



RC(SEA)CC Lanark
 137 John Street
 Carleton Place, ON
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 (613)257-7951

RCSCC LANARK - Biathlon Zone Competition

The Biathlon Team is entered in the Zone competition being held on the 27th- 29th of January at Camp Fortune, in Quebec. The cadets will be staying overnight at Connaught. Below is the kit list and important information. Parents are welcome to spectate at the competition located at Camp Fortune, Quebec starting at 1000 hrs (10:00 am)

As there is limited cell coverage at Camp Fortune, Corps staff will contact CI Denief through out the day to check in, please contact her first in case of emergency.(613-451-2889 or 613-492-3263).

Time:

Friday Jan 27th, 2012, arrive at the corps by 1830 hrs (6:30 pm).
 Sunday Jan. 29th, 2012, arrive at corps by 0900 hrs (9:00 am).

Kit List:

- Appropriate civilian clothing for two days (multiple layers of light clothing work best)
- Appropriate winter outerwear (coat, boots, toque, mitts/gloves, snow or wind pants)
- Warm PJ's
- Mitts, scarfs and hats, bring extra
- socks, bring extra
- Snacks.
- Water bottle and/or travel mug that can hold hot liquids.
- Toiletries (don't forget towel, shower sandals, changes of undergarments, etc)
- Goggles or sunglasses, optional
- Hand warmers, optional
- Bedding is provided (sheets, pillow and fire blanket). Personal sleeping bag and/or pillow are optional.

IMPORTANT:

1. Cadet **MUST** have their provincial **OHIP** card.
2. If your cadet has a food allergy please inform SLt Hinds.
3. Be advised if your cadet brings a cell phone/mp3 player, or camera, etc.... it is their responsibility if it is lost, stolen or damaged. We will not be held liable for any item.

-----Tear along here-----

If there are any conditions that we should know about please describe them here.

 PARENT/GUARDIAN PLEASE PRINT NAME

 PARENT/GUARDIAN SIGNATURE

 PARENT PHONE NUMBER and CELL NUMBER