TRAINING SCHEDULE

FRIDAY NOVEMBER 13, 2026	
1500 – 1845hrs	Advance Party arrives at CFB Borden to pick up MREs and proceeds to Shadow Lake Centre
1815 – 1930hrs	Cadets Arrive at Shadow Lake Centre - Cadets will meet at LHQ (St. Jean de Brebeuf Catholic High School) - Kit Check - Transport to Shadow Lake Centre by bus
2030 – 2100hrs	Briefing / M190.03 - Observing Site polices and procedures.
2100 – 2200hrs	Issue equipment / group assignments / unpack
2200 – 2230hrs	Evening activities and snack
2230 – 2300hrs	Prepare for lights out & O Group
2300hrs	Lights Out

SATURDAY NOVEMBER 14, 2026				
0630-0700	Reveille			
0700-0745	Morning PT			
0745-0830	Breakfast			
	Level 1	Level 2	Level 3	Level 4
0830-0900hrs	M190.02 – Maintain Personal Equipment in Field	M290.01 – Signal Fires	M390.01 – Parts of a Compass	M490.01 – Assemble an Emergency Survival Kit
	Sgt Javaid		**Sgt Tayalan**	**Sgt Keshavarz**
0900-0930hrs	M190.04 -Discuss Survival Psychology	**FSgt Medvedeva**	M390.02 – Identify Marginal Information and Conventional Signs	M490.03 – Tie Knots & Lashings
0930-1000hrs		M290.06 – Operate a Radio		
	Sgt Bhandary	**Sgt Derenson**	**Sgt Tkachenko**	**WO2 Gobeil**
1000-1030hrs	BREAK			
1030-1100hrs				

1100-1130hrs	M190.06 – Light, Maintain, Extinguish Fire	M290.02 – Construct a Lean-to-style Shelter	M390.03 – Determine Grid Reference	M490.02 – Operate a Stove and Lantern
			Sgt Fu	
1130-1200hrs			M390.04 Distance on Map (Part 1)	
	FSgt Medvedeva	**Sgt Laxman Sirohi**	**WO2 Wu**	**WO1 Bran**
1200-1300hrs	LUNCH			
1300-1400hrs	Group Activity			
1400-1430hrs	M190.05 – Identify Types of Shelters	C240.04 – Navigate with a GPS	M390.04 Distance on Map (Part 2)	M490.05 – Light Fires using improvised ignition
	FCpl Jain			
1430-1500hrs	M190.03 – Observe Site Policies and Procedures			
		Sgt Liang	**WO2 Wu**	
1500-1530hrs		M290.04 – Construct a Ground-to-air Signal	M390.05 – Determine Bearings on a Map & Ground (Part 1)	
	Sgt Sayed	**Sgt Malhotra**	**FSgt Hu**	**WO2 Liu**
1530-1600hrs	BREAK			
1600-1630hrs	M190.07 – Erect, Teardown & pack tents	M290.03 – Construct a simple snare	M390.05 – Determine Bearings on a Map & Ground (Part 2)	M490.04 – Navigate to a way point using a GPS
			FSgt Hu	
1630-1700hrs			C390.12 – Perform Minor First Aid in a Field Setting	
	Sgt Saravanan	**Sgt Zhang**		
1700-1730hrs	C190.02 -Tie Knots & Lashings	M290.05 – Identify Hiking techniques		
1730-1800hrs				
	WO2 Gobeil	**FCpl Jain**	**Sgt Ye**	**FSgt Shad**
1800-1930hrs	DINNER			
1930-2100hrs	**C390.09 – Identify Elements of the Night Sky + Night Walk** **WO1 Bran & WO2 Liu**			
2100-2230hrs	**Night Activity and snacks**			
2230-2300hrs	Prepare for Lights out & Staff & Senior Cadets O Group			
2300	Lights Out			

SUNDAY NOVEMBER 15, 2026			
0700hrs	Reveille		
0730-0815hrs	Morning PT – WO2 Gobeil		
0815-0900hrs	BREAKFAST		
0900 – 1030hrs	**Camp Craft Activity in Flights** WO1 Bran & WO2 Liu	**M390.CA – 390 Performance Check** WO2 Wu, FSgt Hu, FSgt Lau, Sgt Fu, Sgt Tayalan, Sgt Tkachenko	**Camp Craft Activity in Flights** WO1 Bran & WO2 Liu
1030 – 1200hrs	**Scavenger Hunt** WO1 Bran & WO2 Liu		**Scavenger Hunt** WO1 Bran & WO2 Liu
1200-1300hrs	LUNCH		
1300– 1330hrs	Final Clean Up		
1400hrs	Pack Up & Depart		