

PARENT/GUARDIAN AUTHORIZATION
EXERCISE VERY VERY FRIGHTENING

I, _____, parent/guardian of the following cadet(s):

Grant permission for them to participate in all aspects of EXERCISE VERY VERY FRIGHTENING from 02 May at 1830hrs – 04 May 2025 at 15:00hrs, via Parental Drop Off and Pick-up, at Hunter's Range, Watershed Rd, Enderby, BC (after club gate, take the first left into the large parking lot for drop off).

Should a medical emergency occur, I grant the adult staff of the Squadron to act in the best interest of my child until I can be contacted or arrive at the medical facility. *Furthermore, I grant the adult staff of the Squadron to administer the following medications according to package directions: Tylenol, Advil, Gravol and Benedryl.*

I agree that 223 Red Lion Royal Canadian Air Cadet Squadron and the Officers and Staff are not responsible for the cadet's personal possessions.

Parent Signature

Cadet Personal Health Number

Date

NO CADET WILL DROPPED OFF WITHOUT HEALTH CARD NUMBER AND PROPER CLOTHING. TO THIS END, PARENTS ARE REQUESTED TO STAY UNTIL CONFIRMATION OF THE ABOVE.

List of Medications with Medication Instructions (example: medication, # of pills/mg, how many times/day, and at what time)

REMINDER: Epi-Pen(s), Inhaler(s), Insulin(s), Anti-Epileptic(s) etc.

List of Allergies and Reaction

List of Special Dietary Requirements:

Please ensure ALL medications are in a Ziploc bag, labeled with the Cadet's full name, in original prescription packaging, with clear instructions

Annex F

Cadet Personal Kit List

Clothing:

- 1 ea. Winter toque/Tilley hat/ball cap/beret – head dress shall be worn.
- FTU's
- 3 T-shirts to wear under FTU
- 1 pr. Mittens or gloves
- 1 ea. Warm Jacket
- 1 pr. Long underwear, (top and bottom)
- 1 ea. **Waterproofed WINTER Boots/Rain Boots/Hiking Boots/FTU Boots**

Note: The items below do not include what you are wearing to the exercise

- 2 ea. Pants (Fleece, jogging or wool) **NO JEANS**
- 5 pr. Socks – 1 pr inner and 1 pr wool outer
- 2 ea. Shirt (long sleeve)
- 2 ea. Sweater or sweatshirt
- 4 pr. Underwear

Other items required:

- 1 ea. Wash cloth
- 1 ea. Hand towel
- 1 ea. Hairbrush (females with long hair must bring hair ties)
- 1 ea. Hand Soap (in a baggy or a soap box)
- 1 ea. Insulated travel cup or canteen for hot and cold beverages
- 1 ea. Lip balm
- 1 ea. Flashlight with extra batteries
- 2 ea. Large Garbage bags
- Toothbrush/toothpaste
- Bug Spray/Lip Balm/deodorant/sun glasses/sunscreen
- Notepad/pen/pencil/time keeping device (watch)

Note: Cadets may bring their own Sleeping Bag and Ground pad. Sleeping bags and ground mats will be provided.

Do Not Bring

Electronic devices, makeup, jewelry, perfume, food, hunting knives (small pocket Swiss Army Knives or tools acceptable)

- **All medications must be given to an Officer upon arrival to the exercise in a clear zip lock bad, clearly identified with the Cadet's name and instructions**
- **Be prepared for cold and wet weather! Dress in layers.**

===== IF YOU BRING IT IN, YOU WILL PACK IT OUT =====

Emergency Phone Numbers of Officers Attending the EXERCISE

Squadron Cell Phone Number	-	250-309-9490
Cell Phone - Capt Schrauwen	-	250-306-0121
Cell Phone - Lt Noorduyn	-	289-808-5964

All the above officers will monitor their cell phones throughout FTX.

**Arrive at FTX site via Parental drop off 02 May 2025,
between 18:30 – 18:45 (no earlier please)**

Parental pick-up at FTX site 04 May 2025 at 15:00hrs

