH

CAP 1: 5 DAYS MONDAY TO FRIDAY, 08:00 AM TO 04:00 PM

CAP 2: 5 TO 7 DAYS MONDAY TO FRIDAY/SUNDAY (INCLUDING SOME OVERNIGHT STAYS), 08:00 AM TO 04:00 PM



NOTE: DURATION, FORMAT AND NUMBER OF OVERNIGHT STAYS MAY VARY FROM ONE SITE TO ANOTHER.

LOCATIONS



AT A LOCATION NEAR YOU OR AT A CTC.

EACH ZONE HAS ITS OWN REALITY AND DISTINCT CAP SCHEDULE. CAP-SPECIFIC JOINING INSTRUCTIONS WILL BE SENT.

FOR MORE INFORMATION, ASK YOUR CADET CORPS OR SQUADRON OFFICERS.

Follow us on Facebook to see content about the CAP all over the region! The page will be visible from the beginning of June.



[@PACQuebecCAP](https://www.facebook.com/PACQuebecCAP)



CADET TRAINING CENTRE (CTC)





THE CTC...

There is a wide variety of courses available for cadets in their third year of training and above. There are also online training opportunities. Courses vary in length from two to seven weeks.



FOR MORE INFORMATION

VISIT [CADETS.CA](https://cadets.ca) IN THE CADET SUMMER TRAINING TAB. 

THE VARIOUS CTC FACEBOOK PAGES WILL BE ACCESSIBLE ON JUNE 1ST 2023.



LEAVE POLICY

Generally, permission to go out may be granted on weekends. However, there may be exceptions for certain courses.

For more information, write to the generic CTC email or follow us on the CTC Facebook pages.

Note that the Leave Authorization Form must be completed and submitted.



CORRESPONDENCE

Need to write a letter or send an item to a cadet? Here is the information needed when sending:

First and last name
Course title
Complete CTC address
(see page 8 for contact information)

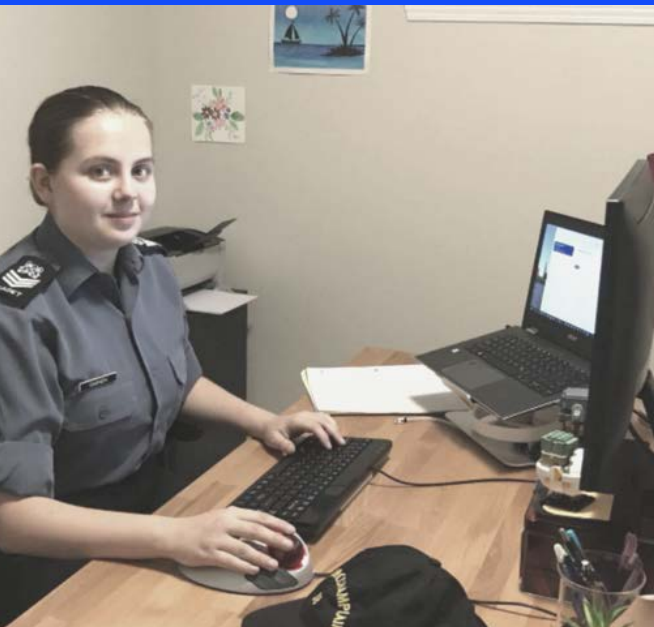


CADET365 ACCOUNT

A CADET365 account is required and essential for all cadets in their third year and above, as it will allow cadets to complete certain elements of distance learning prior to arrival at the CTC.

Make sure to contact your officers to obtain your cadet email and password. The Cyber Awareness Course must be completed before day 1 of your summer course.

Help Resources: visit cadets.ca in the Cadet365 tab 



VIRTUAL DISTANCE TRAINING

For some summer courses, a week of virtual distance training will be required before entering the CTC.

It is essential that cadets have access to their Cadet365 account **before** the start of their distance learning.



CALENDAR

Cadets attending a course where a virtual component (online training) is required will receive an invitation and full details via CADET 365 (TEAMS).

The courses will be held from June 26 to June 30 2023.



MATERIAL

In order to follow the distance learning course, cadets will need to ensure that they have the following equipment:

- Internet access
- Computer or electronic device that can run Microsoft Teams
- Note-taking material





TRANSPORTATION TO THE CTC



Dress During Travel

Cadets must travel in uniform (boots, pants, belt, shirt, name-tag, elemental headdress). Rank slip ons, tie and parade attributes should not be brought. The jacket must be brought for certain courses (see material list).



Group Travel

By June 2nd, 2023, Cadet Corps and Squadrons will be provided with group transportation dates and times for cadets going to CTCs. The majority of cadets will travel as a group by charter bus.

For cadets traveling outside of Quebec, you will receive relevant travel itinerary information from your contact officer. If you still do not have information a week before departure, please contact them.



Travel with Parents

Cadets residing in the immediate area of the CTC must present themselves at the CTC from the time indicated on the travel plan given by the Corps or Squadron.

Parents who would like to drive their child directly to the CTC, even if there is a scheduled bus, should notify the Travel Coordination Centre (TCC) at

MDN.CJRURSCEstJ4Mouv.CJRRCSUEasternJ4Mov.DND@forces.gc.ca.



TRAVEL COORDINATION CENTRE (TCC)

To reach a duty officer at any time from June 24 to August 26, 2023, call 1-800-810-2347.

Adresse:
Montreal Garrison
6560 Hochelaga Street
Building 212
Montreal (Quebec) H1N 1X9



Travel by Plane

You will receive additional instructions on baggage security during air transport from your contact officer. Cadets must have a valid government-issued photo ID. The name and date of birth must be indicated on the card. (Ex. RAMQ/Health card or passport).



INFORMATION ON CENTRES



Do you have a significant problem about CTCs or CAPs?

Contact the Regional Cadet Support Unit (Eastern).

Telephone: 514-730-1634 / Email: est-rocc-crco@forces.gc.ca



CONTACT INFORMATION

2nd Canadian Division Support Base
Valcartier
P. O. Box 1000, Station Forces
Courcellette (Québec) G0A 4Z0
Phone: 418-844-5000, ext. 3500
Email: CECV@cadets.gc.ca

COURSES OFFERED

- Music course*
- Fitness and Sports Instructor* (FSI)
- Drill and Ceremonial Instructor* (DCI)
- Expedition Team Leader* (ETL)
- Survival Instructor* (SI)
- Expedition Team Member (ETM)
- CAP 1
- CAP 2

*Courses marked with an asterisk will have a week of virtual training before arriving at the CTC.



@CadetsValcartier



CONTACT INFORMATION

Canadian Forces Base Bagotville
P. O. Box 5000, Station Bureau-chef
Alouette (Québec) G0V 1A0
Phone: 418-677-4000, ext. 7906
Email: CECB@cadets.gc.ca

COURSES OFFERED

- Sail 1
- Sail 2
- Advanced Aviation* (AA)
- Seamanship
- CAP 1
- CAP 2

*Courses marked with an asterisk will have a week of virtual training before arriving at the CTC.



@CadetsBagotville



CONTACT INFORMATION

Saint-Jean Garrison (building B-150)
25 Grand Bernier
Saint-Jean-sur-Richelieu (Québec)
J0J 1R0

COURSES OFFERED

- Power Pilot Training Course (PPTC)
- Glider Pilot Training Course (GPTC)

Courriel: CEVC@cadets.gc.ca



@CadetsStJean



END OF COURSE PARADES



VALCARTIER CADET TRAINING CENTRE

JULY

14 July, 10 a.m. — ETM 1

21 July, 10 a.m. — FSI, DCI

28 July, 10 a.m. — ETM 2

AUGUST

11 August, 10 a.m. — ETM 3, Music Course, ETL, SI



BAGOTVILLE CADET TRAINING CENTRE

AUGUST

11 August, 10 a.m. — 2-week, 3-week and 6-week courses



SAINT-JEAN CADET TRAINING CENTRE

AUGUST

12 August, 10 a.m. — GPTC and PPTC



Leaving the Summer Camp

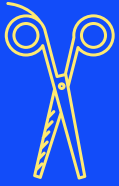
Cadets may leave the CTC with their parents/guardians after their end of camp ceremony. A confirmation must be submitted by the cadet in the week prior to departure.

Cadets returning by bus will be advised of the schedule and procedure 48 hours prior to departure.

AVAILABLE SERVICES



Canteen (in the evening)



Barber
(Weekly)



Wifi (in the evening)



Public phones



Moral support service with
chaplain and Youth Advisor



Training Allowance

Cadets will need to arrive at the Cadet Training Center with a void check and the Direct Deposit Form ([CDT-130](#)) in order to allow their training allowance to be paid by direct deposit and for reimbursement of transport costs for some cadets.

Please note that all cadets on courses of 2 weeks or more will receive, in cash, an amount of their allowance during camp to give them pocket money for their personal expenses. It is still recommended to bring an amount of approximately \$20 as pocket money to the CTC.

DISCIPLINE

All participants must abide by the regulations promulgated by the authorities of the CTC including the rules of community life and the Code of Conduct.



Click on the icon to view the Cadet Code of Conduct.



Consumption or possession of drugs, alcohol, non-prescription medication or energy drinks is prohibited.



Firearms and bladed weapons (penknives, knives, machetes, flares) are prohibited. Laser pointers, lighters and any other material used to light a flame are prohibited.



No tobacco or vaping products are sold in summer camp canteens. Possession and consumption of cannabis is prohibited for cadets. Programs are in place to encourage staff and cadets to quit smoking. If necessary, cadets are encouraged to bring their nicotine replacement therapy with them.



MEDICAL INFORMATION

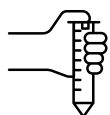


Primary medical services and emergency dental care are available at each CTC. When you receive the Participation Offer, it is important to declare any change in medical condition to the Medical Section. A wrongful declaration could, in some cases, lead to a return home before boarding or upon arrival at the centre.



Medication

We strongly encourage cadets with prescription medications to use blister packs (Dispill). Many pharmacies offer this service free of charge. Otherwise, medication must be in its original container with the original label. It is requested that cadets arrive with enough medication to cover the entire camp period. Over-the-counter medication is permitted, but cadets may not keep it with them. Medicines must be in their original packaging, sealed and not expired. The form found in Annex C of CATO 16-04 [↗](#) must be completed and signed by the parents so that the cadet has it with him/her on arrival at the centre.



Epipen

Cadets with a medical condition that could cause anaphylactic shock **must** have two (2) non-expired Epipen in their possession as well as a copy of the emergency plan.



Vaccination

It is recommended that cadets be up to date on their vaccinations as recommended by their home province's immunization program.

Cadets should bring their vaccination records or a copy of them. Up-to-date vaccination to COVID-19 is strongly recommended, but not mandatory, for participation in summer activities.



Glasses, contact lenses and frames

These items are considered the cadet's personal items. Consequently, it is strongly recommended that the cadet and their parents take out insurance for the repair or replacement of glasses. In addition, cadets who wear glasses must have a spare pair of glasses and a copy of the prescription with them. Cadets are responsible for their eyewear and must reduce the risk of loss and damage (e.g., by wearing a tether). In the event of damage during the stay at the centre, the staff will coordinate the replacement with the parents and the costs incurred will be paid by the parents.



LIST OF MATERIAL TO BRING



Uniform

- Uniform for transportation (see p. 7 for details)
- Elemental T-shirt (2)
- Wool socks (2)
- Fleece (winter coat lining) (1)
- Training dress with boots (Sea element)
- Field dress with boots (Army & Air)

Course Specific Clothing and Material

Sports Courses

- Additional sneakers

Drill Courses

- Jacket

Music Courses

- Personal instrument (*optional - the instrument is under the cadet's responsibility*)
- Jacket

Sea Courses

- Water shoes
- Clothing suitable for water activities (extra swimwear, etc.)

Expedition Courses

- Trekking boots (*optional)
- Water shoes

Staff Cadet

- Phase 5/Staff Cadet/Level 5 logbook

Required Personal Items

- Soap/soap dish
- Shampoo/Conditioner
- Comb or hair brush
- Hair accessories (elastics, clips, etc.)
- Toothbrush, toothpaste and dental floss
- Shower sandals
- Washcloth (2)
- Towel (2)
- Deodorant
- Laundry soap
- Pads/tampons/feminine hygiene products
- Razor and shaving cream
- Lip balm
- Padlock (2)
- Swimming cap
- Notebook (like Canada exercise books)
- Pencils and pencil case
- Black shoe wax kit
- Nail file/cutter
- Hangers (5)
- Tissues
- Sunscreen (30 protection)
- Mosquito repellent
- Small backpack/water bottle (optional)
- Electronic device (personal choice)
- Iron (optional)
- Wet towels (expedition)
- Tether for glasses
- MedicAlert bracelet strongly recommended (allergies/severe health conditions)

Civilian Clothing


- Sneakers (1)
- Shorts (2)
- Pants (2)
- Jogging pants (1)
- Sports T-shirt (2)
- Long sleeve shirt (2)
- Cotton socks (7)
- Underwear (7)
- Pajama (1)
- Swimsuit (one-piece sports type) (1)

Violent, racist, sexist, alcohol/drug related or offensive symbols are not permitted on civilian clothing.



IMPORTANT, DO NOT FORGET



- RAMQ/Health card (**mandatory**)
- Prescription medication (in the original container/Dispill and with a copy of the valid prescription)
- Forms
 - CATO 16-04, Annex C  for OTC/ Prescription medication **completed and signed**
 - Leave authorization **completed and signed**
 - Direct Deposit form (CDT-130) with void check
- Pocket money (\$20 recommended)
- Calling card (if needed. Be sure to test the card before departure.)