



322 (City of Ryde) Squadron
Australian Air Force Cadets



1/19 BIVOUAC

CadetOne activity no 2230 – nominations close 13 Mar 18

Date: Fri 29 Mar 19 – Sun 31 Mar 19

Location: Drop off and pick up from **Timor Barracks, Dundas**
Cadets will travel by chartered coach to and from St Mary's Towers, Douglas Park

Arrive: Fri 29 Mar 19, **1645h** (4:45pm) at Timor Barracks – *don't be late!*

Finish: Sun 31 Mar 19, **1500h** (3:00pm) at Timor Barracks

Dress: **DPU** with bush hat, bush boots (if issued)

Cost & Consent: **\$15** and a fully completed Parental Consent Form,
to be placed in the payments box by **13 Mar 19**, in an envelope
clearly indicating your rank and name (no change given)
Nominations on
<https://apps.cadetnet.gov.au/v5/ui/index.html?s=636865117027588958#/activities/5774/overview>

Bring: **Refer to attached equipment list**
Don't forget your ID Card!

Contacts: **Friday afternoon or any travel enquiries:**
CUO Joel Newton 0414 679 430

Emergency contacts throughout the weekend:
LAC(AAFC) Kieren Thompson 0428 230 056
SQNLDR(AAFC) Merridy Thompson 0407 224 779

“The ADF is currently unable to provide a severe food allergy-free environment (such as from peanuts) in relation to the consumption of food during cadet activities which involve centralised catering. Such a risk may be life threatening for children who suffer from a severe food allergy, and parents may consider it is in their children's best interest not to allow participation in the proposed activity. In the event that such children do attend a catered cadet activity, parents are asked to provide sufficient meals from home to cover the duration of the activity”.

1/19 Bivouac – Equipment List

All equipment must fit into one (1) issued backpack that you can carry unassisted

MUST HAVE the following items:

- [] ID Card
- [] Spare clothes: DPU shirt, DPU trousers, underwear (x2), socks (x2pr)
- [] DPU jumper
- [] Raincoat or poncho (not necessarily green)
- [] Sleeping bag (minimum temperature at least 5 degrees)
- [] Ground sheet
- [] Tent pegs
- [] Strong rope or cord – 5 metres
- [] Torch with new batteries (red filter advised)
- [] Hexamine tablets (available from camping stores and some supermarkets)
- [] Matches in a sealed bag (no lighters)
- [] Mug, bowl, knife, fork and spoon
- [] Toothbrush and toothpaste
- [] Sunscreen
- [] Two (2) water bottles totalling at least 2 litres (or Cambelbak)
- [] Food (see below for suggestions)
- [] Personal medication (if required) e.g. 2x epipen, asthma puffer, antihistamine

Food suggestions

- *No cadet is to bring or consume any item from an ADF ration pack*
- *Consider a regular diet and eating pattern when selecting food*
- Small packets of cereal and milk (powdered/long life/sweetened condensed etc)
- Canned food – meat, beans, fruit, vegetables etc.
- Freeze dried food packets
- 2 minute noodles / cup-a-soup
- Snacks (preferably nut-free)

MEALS TO PLAN FOR			
Meal	Fri	Sat	Sun
B'fast		X	X
Lunch		X	X
Dinner	X	X	
Snack	X	X	X

Optional equipment suggestions

- Gloves, webbing
- Insect repellent
- Can tongs and Billy/pot for cooking
- Compass and Camouflage cream
- Needle and thread
- Plastic bags (for separation of wet clothing)
- Toilet paper
- Personal first aid kit – band aids, bandage etc.

Temporary issue equipment available from the Squadron

Auspack
(backpack)



Hexi-stove
(cooking stove)



Hutchie (single person
shelter – sheet only)



Water
bottle

