



**Feb 28 – Mar 1, 2026 Area Directed Activity – Sea Training Weekend for All Cadets**

Our Corps will be joined by cadets and staff from RCSCC Woodstock and RCSCC Admiral Nelles (Brantford) on Saturday February 28 and Sunday March 1. Cadets will have the opportunity to participate and learn:

- Naval Communications using Signal Flags and Semaphore Flags to achieve Communicator Levels 1, and 2;
- Boating Safety and attain their Pleasure Craft Operator Card – PCOC Licence;
- VHF (Very High Frequency) Radio - Restricted Operator Certificate Maritime Course;
- Advanced Seamanship (block & tackle, rigging lifting devices) and Advanced Ropework / Knots
- Leadership and instructional skills - Senior cadets will have key roles throughout the weekend.

**Saturday 8:00 AM Drop Off:** Cadets should arrive at our building at 8:30 AM on Saturday

This is an overnight weekend (see the kit list below) at our building. Cadets who cannot stay overnight can be picked up by parents on Saturday and return Sunday morning.

**Sunday 4:30 PM Pick Up:** Parents can pick up cadets at 4:30 PM

**What to wear:** Cadets are to arrive in **C5 - Sea Training Uniform** (black T-shirt, blue long-sleeved shirt, ranks, black pants, belt, wool socks, boots) with cadet parka (or winter coat) Cadet toque and gloves.

There is **no cost** to cadets for this weekend – lunches, supper Saturday, breakfast Sunday and snacks are provided.

**Medication:** Please **bring any medication your cadet requires** and/or instructions to the office on Saturday morning.

**Supervision:** Adult staff will provide supervision. Senior cadets will assist with supervision.

**Accommodations:** Saturday night will be ‘indoor camping’ in our heated building – cadets need to bring a sleeping bag and air mattress/ground mat if they have one (we will also have ground mats and some sleeping bags available for use).

**Cell Phones:** Cadets may bring cell phones at their own risk of loss/damage, but they are not to be used during training

Ontario Provincial Health Card – <b>must</b> bring this to attend	Towel (for shower) and wash cloth	
Required Medication (with instructions)	Soap / Body wash	
Details of any special meal requirements (allergies, etc.)	Shampoo	
Socks x 2 pairs	Toothbrush & toothpaste	
Under garments x 2 pairs	Deodorant	
2 <sup>nd</sup> Cadet Black T-shirt (for C5 – STU)	Shower shoes (flip-flops/Crocs etc.)	
Cadet Ball Cap for STU uniform	Overnight bag / small suitcase	
Sleepwear / pajamas	Backpack/bag for day use	
Pillowcase & Pillow	Notebook and pen	
Sleeping Bag	Water bottle - this is a must bring to stay hydrated	
Air mattress/ground mat		
Running shoes / sneakers		
Sports clothes for evening (track pants, sweatshirt)		

**Kit List (Items to Pack and bring):** Check these off as you pack and use the blank spaces to list any other items you bring

**What NOT to Bring:** Valuables including Laptops, iPads, jewelry, money, Body sprays/AXE – these items will be collected and returned on Sunday due to personal safety/sensitivities/allergies

**During the weekend, please call (519)-433-2933 or email [37sea@cadets.gc.ca](mailto:37sea@cadets.gc.ca) to reach us or your cadet.** Staff have access to both, and we will check frequently throughout the weekend.

Best regards,

Lt(N) Sarah Lavigne, CD  
 Commanding Officer, Royal Canadian Sea Cadet Corps COURAGEOUS  
 Cadets and Junior Canadian Rangers  
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