



Lesson Plan



FCR 2b: How to Prepare	CSGT S. Fraser	40 minutes (full lesson) Demonstration Lesson
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Preparation

Training Aids/Resources:
 Pack
 Webbing
 General biv gear (food, utensils, tentage, sleeping gear, clothing)

References:

- FCR Syllabus 2017 v1.0

Before Lesson:

- Pack/Webbing out front of class – empty
- Food, equipment etc out on desk all in neat pile/s
- Set up classroom layout in a semi-circle – so entire class are able to observe

Introduction

1	<p>Objectives:</p> <p>c. Demonstrate how to correctly pack a military field pack or civilian hiking pack for carriage on a bivouac. This is to include how to safely distribute weight and load, correct fitting of straps and waist belts, and techniques for packing to ensure waterproofing and rapid access to critical equipment (wet-weather gear, torch etc).</p> <p>d. ACTIVITY: Break-down and discuss a typical equipment list for a cadet bivouac. Include the requirements, risks and safety expectations around:</p> <ol style="list-style-type: none"> food – self-catered and ration packs cooking utensils/ accessories accommodation – hutchies and tents sleeping gear – bags and mats clothing – wet weather, cold/hot weather knives & matches/lighters prohibited items 	2 mins
2	<p>Prior Knowledge Check:</p> <ol style="list-style-type: none"> Who has been camping before? What kind of food did you take? What kind of equipment did you take? 	2 mins
3	<p>Reason for Learning/Motivation:</p> <ul style="list-style-type: none"> To ensure cadets pack correct and adequate amounts of gear To adequately prepare for SQN bivs To ensure cadets welfare are well maintained (i.e. adequate amount of correct/healthy food, correctly packed bag to prevent strains/injuries, etc) 	1 min

Development

4	<p>Typical equipment list/items to pack:</p> <ol style="list-style-type: none"> Food: <ul style="list-style-type: none"> Adequate amounts Healthy, filling, balanced diet Examples to be expanded on further in FCR 4 	<p>15 mins</p> <p>Pack Webbing General biv gear</p>
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	<p>2. Cooking utensils/accessories:</p> <ul style="list-style-type: none"> • Dixie, hexie, butter knife/fork/spoon, cup • No sharp knives to be carried by ANY cadet whatsoever. Disregard palm width/age rule – <u>NO KNIVES</u> <p>3. Accommodation:</p> <ul style="list-style-type: none"> • Hutchies – issued on day of biv at SQN prior to departure • Tent pegs, rope/occy cord/straps, ground sheet/tarp <p>4. Sleeping gear:</p> <ul style="list-style-type: none"> • Sleeping bag (-5° Alpine) • Mats if required/preferred – not necessary <p>5. Clothing:</p> <ul style="list-style-type: none"> • Wet weather gear • Spare DPUs – shirt, pants, socks x2, underwear x2, jumper/vest <p>6. Knives & matches/lighters:</p> <ul style="list-style-type: none"> • Matches in a zip-lock bag • NO lighters • NO sharp knives to be carried by ANY cadet whatsoever. Disregard palm width/age rule – NO KNIVES <p>7. Prohibited items:</p> <ul style="list-style-type: none"> • Contraband – includes knives (see above), flares, butane stoves, etc <p>Q1 – <i>Examples of food to take?</i> 2min noodles, Up&Go, muesli bars, cans of tuna/beans/spaghetti etc</p> <p>Activity 1 – <i>Class to sort all equipment into correct categories – select 2-3 cadets</i></p>	
5	<p>Correctly assemble a pack:</p> <p><u>Patrol Order Pack:</u></p> <p>➔ Belt / 'H' Harness / 2L Water bottle-Carrier-Kidney bladder bag / Bumpack / Ammo Pouch</p> <p>Includes all day essentials to be carried during the day, cadets won't be able to go to campsite to get items – must be carried</p> <p>Contains –</p> <ul style="list-style-type: none"> • Small amount of food for the day • Raincoat • Map/compass • Water <u>MIN</u> 2L • Medication • Small notebook/pen – for note taking (e.g. SMEAC notes), can include nav data sheets etc <p><u>Field Order Pack:</u></p> <p>To be left at campsite during day</p> <p>Contains –</p> <ul style="list-style-type: none"> • Spare uniforms • Toiletries • Sleeping bag • Hutchie • Spare food 	<p>13 mins</p> <p>Pack</p> <p>Webbing</p> <p>General biv gear</p>



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	<ul style="list-style-type: none"> Hexi stove and tablets Dixie and knife/fork/spoon <p>NOTE: Heavy stuff at the bottom, important things in side pockets/on top etc <i>HEAVY-TO-LIGHT PRINCIPLE</i> <i>Pack should weigh no more than 1/3 of a cadets body weight.</i></p> <p>Activity 2 – <i>Class to allocate equipment to correct bags – class discussion, instructor displays items and class comes to conclusion on which bag</i></p>	
Conclusion		
6	<p>Testing: <u>Ask class if they have further questions</u> Q1 – <i>What can be used as a waterproof liner for a field pack in the absence of a professionally made liner?</i> Plastic bag etc Q2 – <i>Where should the weight sit on a properly fitted field pack?</i> Heavy to light principle Q3 – <i>What are some equipment I should be taking?</i> Spare uniforms, toiletries, sleeping bag, hutchie, occy straps, tent pegs, hexi stove and tablets, dixie and knife/fork/spoon</p>	4 mins
7	<p>Restate Objectives: c. Demonstrate how to correctly pack a military field pack or civilian hiking pack for carriage on a bivouac. This is to include how to safely distribute weight and load, correct fitting of straps and waist belts, and techniques for packing to ensure waterproofing and rapid access to critical equipment (wet-weather gear, torch etc). d. ACTIVITY: Break-down and discuss a typical equipment list for a cadet bivouac. Include the requirements, risks and safety expectations around:</p> <ol style="list-style-type: none"> 1. food – self-catered and ration packs 2. cooking utensils/ accessories 3. accommodation – hutchies and tents 4. sleeping gear – bags and mats 5. clothing – wet weather, cold/hot weather 6. knives & matches/lighters 7. prohibited items 	2 mins
8	<p>Restate Reason for Learning:</p> <ul style="list-style-type: none"> To ensure cadets pack correct and adequate amounts of gear To adequately prepare for SQN bivs 	1 min
9	Next Lesson: FCR 3 – Safety in the Field	