

LESSON TITLE PAGE

TITLE:	Preparing an Equipment List
Date:	[DATE]
Time Limit:	40 Minutes
Instructor:	[INSTRUCTOR]
Interest:	Ask the cadets “If you were stuck on an island what would you bring?”
Handouts:	N/A
Review:	N/A
Whiteboard Layout:	Will be used to write down ideas of what should be on an equipment list

INTROSH LESSON PLAN PAGE

Key	Instructional Points	Training Aids	Student Activity
Interest:	Ask the cadets "If you were stuck on an island what would you bring?"	Whiteboard	Listen/Talk
Title:	Preparing an Equipment List	Whiteboard	Listen/Read
Objectives:	The objective of this lesson is to show that you understand how to prepare an equipment list	Whiteboard	Listen/Read
Need:	You will need to know this when you are required to organize equipment for a given activity	Whiteboard	Listen/Read
Scope:	<ol style="list-style-type: none"> 1. What an equipment list is and what it can be used for 2. Preparing an equipment list for camping 	Whiteboard	Listen/Read
References:	Google	Whiteboard	Listen/Read
Handouts:	N/A	N/A	N/A
Revision:	N/A	N/A	N/A

LESSON PLAN PAGE

Key	Instructional Points	Training Aids	Student Activity
What an equipment list is and what it can be used for	<p>An equipment list is a list of items required for an activity. It is used to ensure that everyone brings the right equipment. Equipment lists are used in multiple activities such as:</p> <ul style="list-style-type: none"> - Outdoor activities - Sports events - Camping trips - Military operations - Cadet events <p>Equipment lists change based on the activity. For example, a camping trip might include items such as tents, sleeping bags, cooking equipment, and hiking gear. For cadet activities, an equipment list could include uniforms, communication devices, and other course-specific tools.</p> <p>Most equipment lists typically include:</p> <ul style="list-style-type: none"> - Clothing for the activity, considering the weather conditions, terrain, and safety requirements. - Gear required for the task at hand. This could include items like tents, sleeping bags, cooking utensils, navigation tools, etc. - Personal items that individuals need to bring for their well-being or comfort, such as personal hygiene items, medications, or specific personal gear. - Specific items or gear that are unique to the task or environment. This could include items like safety harnesses, communication devices, or technical equipment. - Quantities and sizes of each item needed and, if applicable, the sizes or specifications (e.g., shoe sizes, clothing sizes). 	Whiteboard	Listen/Read/Respond to Questions

Key	Instructional Points	Training Aids	Student Activity
	Creating a well done equipment list is essential for proper planning and preparation, ensuring that everyone is equipped to meet the activity needs.		
Preparing an equipment list for camping	<p>THE FOLLOWING IS A LIST OF REFERENCE ITEMS TO CROSS CHECK THE CADETS FOR A GENERAL GEAR LIST TAKEN FROM THE INTERNET</p> <p>Clothing</p> <ul style="list-style-type: none"> - Weather-appropriate clothing (considering day and night temperatures) - Waterproof jacket or poncho - Extra pairs of socks and underwear - Sturdy hiking boots or comfortable walking shoes - Hat for sun protection - Warm layers (jacket, fleece, or sweatshirt) - Sleepwear <p>Personal Gear</p> <ul style="list-style-type: none"> - Tent (if camping) - Sleeping bag appropriate for the season - Sleeping pad or air mattress - Flashlight or headlamp with extra batteries - Personal hygiene items (toothbrush, toothpaste, soap, etc.) - Towel and washcloth - Insect repellent - Sunscreen - Prescription medications (if applicable) <p>Cooking and Eating</p> <ul style="list-style-type: none"> - Portable camping stove or grill - Cooking utensils (pot, pan, spatula) - Eating utensils (plate, bowl, cup, fork, knife, spoon) - Reusable water bottle or hydration system - Portable coffee maker or thermos (if desired) - Biodegradable soap for dishwashing - Food storage containers or bags <p>Navigation and Tools</p> <ul style="list-style-type: none"> - Map and compass or GPS device - Multi-tool or knife 	Whiteboard/ Pen and Paper	Discuss what they should put on an equipment list

Key	Instructional Points	Training Aids	Student Activity
	<ul style="list-style-type: none"> - Backpack or daypack - Rope or cordage - Duct tape - Binoculars <p>Safety and First Aid</p> <ul style="list-style-type: none"> - First aid kit - Emergency whistle - Firestarter (matches, lighter, or fire starter) - Emergency shelter (space blanket or bivvy) - Personal identification and contact information <p>Entertainment and Extras</p> <ul style="list-style-type: none"> - Book, journal, or other entertainment - Camera or smartphone for capturing memories - Camping chair or portable seat - Extra plastic bags for waste disposal - Notepad and pen <p>Group or Activity Specific</p> <ul style="list-style-type: none"> - Group equipment (if applicable, such as communal cooking gear or group tents) - Activity-specific gear (e.g., fishing gear, sports equipment, etc.) <p>Optional Comfort Items</p> <ul style="list-style-type: none"> - Pillow - Portable camping hammock - Portable camp shower 		

TENSION LESSON PLAN PAGE

Key	Instructional Points	Training Aids	Student Activity
Title:	Preparing an Equipment List	Whiteboard	Listen/Read
Objectives:	The objective of this lesson was to show that you understood how to prepare an equipment list	Whiteboard	Listen/Read
Need:	You needed to know this so when you are required to organize equipment for a given activity you can	Whiteboard	Listen/Read
Summary:	We covered what an equipment list is, and what it can be used for. As well as how to prepare an equipment list	Whiteboard	Listen/Read
Extra Help:	An NCO An Officer The References	Whiteboard	Listen/Read
Next Lesson:	Your next period of instruction is: [NEXT_LESSON] With [NEXT_INSTRUCTOR] [NEXT_LOCATION] at [NEXT_TIMING] Dressed [NEXT_DRESS]	N/A	N/A
Interest:	Ask the cadets again "If you were stuck on an island what would you bring?" now that they have a better idea	Whiteboard	Listen/Talk