



316 SQUADRON AUSTRALIAN AIR FORCE CADETS



Tel (02) 4985 3676, PO Box 771, CHARLESTOWN NSW 2290

BIVOUAC Joining Instruction (JI)

Activity Title	BIV 02/12	C1 Activity Number	11410
Activity Outline	Conduct of practical component of Fieldcraft subject, including but not limited to navigation, food preparation, camp craft, field movement, cam and concealment, etc. Also team building and leadership exercises.		
Location	Wallaroo State Forest		
Start Date/Time	12-Oct-12/1800	Drop off Point	Bullecourt Barracks
End Date /Time	14-Oct-12 /1630	Pick Up Point	Bullecourt Barracks
Detachment Contact Details	OIC - FLTLT(AAFC) Paul Moro Phone: 0437 409 525, email: paul.moro@aafc.org.au		
Transport	Own means to and from drop and pick up points. Bus from drop and pick up points to area of operations.		
Costing	\$20.00		
Dress	DPCU for Travel to and from Activity. DPCU during Activity, refer to Annex A for Clothing list.		
Equipment	Personnel equipment as per Annex A .		
Accommodation	All personnel shall be accommodated in tents or shelter individual.		
Rationing	All personnel shall provide their own rations, suggested rations in Annex B .		
Admin	All Cadets and Staff are to nominate on Cadet One NLT 10-Oct-12 . All Cadets must hand in a fully completed TR66 Parent Consent Form at the start of the activity.		
Medical	An allergy and/or medical plan must be provided for and condition that may limit activity involvement, including but not limited to, epilepsy, anaphylaxis, diabetes, heart conditions and other health issues. Foot care – Lack of foot care and correct preparation of feet is the most common cause of medical problems on cadet activities. Some detailed information regarding foot care is contained in Annex C .		

FLTLT(AAFC) P Moro
CO 316SQN
21 Sep 12

General Information

Medical Conditions, Allergies and Dietary requirements

1. It is important that you inform the MEDIC as soon as possible if you have any medical conditions, allergies or special dietary requirements, as well as stating them clearly on your Parental Consent Form. This will ensure that your needs are taken into account when attending the activity.

2. Cadets should also arrive at the activity with copies of any required medical management plan.

3. The Australian Defence Force (ADF) is unable to provide a severe food allergy free environment (such as from peanuts) in relation to the consumption of food during cadet activities. Such a risk may be life threatening for people who suffer from a severe food allergy. Parents may consider it is in their child's best interest not to allow participation of their child in the proposed activity. In the event that the child is allowed to attend a catered cadet activity, the parents may choose to provide, at their own expense, sufficient food to cover the duration of the activity.

4. If you or your parents have any concerns on these matters, you should speak with your SQN staff.

Equity & Diversity and Inappropriate Behaviour

5. The OIC will conduct a briefing on these matters when you arrive at camp, however, all members are reminded of the instructions entitled "Unacceptable Sexual Behaviour by members of the AAFC" and "Part 2, Chapter 7" of the Policy Manual, and are required to observe the standards set out therein. Members are also reminded that any investigation into allegations of sexual harassment, equity & diversity breaches or fraternisation will be thorough. Involvement in such matters may result in your removal from camp, potentially at the expense of your parent or guardian.

Prohibited Items

6. The following items are prohibited on camp:

- a. Weapons, including pocket, sheath or flick knives or similar items;
- b. Fireworks, ammunition or pyrotechnics of any description;

- c. Smoking material of any description including matches and lighters;
- d. Alcohol or drugs in any form (Authorised prescription medication is to be logged with DETWOFF);
- e. Electronic entertainment devices; and
- f. Pornography or any offensive material.

TR66 Parental Consent Form

7. A fully and correctly completed Consent Form (Dec 09 version), signed by your parent/guardian or yourself (if over 18) and a witness (who is not related you/parent/guardian), must be taken to this detachment. Make sure you include your Medicare Number; any allergies, medical conditions or treatment you require during Course.

The TR66 Parental Consent Form is available for download from the "My Activities" page on CadetOne, or from the AAFC National Download Centre.

Identification – PH299 Blue Book

8. You must carry your PH299 Blue Book with you at all times when travelling to and from the detachment and AT ALL TIMES whilst on the detachment.

Photography

10. Photography and videos on this detachment are permitted for personal use only provided all personnel in the photos have given consent. Publication of photos in any form of media, electronic or print, is prohibited without the explicit consent of the CO.

Mobile Phones

11. Mobile phone communication (i.e. voice calls, SMS, MMS, etc.) will only be permitted during the stand down period. At no time will cadets be permitted to access social media websites (including Facebook and Twitter). Emergency communication whilst on duty (i.e. during the day) is to be through Detachment staff.

Personal Equipment Checklist

Forms

- | | |
|---|---|
| <input type="checkbox"/> PH299 Blue Book with up-to-date photograph | <input type="checkbox"/> TR66 Parental Consent Form |
| <input type="checkbox"/> Medicare Number on PH299 and TR66 | |

Uniform

- | | |
|--|---|
| <input type="checkbox"/> DCPU Shirt x 2 | <input type="checkbox"/> Boots GP |
| <input type="checkbox"/> DCPU Trousers x 2 | <input type="checkbox"/> Socks – Minimum 1 pair per day |
| <input type="checkbox"/> DCPU Bush Hat | |
| <input type="checkbox"/> DCPU Jumper or Field Jacket | |

Field Equipment

- | | |
|---|--|
| <input type="checkbox"/> Field Pack | <input type="checkbox"/> Sleeping Bag |
| <input type="checkbox"/> Webbing | <input type="checkbox"/> Mess Set |
| <input type="checkbox"/> Water Bottles x2 or Camel Pack (1 Litre Minimum) | <input type="checkbox"/> Hexamine/gas Stove |
| <input type="checkbox"/> Sleeping Bag | <input type="checkbox"/> Knife, fork & Spoon 9KFS) |
| <input type="checkbox"/> Mats Concrete | <input type="checkbox"/> Waterproof Matches |
| <input type="checkbox"/> 2/3 Man Tent | |

Personal Clothing Items

- | | |
|---|---|
| <input type="checkbox"/> Underwear – Minimum 1 pair per day | <input type="checkbox"/> Pyjamas (optional) |
| <input type="checkbox"/> Gloves | <input type="checkbox"/> Trace suit or similar (optional) |
| <input type="checkbox"/> Balaclava/Beanie | |

Toiletry Items/ Personal Care

- | | |
|--|---|
| <input type="checkbox"/> Towel | <input type="checkbox"/> Face shaving gear (if required) |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Feminine Hygiene items (as required) |
| <input type="checkbox"/> Toothbrush and Toothpaste | <input type="checkbox"/> Sun Screen (30+ recommended) |
| | <input type="checkbox"/> Insect repellent |

General Items

- | | |
|--|---|
| <input type="checkbox"/> Shoe cleaning kit | <input type="checkbox"/> Torch plus spare batteries |
| <input type="checkbox"/> Plastic garbage bag | <input type="checkbox"/> First Aid kit |
| <input type="checkbox"/> Note book & pen | |

Rations

- | | |
|--|--|
| <input type="checkbox"/> Breakfast x 1 | <input type="checkbox"/> Morning Tea |
| <input type="checkbox"/> Lunch x 2 | <input type="checkbox"/> Afternoon tea |
| <input type="checkbox"/> Dinner x 1 | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Hot Beverage | <input type="checkbox"/> Condiments |

Rations Suggestions

Below are some suggestions for rations for each meal, note select preferred items.

You will need to provide rations for: 2 Dinners
 2 Lunches
 2 Breakfasts
 plus morning and afternoon teas and snacks

Breakfast:	
Cereal	Tinned Baked Beans
Long Life Milk-Tetra Packs	Tinned Spaghetti
Juice-Tetra Packs	
Lunch:	
Dried foods from camping store	Tinned Baked Beans
2 minute noodles	Tinned Spaghetti
Tinned Meals	
Dinner:	
Dried foods from camping store	Tinned Meals
2 minute noodles	Heat in Bag Meals
Continental pasta & sauce	
Morning Tea:	
Biscuits sweet	
Biscuits savoury with cheese	
Fruit	
Afternoon Tea:	
Biscuits savoury with cheese	
Fruit	
Muesli Bars	
Snacks:	
Fruit	Chocolate bars
Muesli Bars	
Biscuits	
General Items:	
Tea	
Coffee	
Sugar	
Salt	
Pepper	

Note:

All foods selected must be able to be kept without refrigeration.
 All foods selected must be transportable in pack and webbing.

FOOT CARE INFORMATION

Most cadets when attending AAFC activities have, for the greater part of the year, not worn footwear made of leather. The most common footwear appears to have been sneakers or similar trendy style. This style, although very comfortable to wear, has the disadvantage in that the transition to leather can result in the wearer becoming foot sore due to the softness of the feet. The difference in leather and the rubberised canvas is too great for the feet to cope with suddenly, especially during hot times of the year. To assist you the following remedies are suggested.

Remedy 1 During the time left to you before arrival on camp take the opportunity to spend time on the beach and allow your feet to soak in the natural salt water. It will help the feet. Failing going to the beach, soak your feet in a strong salt solution regularly.

Remedy 2 Between now and the camp commencing, on as many days as you can manage wear your GP boots and service shoes around the house and yard so that you can adjust to the leather boots/shoes. Remember that sneakers tend to 'give' more due to the construction and material used. The wearing of your boots/shoes is especially important if they are new ones.

FEET-CARE A large amount of time will be spent on your feet, moving from one venue to another or on the parade ground, so your feet play a significant part in your life. LOOK AFTER THEM. Some of the most common problems encountered are:

- a. Ingrown Toe Nails;
- b. Foot Rot, better known as Tinea; and
- c. Blisters.

Remedy 1 Soaking of the feet at the beach or in salt water will assist, if not cure the tinea, and the skin will harden enough to help prevent blisters.

Remedy 2 Ensure that your shoes and boots fit well and that you have plenty of socks for the duration of the camp. They should be thick ones for wearing with GPs and, ideally, should be wool as these absorb the perspiration, whereas nylon/polyester tend to make the feet sweat.

Remedy 3 Have your toe nails correctly cut and trimmed, and if necessary remove the protruding corner of the nail which grows under the skin and cripples you. It is this part of the nail which creates the severe pain and in some cases becomes infected. Be careful when removing this part of the nail. If you are not sure, seek the advice of your parents. If you are prone to In Grown Nails, it may be best to seek professional advice from a doctor or a podiatrist/chiroprapist who will show you the correct way to trim your nails.

Remedy 4 Keep your feet clean and dry, particularly between the toes, and use some powder to absorb the dampness that will occur in your GP boots after even one day's training.

Remedy 5 Include a pair of light runners and a pair of thongs in your camp gear. You should always be wearing thongs in the showers to avoid the chance of catching tinea from someone else, and the lightweight shoes give your feet a chance to relax.