



# No. 5 (Rodney District) Squadron, Air Training Corps

## ACTIVITY BRIEFING SHEET

### Basic One First Tramp

#### Objectives

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- Develop leadership skills, and camaraderie
- Develop Bushcraft skills for tramping in groups
- Experience tramping and apply theory knowledge

#### Activity Details

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<b>Personnel:</b>	Basic 1 Flight
<b>Arrival:</b>	Saturday, 15 June 2024 at Sullivans Bay, Mahurangi No later than 0800 hours (8:00 am)
<b>Dismissal:</b>	Sunday, 16 June 2024 at Sullivans Bay, Mahurangi No later than 1100 hours (11:00 am)
<b>Cost:</b>	\$20.00 per person to be paid no later than Wednesday, 12 June 2024
<b>Payment Details:</b>	Account Number: 12-3046-0304572-00 Particulars: [Surname] [First Initial] (Doe J) Code: B1 Tramp
<b>Application:</b>	Fully completed CadetNet Application no later than 23:59 Wednesday, 12 June 2024
<b>Dress:</b>	You are required to arrive in Tramping Kit
<b>Equipment:</b>	An equipment list is attached, ensure all equipment is clearly named
<b>Weather:</b>	Activity may be cancelled due to weather
<b>Transport:</b>	Personnel are to arrange their own transport to and from the camp
<b>Duke of Edinburgh:</b>	This activity meets the requirements of the Bronze Practice Journey  The pack is to weigh between a quarter to a third of your body weight <u>MAX</u> . Ensure all required equipment is packed.
<b>Extra Notes:</b>	Cadets keep in mind your lesson on food, ration packs, and cooking when selecting your meals. Equipment can be collected from PLTOFF Howarth in stores on Wednesday.

#### Contact Details

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<b>OIC Contact:</b>	OFFCDT Ben Thatcher 021 114 2910 Benjamin.thatcher@5squadron.org.nz
<b>Off-Site Contact:</b>	FLTLT Chris Rutherford 021 744 001 Chris.rutherford@5squadron.org.nz



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### Equipment List

Bring all items included in this list and ensure all are named. Items marked with a \* are optional.

We have a range of equipment available for loan from the unit. **DO NOT BRING COTTON!**

#### Tramping Kit

- ✓ Squadron t-shirt
- ✓ PT Shorts
- ✓ Corps cap

#### Wet weather gear

- ✓ Raincoat – NOT a windbreaker
- ✓ Over trousers \*

#### Cold weather gear

- ✓ Woollen or polar fleece Jersey
- ✓ Polypropylene top
- ✓ Polypropylene trousers
- ✓ Woollen or polar fleece Gloves
- ✓ Woollen or polar fleece Hat

#### Hot weather gear

- ✓ Sun hat
- ✓ Sun block
- ✓ Sun glasses

#### Clothing

- ✓ T-shirt
- ✓ Shorts
- ✓ Togs
- ✓ Underwear

#### Toiletries

- ✓ Deodorant
- ✓ Personal medication
- ✓ Soap
- ✓ Toothbrush
- ✓ Tooth paste
- ✓ Shampoo
- ✓ Sanitary products
- ✓ Insect repellent
- ✓ Tramping towel (x1)
- ✓ Swimming towel (x1)

#### Footwear

- ✓ Tramping Boots
- ✓ Sports shoes
- ✓ Jandals
- ✓ Spare laces
- ✓ Socks (wool)

#### Food

- ✓ Burner
- ✓ Burner fuel
- ✓ Fire lighting kit
- ✓ Knife, Fork, Spoon
- ✓ Plate (plastic)
- ✓ Bowl (plastic)
- ✓ Mug (plastic)
- ✓ Tea towel
- ✓ Cleaning cloth
- ✓ Snacks (trail mix etc.)
- ✓ Breakfast Hot 1
- ✓ Lunch Cold 2
- ✓ Dinner Hot 1
- ✓ Drinks Sachets Supper (cordial, tea, etc.)
- ✓ Water purifying product
- ✓ Drink bottle - 2 litres

#### Equipment

- ✓ Emergency shelter\*
- ✓ Bivvy bag
- ✓ Sleeping bag
- ✓ Ground sheet
- ✓ Bed roll
- ✓ Pack
- ✓ Plastic bags
- ✓ Head lamp or torch
- ✓ Spare batteries
- ✓ Watch
- ✓ Survival kit
- ✓ First aid kit
- ✓ Small pocket knife
- ✓ Whistle
- ✓ Compass
- ✓ Toilet paper
- Pen, pencil, paper etc