



AUSTRALIAN AIR FORCE CADETS

No. 406 (CITY OF FRANKSTON) SQUADRON

Robinson Road, FRANKSTON SOUTH VIC 3911
Tel: (03) 5971 3279

JOINING INSTRUCTIONS – BACK TO BASIC BIVOUAC AT HMAS CERBERUS – 30 JUL TO 01 AUG 10

1. This instruction is issued for your guidance and action in preparing for attendance at the Back to Basics Bivouac to be conducted over the weekend of Friday, 30 July to Sunday, 01 Aug 10 at HMAS Cerberus.
2. The Back to Basics Bivouac is a compulsory activity for all 406SQN Cadets recruited in 2010 and is a prerequisite camp for those cadets wishing to attend Squadron bivouacs in 2010/2011, and for cadets over the rank of LCDT. The Bivouac will cover topics such as camp accommodation, visual training and judging distance, camouflage, concealment and movement, practical day and night exercises in the field and Silva compass.
3. As HMAS CERBERUS is a Defence establishment, it is a mandatory requirement for Cadets to carry their PH299 on their person at all times during the Bivouac.

TRANSPORT ARRANGEMENTS

4. **Cadets are required to make their own way to HMAS Cerberus** (Melways – map 194/195). Enter the base via Park Rd, Crib Point and turn right onto Cook Road. You will need to stop at the Gangway (security point) and produce your PH299 to continue. Once approval has been granted, proceed directly ahead on Cook Road, past the Medical Centre on your left until reaching the Inner West Gate Guardhouse. This is the Command Post for the Bivouac. Cadets are to be dropped off at this location between 1730 and 1800 (5.30pm and 6.00pm) on Friday, 30 Jul 10.
5. Cadets may be collected from the same location at HMAS Cerberus at 1630 (4.30pm) on Sunday, 01 Aug 10.

RATIONS, EQUIPMENT AND PERSONAL ITEMS

6. **Cadets are to provide their own rations;** including two breakfasts, two lunches, two dinners and morning/afternoon snacks. As there will be no opportunity to purchase food items onboard HMAS Cerberus, Cadets are advised to bring sufficient rations for the duration of the Bivouac. A suggested menu and list of suitable foodstuffs is contained within Annex A.
7. Cadets will be responsible for any item of Squadron equipment issued to them for use during the Bivouac. These items are to be returned in a clean state NLT Wednesday, 04 Aug 10.
8. All personal items, including clothing, are to be clearly labelled with the Cadet's number and name. A list of mandatory items to be brought on the Bivouac is contained within Annex B.
9. **Cadets are not permitted to bring any electronic or battery operated items** (with the exception of a personal torch) to the Bivouac as there is no facility for the safe storage or use for such items in the field.

DRESS

10. Dress for this activity will be DPCU. Cadets are to ensure that adequate items are brought with them for the entire weekend. This includes wet weather clothing and jumper/coat for cold weather conditions. **The use of thermal clothing is highly recommended due to likelihood of cold climate conditions expected.**

THEFT

11. Cadets are reminded that removal of property without consent of the owner, whether as a practical joke or not, will be regarded as theft and dealt with accordingly.

PROHIBITED ITEMS

12. Cadets are forbidden to bring knives, explosive devices or fire lighting devices, with the exception of one box of matches on the Bivouac.

SMOKING/ALCOHOL/UNAUTHORISED DRUGS

13. Smoking tobacco or illicit drugs or the consumption of alcohol or unauthorised drugs whilst in transit to/from HMAS Cerberus, or for the duration of the camp is strictly prohibited. Any Cadet found in controlled possession of cigarettes, alcohol, or unauthorised drugs or consuming cigarettes, alcohol, or unauthorised drugs will be the subject of disciplinary action, which may include termination of enrolment from the AAFC.

NEXT OF KIN / MEDICAL FORMS AND PH299

14. **Each Cadet must obtain TWO copies of the Cadetone produced Parental Consent Form** and have them completed by his/her parent or guardian no more than seven days prior to the commencement of the activity. The medical information **must be correct and up-to-date**. Each Cadet must also ensure that the pages titled 'Parent's or Guardian's Consent Form' within their PH299 are completed by his/her parents or guardian.

15. On arrival at the Bivouac, one copy of the Parental Consent form is to be handed to, and the relevant pages in the PH299 sighted by, CPONPC S. Easton prior to the parent or guardian departing HMAS Cerberus. The second copy of the form is kept on the Cadet with their PH299 at all times. **If this action is not completed, you will not be allowed to participate in the Bivouac or remain onboard HMAS Cerberus. There will be no exceptions.**

CONDUCT AND BEHAVIOUR

16. National AAFC Standards require that all cadets are to conduct themselves in a manner beyond reproach at all times and act as worthy representatives of the AAFC.

17. All members including Cadets are to be familiar with the AAFC policy on unacceptable sexual behaviour as outlined in Chapter 19 AAFC Policy Manual. It must also be understood that the ADF and the AAFC employ a policy of **zero tolerance** to any form of sexual harassment or unacceptable sexual behaviour. The Detachment Commander is to arrange for a briefing on sexual and physical harassment and fraternisation. The briefing will take place during the pre-activity briefing.

DISCIPLINE

18. Any breaches of discipline will be dealt with immediately and, if considered serious enough, shall be passed to the OC 4WGAAFC for further action.

ORGANISATION

19. The activity shall be under the command of FLGOFF(AAFC) T. Owens supported by other members of the Squadron and other squadrons.

GENERAL CONDITIONS

20. Upon arrival, cadets will be briefed on the area that the training shall be conducted in. This briefing will also cover the boundaries of the camp.

21. Breaches of personal or general hygiene will not be tolerated. Accommodation will be inspected to ensure the maintenance of appropriate standards in this regard.

22. Activity exercise bounds will be defined and explained at the activity. No cadets are to move outside the defined boundaries without the express permission of a staff member and only after his/her name has been recorded in the activity log or nominal roll. On return, the cadet is to report to the OIC who will record the relevant details.

23. Visitors to the activity **must** make prior arrangements with the CO of 406SQN AAFC. Naturally, this does not apply in the case of a genuine emergency.

24. Upon completion of the Bivouac, the activity area will be left in the same, or better, condition than it was upon our arrival. Cadets will not be permitted to depart the area until this has been achieved.

COMMUNICATIONS

25. In the case of an emergency, parents/guardians can contact the staff and/or cadets on the following numbers:

- a. FLGOFF (AAFC) Trevor Owens – 0409 212 207
- b. CPONPC Sharon Easton – 0408 779 940
- c. Police Office, HMAS Cerberus – 03 5950 7250

T.M.S. OWENS
FLGOFF (AAFC)

CO 406 SQN
Tel: (03) 5971 3279

15 Jul 10

Annexes:

- A. Suggested Menu and List of Suitable Foodstuffs
- B. List of Equipment and Personal Items.

MENU SUGGESTION

FRIDAY 30 JUL 10	
Dinner	Supper
Sausages and Vegetables (tin) Chocolate Custard Snak Pack (small tub) Peaches in Natural Juice (small tub)	Milo / Cappuccino (sachet) Cream Biscuits
SATURDAY 31 JUL 10	
Breakfast	Morning Tea
Fruity Bix Bar Apple Milo / Cappuccino (sachet)	Vita Wheat Crackers Vegemite / Jam (single serve) Cheese (Kraft – single serve) Just Juice (tetra pak)
Lunch	Afternoon Tea
Noodles in a Cup Sultana / Nut mix	Museli Bar Milo / Cappuccino (sachet)
Dinner	Supper
Savoury Mince (tin) Vanilla Custard Snak Pack (small tub) Pears in Natural Juice (small tub)	Apricot Twist (biscuit bar) Milo / Cappuccino (sachet)
SUNDAY 01 AUG 10	
Breakfast	Morning Tea
Baked Beans / Spagetti (tin) Mini Toast Milo / Cappuccino (sachet)	Fruit in Natural Juice (small tub) Vegemite / Jam (single serve) Cheese (Kraft – single serve) Just Juice (tetra pak)
Lunch	Afternoon Tea
Tuna (tin) Vita Wheat Crackers Cuppa Soup (packet)	Museli Bar Milo / Cappuccino (sachet)

LIST OF SUITABLE FOODSTUFFS – example only

BRAND	LABEL	PACKAGING	WEIGHT (gm)	SERVES	APPROX COST
BREAKFAST					
Uncle Toby's	Breakfast on the go	box	220	6 bars	\$3.32
	Muesli bars	box	250	8 bars	\$3.74
	Fruit filled bars	box	225	6 bars	\$3.77
Sanitarium	Fruity Bix Bars	box	200	6 bars	\$3.22
LUNCH					
Safcol	Tuna	Rip top can	95	1	\$1.60-2.00
John west	Tuna	Pouch	85	1	\$2.00
Kraft	Vegemite single serves	sachet	55	6	\$2.00
Kraft	Peanut butter	sachet	55	6	\$2.00
Kraft	Strawberry jam	sachet	55	6	\$2.00
Kraft	Snak Abouts	pouch	104	4	\$2.55
Kraft	Cheese sticks	packet	120	6 sticks	\$2.67
Paradise	Lites - Crisp bread	box	200	30 biscuits	\$1.73
Continental	Cup of Soups	box	40 - 80	4	\$1.50 - 2.00
Arnotts	Vita Wheat	box	250	35	\$2.50
Brunswick	Sardines	tin	105	1	\$1.00
Hamper	Corned Beef	can	200	1	\$2.78
DINNER					
Edgell / Deb	Instant mashed potato	pouch	100	4	\$1.35
Edgell	Sweet Corn	can riptop	125	1	\$0.75
Edgell	Peas	can	220	1	\$1.84
Edgell	Red Kidney Beans	can riptop	125	1	\$0.75
SPC	Baked Beans	can riptop	220	1	\$0.92
SPC	Spaghetti, tomatoes, cheese	can riptop	220	1	\$0.92
Tom Piper	Sausages and Vegetables	can	205	1	\$1.72
Tom Piper	Savoury Mince	can	205	1	\$1.72
Tom Piper	Braised Steak & Vegetables	can	205	1	\$1.72
Tom Piper	Braised Steak & Onions	can	205	1	\$1.72
Kraft	Braised Steak and Onion	can	95	1	\$1.05
Kraft	Braised Steak and Onion	can	185	1	\$1.75
Tilda	Rizazz Rice Meal Varieties	pouch	250	2	\$3.94
Continental	3 Min Pasta Snak	pouch	70	1	\$0.66
Maggi	2 Min Noodle varieties	packet	85	1	\$0.64
Hormel	Kids Kitchen Variety	tub	213	1	\$2.00
Sun Rice	Express 3 Min Rice Tasty Beef	pouch	85	1	\$0.78
DESSERT					
SPC	Stewed Fruit	small tub	4x 140	4	\$3.15
Foster Clarkes	Flavoured Custard Snak Pack	small tub	2x 140	2	\$1.85
Foster Clarkes	Quick Custard Mix (add water)	pouch	85	4	\$1.40
Weight Watchers	Instant dessert (add milk)	sachet	55	1	\$1.42
BEVERAGES, SNACKS					
Robert Timms	Coffee Bags	sachet	45	8	\$2.49
Madira Tea	Tea Bags	sachet	20	10	\$1.11
Hansells	Vitafresh	sachet	95	5	\$0.71
Kraft	Tang	sachet	45	5	\$0.79
Jarrah	Chocolatte	sachet	115	10	\$4.46
Nestle	Sweetened Condensed Milk	tube	200	8	\$2.20
Arnotts	Ginger Nut	packet	250	30 biscuits	\$1.00
Arnotts	Granita	packet	250	20 biscuits	\$2.44
Arnotts	Shredded Wholemeal	packet	250	30 biscuits	\$1.80
Paradise	Lites - Apple Pie Cookies	packet	250	24 biscuits	\$2.10
Cadbury	Chocolate Bar	packet	55	7 pieces	\$1.90
Mars	M & Ms	packet	55	1	\$1.40
Allens	Steam rollers	packet	28	1	\$0.65
Sunbeam	Fruit on the go	pouch	60	1	\$1.00

- Cadets are to be possession of the following **mandatory** items on the Bivouac -

REMEMBER

- if it is on the list – bring it – you will need it!
- if it is not on the list – don't bring it – 'this is Back to Basics'

EQUIPMENT ITEMS (these items will be issued by the Squadron NLT 28 Jul 10 to Cadets not possession of their own equipment)	
AusPack	Waterbottles
Hootchie	Dixie Set
Sleeping Bag	Bed Roll
Hexi Stove	Webbing

PERSONAL ITEMS	
DPCU Shirt & Pants	Boot cleaning kit
GP Boots	Notebook and pen/pencil
DPCU Bush hat	Groundsheet
DPCU Jumper	8 light to medium weight tent pegs
3 pairs of heavy weight socks (one pair for each day)	2 x 1 mtr lengths of cord/rope for hootchie
3 sets of underclothes (one set for each day)	Tin Cup and Plate
3 tee shirts (DPCU, black or dark green coloured only)	Knife, Fork and Spoon (& can opener, if required)
Tracksuit for sleeping attire	Matches
Waterproof jacket (preferably DPCU, black or dark green coloured only)	Torch and Batteries
Bath towel	Spare Batteries
Thongs	3 large black plastic garbage bags
1 x Bag of Firewood	Thermal Clothing (recommended)
A Large Healthy Measure of Self Discipline	A Sense of Humour

PERSONAL HYGIENE KIT	
Soap	Deodorant
Shaving Gear (if required)	Face-washer
Toothbrush	Sunscreen
Toothpaste	Insect Repellent
Sanitary requirements (females only)	Band-aids (waterproof, small packet)
Talc Powder	Antiseptic Gel/Cream (Dettol type)

RATIONS

ASTHMATICS MUST HAVE THEIR REQUIRED MEDICATION