

2018 Washington Trip Pre-Departure Information and Kit List

87 Royal Canadian Air Cadet Squadron (RCACS)

28 February 2018

As the departure date quickly approaches for our trip to Washington DC, we are making sure we have everything in place to ensure that our cadets have a safe and fun trip.

The staff cannot be with your son/daughter/ward every minute. If any medical information has changed, **please provide updated information to squadron staff/administration officer ASAP.**

On the morning of departure, Captain Norio will be available to liaison for any prescription needs/assistance that your son/daughter/ward may require. If possible, it would be appreciated if medication could be blister-packed for the duration of the trip. It makes it much easier for staff to distribute. Most pharmacies provide this service. If this is not an option, please send the medication in the original container with dosages and times clearly marked.

Please be reminded this is a cadet trip, misbehavior, including harassment and/or bullying will not be tolerated. We want all the cadets to enjoy the trip. Cadets are responsible to act in a mature and respectful manner that reflects positively on the Canadian Cadet Movement. Note that any incidental costs incurred by your son/daughter/ward during this trip for which they cannot pay will be the responsibility of the parent/guardian.

Emergency Phone Numbers

During this activity, an emergency may arise where it is necessary for you to contact your son/daughter/ward. The following contact numbers may be used in the **EVENT OF AN EMERGENCY:**

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| Captain Norm Behring – 128 RCACS | 905-321-8817 |
| Captain Ann-Marie Norio – 87 RCACS | 905-714-2030 |

Departure Information: Saturday, 10 March 2018

Trinity United Church (128 RCACS LHQ)
15 Pine Street South
Thorold, Ontario

Arrival of cadets at Church: 5:30 a.m. (not before) Bus Departure 6:30 a.m.

***Cadets are to bring breakfast for the day of departure. Please note Customs rules prohibit ALL MEAT AND FRUIT (i.e. breakfast sandwich with meat, banana, apple). DO NOT BRING THESE! Cadets are allowed to bring snacks for the bus ride, in accordance with the restrictions above.**

Kit List – THE ITEMS ARE NOT OPTIONAL:

- **Original Identification: Passport, NEXUS, or Canadian Birth Certificate**
- **Health Card**
- Medication as necessary
- Spending money
- **Sleeping Bag (see staff if you do not own a sleeping bag)**
- Toiletries (Deodorant, Toothpaste, Toothbrush, Floss, etc)
- Underwear and socks (5 of each)
- Appropriate shirts and pants for duration (Squadron shirts, etc. if in possession)
- Appropriate leisure shirts and pants for free time
- Sleeping wear
- Appropriate foot wear and outerwear (jacket/winter hat/gloves as we will be touring outdoors)

***All cadets are responsible for all their valuables and kit at all times. Any items that would not be permitted at any summer training center are not allowed on the trip. If you have any questions about the kit list, please see staff for further information.**

Ann-Marie Norio, CD
Captain
Officer-in-Charge 2018 Washington Trip
87 Eagle Royal Canadian Air Cadet Squadron