



# Cadet Activity Programs 2022



PAC Québec / Quebec CAP

@PACQUEBECCAP

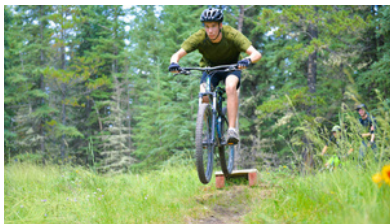
## WELCOME

Welcome to the Cadet Activity Programs! Throughout your participation, you will be challenged in a variety of activities. Be sure to review these rallying instructions with your parents/guardians so that you are prepared for each day of your CAP!



Quebec Cadet Activity Program | Programme d'activités des cadets du Québec

In order to provide a healthy environment for all participants, the Cadet Activity Programs are smoke-free. *Tobacco products, including electronic cigarettes, are not permitted during the CAP.*

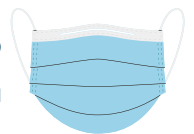


## HEALTH MEASURES



I do not have any symptoms of COVID-19  
I commit myself to respecting all health regulations

Masks are sometimes required. Equip yourself with a mask if your CAP takes place in a military establishment or if you are participating in the 12-day CAP.



Good hygiene practices should be maintained.

## WE LOOK FORWARD TO SEEING YOU SOON!



# Cadet Activity Programs 2022

OTTAWA SITE - 12 DAYS

## TRANSPORTATION

The 12-day Ottawa CAP will be held at  
**Sooners Megadome**  
(5315 Abbott St E, Stittsville, ON K2S 0X3)



Your travel to (08:00) and from (16:30) the CAP site site must be provided by your parents/guardians.

**SITE SUPERVISOR**  
**CAPT MATTHEW LEE**  
MATTHEW.LEE@CADETS.GC.CA

## DRESS

Training dress C5 (NCD/FTU)  
and  
Training dress C5E (Sports)



## EQUIPMENT REQUIRED

*To ensure that you are well equipped when participating in the CAP, please ensure that you have the following equipment on hand:*

*Your overnight outing will take place at the **Érablière JB Caron** (581 Ch de Point Comfort, Gracefield, Quebec J0X 1W0).*

**Transportation will be provided.**

*Departure details will be communicated to you by your CAP staff.*

- Lunch (non-microwaveable)
- Water bottle
- Change of sports clothes
- Safety strap for glasses
- Health card
- Non-medical mask (mandatory)

### Overnight stay

- Water bottle
- Change of weather appropriate clothes x3
- Training dress C5 (NCD/FTU)
- Médication and Epipen (according to prescription)
- Whistle
- Headlamp (optional)

