

**TO: All GA-116 Squadron members (Seniors + Cadets)**  
**interested in attending the annual Georgia Wing CAP**  
**"FROSTBITE" Exercise**

**WHEN:** Fri - Sat - Sun 22 - 23 - 24 Feb 2008. Show times and actual departure times are still to be determined.

**NOTE:** Fayette County Schools are NOT IN SESSION the week before FROSTBITE so we are looking at departing at NOON on Friday, 22 Feb. Look for additional information in the near future. (Last minute arrangements can be confirmed by calling Greg Clasen at cell 678-516-9852) **RETURN:** We will return at 1730 on Sunday, 24 Feb.

**WHERE:** North Georgia "Hawk Mountain" near Dahlonega Ga. This is a three hour drive by car to the actual mountain location. (Thus...don't forget to pack something vital as there is no easy way to get it after we depart.)

**WHAT:** Annual cold weather SAR ground and air Search and Rescue (SAR) Exercise.

**TRANSPORTATION:** Our squadron will be providing a van and driver...but we also are asking for additional drivers and vehicles. The best vehicle for this exercise to help transport our cadets and gear up to Hawk Mountain would be a 4WD pick up truck. Any Volunteers????? (If you can help us out...please contact Greg Clasen at 770-461-2532 or cell 678-516-9852.)

**WHAT TO BRING:** Attached below is a good list for gear to bring. I want to point out right up front that you should plan on wearing the type of clothing that you would wear if you were **spending the daytime in your refrigerator and the night time sleeping in your home freezer. (I am not exaggerating or making this up.)** **Night time temps in the teens (as in 12 degrees F last year) are very common.**

1. **MOST IMPORTANT SINGLE ITEM:** A good sleeping bag rated for 0 degrees F. (I bought a really good one for my cadet at Wal-Mart for only \$37.00) Your basic "sleep-over" at a friends house or back-yard variety sleeping bag will be extremely uncomfortable at best, and may give you actual frostbite at worst.
2. Dressing / Packing concept: Lots of layers for your personal dress.  
Poly-Propylene type thermal long johns with good quality (NOT COTTON) thick boot socks to start off. Normal BDUs next. BDU jacket / military style regular or GORTEX with a jacket liner next. Light gloves plus heavier mittens. Watch cap + a full-face type watch cap (think bank robber). Have a poncho to wear over all this if there is liquid precipitation (There was rain turned to freezing sleet last year.)
3. Some type of waterproof ground cloth / tarp to go UNDER your tent. (think muddy / wet ground)
4. Some type of waterproof ground cloth / tarp to go inside your tent and UNDER your sleeping bag.
5. Some type of insulated sleeping pad / blow up mattress to put your sleeping bag on while in your tent. (think frozen / cold ground)
6. A Towel: To keep water / mud off your gear and out of your tent.
7. Chemical "packet" style hand / foot warmers. (I used about 6 per day thus bring about 12-18 of these)
8. Chapstick: The cold / windy / winter conditions will really chap your lips.
9. Your Own Food: Stuff you can heat and drink... like hot soup, hot chocolate...plus hot stew etc. Bring 2X dinner plus 2X lunch plus 2X breakfast. (B-fast & Lunch should not require cooking...but we will have time to cook a hot dinner.)
10. Two small plastic bags (like grocery bags) to put your muddy boots in and bring into your tent at night.

ATTACHED BELOW ARE ADDITIONAL RESOURCES TO HELP YOU PREPARE.

The Exercise FROSTBITE 08 Warning Order is now published on the reactivated FROSTBITE website:

<http://www.windsurfisp.com/frostbite/>

MORE INFO WILL FOLLOW.

Greg Clasen, Lt Col CAP  
Commander  
H) 770-461-2532  
C) 678-516-9852

## FROSTBITE 08 Warning Order Appendix A - Individual Equipment Requirements

SOURCE: Ground & Urban Direction Finding Team Tasks, 24 MAY 2004

Task O-0001, PREPARE GROUND TEAM INDIVIDUAL EQUIPMENT

[NOTE: FROSTBITE comments are enclosed in brackets]

The gear list below is the minimum required equipment. Items required of trainees are marked with a "T." You may carry additional equipment subject to team leader approval and your ability to secure and carry it -- remember, you may have to walk a long way carrying it all.

[NOTE: Participants in FROSTBITE will NOT be required to carry their 72 hour pack past the base camp.]

### a. 24 hour pack

#### 1) On your person:

a) Complete BDU uniform with BDU cap. The BDU cap may be replaced by a hard hat or bright colored cap based on mission needs. (T) [NOTE: ALL FROSTBITE participants shall also bring CAP-approved cold-weather headgear such as a "watch cap" style wool knit cap.]

b) Notepad and pencil (T)

c) All CAP Identification, including 101 card, 76 card, First Aid card, etc. (T)

d) Watch (T)

e) Handkerchief or Tissues

f) Vest, reflective, orange (T)

[NOTE: All ground search team personnel will wear vests at all times when out of the immediate base camp area].

g) Comb or brush (optional, carry if needed) (T)

h) Ground Team Member's Handbook

i) Signal Mirror

j) Whistle

k) Pocket or utility-type knife, multipurpose with can opener. Swiss Army knives, Leatherman, or Gerber Tools are recommended. (T)

#### 2) Day pack (preferably red or orange), webbed gear, or other SAR/Survival Vest (T) containing:

a) First Aid Kit, stored in zip-lock bag or other waterproof container, recommended that it consists of the following:

(1) 2 Antiseptic cleansing pads

(2) Antiseptic ointment

(3) 6 Band-Aids, various sizes

(4) Moleskin, 2" X 4"

(5) Roller bandage

(6) 2 Safety pins, large

(7) 4 gauze pads

(8) 1 Triangular Bandage

(9) Tape, first aid

(10) Any personal medication (your team leader should know what you have and where you carry it.) (T) [NOTE: Notify FROSTBITE Medical Officer upon arrival]

(11) Rubber surgical gloves (two pair minimum)

b) Survival Kit, stored in zip-lock bag or other waterproof container, consisting of:

(1) Duct tape, 5-10 feet (does not need to be a whole roll.

May be wrapped around a stick.

(2) Leaf bag, large

(3) 12 wooden, waterproofed matches (T)

(4) Match container, waterproof, with striking surface

(5) 1 Chemical Light Stick, Green (T)

(6) 50' of nylon line (paracord or similar line).

c) SAR Equipment stored in zip-lock bags, consisting of:

(1) Change of socks (T)

- (2) Flagging Tape, 1 roll
  - (3) Flashlight (with red or blue lens), with spare bulb and batteries
  - (4) Spare flashlight (penlight will do) (T)
  - (5) Insect repellent
  - (6) Lip balm, with sunscreen.
  - (7) Sunscreen lotion
  - (8) Tissue Paper (T)
  - (9) Work Gloves, leather (T)
- [NOTE: ALL FROSTBITE participants will also bring cold-weather glove liners or separate cold-weather gloves]
- (10) Interviewing Form(s), blank
  - (11) 4 Moist Towelettes, clean, in foil wrapper
  - (12) Change for phone calls, calling card, or cellular phone (T) to call mission base [NOTE: Cell-phone coverage is weak in the Hawk Mtn area, and there are no pay phones! Bring them anyway.]
- d) 2 meals (T)
  - e) Shelter Material, preferably 8' X 10' (spare military poncho meets the need)
  - f) Coat for appropriate climate, if necessary (in pack if not wearing it)(T) [NOTE: This is a REQUIREMENT for FROSTBITE!]
  - g) Poncho (T)
  - h) Canteen(s) to carry 2 quarts of water (Some wings require their personnel to have at least one one-quart canteen on a belt while the other is stored in the field pack. At least one quart of water must be carried by all personnel)(T) [NOTE: FROSTBITE -- Carry at least 2 quarts of water]
  - i) Compass Pouch, containing compass, lensatic or orienteering (orienteering preferred). Compass should have a "glow in the dark" dial.
  - j) Leader's Equipment -- only required of Ground Team Leaders
    - (1) Protractor -- for map work.
    - (2) Map Case (Large Zip-Loc bags can be used if necessary)
    - (3) Pencil, with eraser (plus sharpener if not a mechanical pencil)
    - (4) Alcohol Pens, fine tip, at least 2 colors (neither the color of your colored flashlight lens)
    - (5) Some way to erase alcohol pens marks on the map case, such as alcohol swabs or a special alcohol pen eraser.
    - (6) A straightedge ruler, at least 6" long (Some protractors may have a ruler as well).
    - (7) Ground Team Leader Handbook
- b. Extended duration pack: a backpack (preferably with frame) (T) containing:
- 1) Tent (optional, if you are sharing a tent with someone else who is carrying it) (T) [NOTE: Tents for FROSTBITE must be appropriate for cold/wet weather (no exposed openings). HIGHLY suggest team-sized tents to minimize your unit's footprint on top of the mountain.]
  - 2) Spare rank and CAP cutouts (for cadets)
  - 3) 5 meals (T)
  - 4) 2 Leaf Bags, large
  - 5) Bag, waterproof (T), containing:
    - (a) Spare uniform,
    - (b) Underwear and socks, 3 changes (T)
  - 6) Sleeping pad, foam or inflatable.
  - 7) Spare boot laces.
  - 8) Kit, sewing, with spare buttons.
  - 9) Shoe Shine Kit
  - 10) Toilet Kit, that should contain:
    - (a) Toothbrush and paste (T)
    - (b) Shaving Kit (if you shave) (T)
    - (c) Deodorant (T)
    - (d) Washcloth and soap (T)
    - (e) Towel (T)
  - 11) Sleeping Bag or Bedroll appropriate to climate (T)

### c. Optional Items

- (1) Rainwear, durable [NOTE: Highly recommended for FROSTBITE]
- (2) Webbing, nylon, 1" wide, 20' long.
- (3) Handheld FM Transceiver (highly recommended for Ground Team Leaders)
- (4) Water Purification Tablets
- (5) Eye Protection (highly recommended)
- (6) Entrenching Tool (highly recommended for base gear)

[Jackets, gloves, and winter hats are REQUIRED (Hawk Mtn, at 3600 ft., is often much colder than the rest of the state). Regulation outerwear is suggested, but the priority is to keep our teams dry and warm! Jungle-style boots are NOT recommended (speaking from experience! ;-)]

[Provide your own food and stoves. Ground teams expect to eat lunch SAT and SUN in the field. Plan to cook your own hearty meal on Saturday night!]

### A) TRAINING/QUALIFICATIONS

FROSTBITE is a TRAINING exercise. Chapter 2 of CAPR 60-3, CAP ES Training and Operational Missions fully describes the ES specialty qualification process, but here is a synopsis as it relates to FROSTBITE :

#### Participation Requirements:

- Must have 1st stripe (cadets) or Level 1 with Cadet Protection and OPSEC (seniors) documented in CAP eServices
- Must have General ES CAPF 101 card
- Must bring a Specialty Qualification Training Record (SQTR) Worksheet and be approved by unit commander to train in an ES specialty EVERY participant in FROSTBITE MUST possess at least a General ES CAPF 101. National HQ has turned this into an almost paper-free process:

"Follow this unofficial guide (PowerPoint) (HTML) to take and pass the General ES Test, Document Achievement 1 / Level 1, and create a SQTR Worksheet:"

Everyone wishing to train in a specialty should bring a "Personal SQTR" (equivalent to the old CAPF 101T) indorsed by their unit commander for the specialties they wish to train in. These are available from the "CAP Utilities" menu under "Personal SQTR (old 101T)", or out of the back of the new Ground and Urban DF Team Task Guide (MAY 04).

For example, if Cadet Blankenship wishes to start training as a Ground Team Member, he should show up at FROSTBITE with his General ES 101 card (the prerequisite to train as a GTM), his CAP ID card (to prove he is still a member), and a SPECIALTY QUALIFICATION TRAINING WORKSHEET GTM3 - Ground Team Member Level 3 (the lowest GTM qualification), with his unit commander's signature endorsing that he has met the prerequisites to train as a ground team member. That's not so hard, is it?!

NOTE: Regardless of any documentation that anyone may present, the staff of FROSTBITE reserves the right to coordinate with that unit's senior representative and determine what level of participation/ training any member may perform.

The eServices CAPP 271, e-Services & Operations Qualifications Basic Procedures Tutorial (<http://www.cawg.cap.gov/files/CAPP271.pdf>) is the official guide as to how to perform operations in eServices."

WARNING: FROSTBITE normally involves adverse weather and vigorous outdoor activity! This activity is NOT normally for the weak of stamina! However, squadrons without fully qualified teams are encouraged to attend—contact the Project Officer (LTC Berry) and expect to be paired with another team for training, or remain in the immediate area of the camp for basic ES training. Just being involved with FROSTBITE is useful training.

We do NOT recommend this exercise for first-time SAR trainees who have not already been introduced to CAP field work.

Be prepared for real-world taskings. A mission could be called while at FROSTBITE and units should be prepared to respond if called. Teams and aircrew are to be proficient in plotting and reporting in both UTM and Lat/Long!

**B) EQUIPMENT:**

Improperly equipped teams and team members are a hindrance to mission accomplishment. Unit leaders are responsible for ensuring that their personnel are adequately equipped for this training exercise. The individual and team equipment lists derived from the new CAP National HQ ES Curriculum Project Ground & Urban Direction Finding Team Tasks define the items required to participate in FROSTBITE. They are attached as Appendix A - Individual Equipment Requirements and Appendix B - Team Equipment Requirements to this Warning Order.

All attendees should preflight ALL equipment -- ensure each person knows how to use their equipment.

The road to Hawk Mountain is very rough and it is recommended that 4WD or high ground clearance vehicles be used. Road conditions will be updated via the FROSTBITE website as the exercise date approaches. Also it is highly recommended to bring a means to extricate one-self (tow strap or winch)."

**TO: All GA-116 Squadron members (Seniors + Cadets)  
interested in attending the annual Georgia Wing CAP  
"FROSTBITE" Exercise**

**WHAT:** 24 hour **Preparation and Training session** on **Sat / Sun 23 - 24 Jan 2010.**

The plan is to meet at a local site (directions TBD) with all our camping gear at 1200 (Noon) on Saturday 23 Jan and set up camp. We will spend the night and break camp and depart at 1200 (Noon) on Sunday 24 Jan.

**PURPOSE:** To ensure we are all prepared for the rigors of the actual FROSTBITE exercise held one month later.

1. It is that time of year again to get ready for the annual Georgia Wing Cold Weather Training Exercise...FROSTBITE.
2. Attached is a packing list / planning / info letter to help you prepare.
3. As in the past...our squadron does not normally allow a cadet to attend this training UNLESS they have already participated on some type of overnight CAP activity such as BCT or a multi-day encampment. This 24-hour event on 17 – 18 Jan will qualify our new cadets to attend FROSTBITE.
4. Each attendee must have the following items in addition to all the required cold weather camping gear:
  - A. Valid CAP I.D. Card
  - B. Squadron Membership dues paid up.
  - C. CAP "101 Card" with at least "GES" annotated (needed for the actual FROSTBITE exercise held in February.)
  - D. Must have 1st stripe (cadets) (needed for the actual FROSTBITE exercise held in February.)
  - E. Must have proper BDU uniform and all required gear.
5. To help our cadets prepare...we will be hosting a 24 hour preparation and training session on **Sat / Sun 23 - 24 Jan 2010.** The plan is to meet at a local site (directions TBD) with all our camping gear at 12 (Noon) on Saturday 23 Jan. and set up camp. We will spend the night and break camp and depart at 1200 (Noon) on Sunday 24 Jan.
6. During this 24 hour period...we will be conducting training and inspecting everyone's gear to ensure they are ready for the sub-freezing temperatures at 3,600 feet up on HAWK Mountain. We will be sending individualized lists home with each cadet detailing additional gear / recommendations for further preparation prior to the actual FROSTBITE weekend that will take place one month later.
7. PARENTS: Remember...you are helping prepare your cadet to endure daytime temps as though they lived in your refrigerator and night time temps as though they were sleeping in your home freezer. This is not an exaggeration as normal daytime highs could be in the 30s and nighttime lows could be in the teens.

**TO: All GA-116 Squadron members (Seniors + Cadets)  
interested in attending the annual Georgia Wing CAP  
"FROSTBITE" Exercise**

**ACTUAL FROSTBITE EXERCISE INFO:**

**WHEN:** Fri - Sat - Sun 19 – 20 - 21 Feb 2010. Show times and actual departure times are still to be determined. We are looking at departing at 0900 on Friday, 19 Feb. Look for additional information in the near future. (Last minute arrangements can be confirmed by calling Greg Clasen at cell 678-516-9852)

**RETURN:** We will return at 1800 on Sunday, 21 Feb.

**WHERE:** North Georgia "Hawk Mountain" near Dahlonega Ga. This is a three-hour drive by car to the actual mountain location. (Thus...don't forget to pack something vital, as there is no easy way to get it after we depart.)

**WHAT:** Annual cold weather SAR ground and air Search and Rescue (SAR) Exercise.

**TRANSPORTATION:** Our squadron will be providing a van and driver.... but we also are asking for additional drivers and vehicles. The best vehicle for this exercise to help transport our cadets and gear up to Hawk Mountain would be a 4WD pick up truck. Any Volunteers???? (If you can help us out...please contact Greg Clasen at 770-461-2532 or cell 678-516-9852.)

**WHAT TO BRING:** Attached below is a good list for gear to bring. I want to point out right up front that you should plan on wearing the type of clothing that you would wear if you were **spending the daytime in your refrigerator and the night time sleeping in your home freezer. (I am not exaggerating or making this up.)** Night time temps in the teens (as in 12 degrees F last year) are very common.

1. **MOST IMPORTANT SINGLE ITEM:** A good sleeping bag rated for 0 degrees F. (I bought a really good one for my cadet at Wal-Mart for only \$37.00) Your basic "sleep-over" at a friends house or back-yard variety sleeping bag will be extremely uncomfortable at best, and may give you actual frostbite at worst.
2. Dressing / Packing concept: Lots of layers for your personal dress. Poly-Propylene type thermal long johns with good quality (NOT COTTON) thick boot socks to start off. Normal BDUs next. BDU jacket / military style regular or GORTEX with a jacket liner next. Light gloves plus heavier mittens. Watch cap + a full-face type watch cap (think bank robber). Have a poncho to wear over all this if there is liquid precipitation (There was rain turned to freezing sleet last year.)
3. Some type of waterproof ground cloth / tarp to go UNDER your tent. (think muddy / wet ground)
4. Some type of waterproof ground cloth / tarp to go inside your tent and UNDER your sleeping bag.
5. Some type of insulated sleeping pad / blow up mattress to put your sleeping bag on while in your tent. (think frozen / cold ground)
6. A Towel: To keep water / mud off your gear and out of your tent.
7. Chemical "packet" style hand / foot warmers. (I used about 6 per day thus bring about 12-18 of these)
8. Chapstick: The cold / windy / winter conditions will really chap your lips.
9. Your Own Food: Stuff you can heat and drink... like hot soup, hot chocolate...plus hot stew etc. Bring 2X dinner plus 2X lunch plus 2X breakfast. (B-fast & Lunch should not require cooking...but we will have time to cook a hot dinner.)
10. Two small plastic bags (like grocery bags) to put your muddy boots in and bring into your tent at night.

ATTACHED BELOW ARE ADDITIONAL RESOURCES TO HELP YOU PREPARE.

FROSTBITE 2010 Warning Order Appendix A - Individual Equipment Requirements

SOURCE: Ground & Urban Direction Finding Team Tasks, 24 MAY 2004

Task O-0001, PREPARE GROUND TEAM INDIVIDUAL EQUIPMENT

[NOTE: FROSTBITE comments are enclosed in brackets]

The gear list below is the minimum required equipment. Items required of trainees are marked with a "T."  
You may carry additional equipment subject to team leader approval and your ability to secure and carry it

-- remember, you may have to walk a long way carrying it all.

[NOTE: Participants in FROSTBITE will NOT be required to carry their 72 hour pack past the base camp.]

a. 24 hour pack

1) On your person:

a) Complete BDU uniform with BDU cap. The BDU cap may be replaced by a hard hat or bright colored cap based on mission needs. (T) [NOTE: ALL FROSTBITE participants shall also bring CAP-approved cold-weather headgear such as a "watch cap" style wool knit cap.]

b) Notepad and pencil (T)

c) All CAP Identification, including 101 card, 76 card, First Aid card, etc. (T)

d) Watch (T)

e) Handkerchief or Tissues

f) Vest, reflective, orange (T)

[NOTE: All ground search team personnel will wear vests at all times when out of the immediate base camp area].

g) Comb or brush (optional, carry if needed) (T)

h) Ground Team Member's Handbook

i) Signal Mirror

j) Whistle

k) Pocket or utility-type knife, multipurpose with can opener. Swiss Army knives, Leatherman, or Gerber Tools are recommended. (T)

2) Day pack (preferably red or orange), webbed gear, or other SAR/Survival Vest (T) containing:

a) First Aid Kit, stored in zip-lock bag or other waterproof container, recommended that it consists of the following:

(1) 2 Antiseptic cleansing pads

(2) Antiseptic ointment

(3) 6 Band-Aids, various sizes

(4) Moleskin, 2" X 4"

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(10) Any personal medication (your team leader should know what you have and where you carry it.) (T)

[NOTE: Notify FROSTBITE Medical Officer upon arrival]

(11) Rubber surgical gloves (two pair minimum)

b) Survival Kit, stored in zip-lock bag or other waterproof container, consisting of:

(1) Duct tape, 5-10 feet (does not need to be a whole roll.

May be wrapped around a stick.

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(3) 12 wooden, waterproofed matches (T)

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(5) 1 Chemical Light Stick, Green (T)

(6) 50' of nylon line (paracord or similar line).

c) SAR Equipment stored in zip-lock bags, consisting of:

(1) Change of socks (T)

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(3) Flashlight (with red or blue lens), with spare bulb and batteries

(4) Spare flashlight (penlight will do) (T)

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    - 8) Kit, sewing, with spare buttons.
    - 9) Shoe Shine Kit
    - 10) Toilet Kit, that should contain:
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## A) TRAINING/QUALIFICATIONS

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All attendees should preflight ALL equipment -- ensure each person knows how to use their equipment.

The road to Hawk Mountain is very rough and it is recommended that 4WD or high ground clearance vehicles be used. Road conditions will be updated via the FROSTBITE website as the exercise date approaches. Also it is highly recommended to bring a means to extricate one-self (tow strap or winch)."

# **FROSTBITE AND 24 HOUR GEAR INSPECTION CHECKLIST**

**WARNING:** FROSTBITE normally involves adverse weather and vigorous outdoor activity! This activity is NOT normally for the weak of stamina! Having the correct cold weather / wet weather outdoor clothing and related camping gear is ESSENTIAL to prevent participants from becoming a COLD WEATHER CASUALTY! We do NOT recommend this exercise for first-time SAR trainees who have not already been introduced to CAP field work.

- MOST IMPORTANT SINGLE ITEM:** A good sleeping bag rated for 0 degrees F.
- Dressing / Packing concept: Lots of layers for your personal dress.
- Poly-Propylene type thermal long johns
- Good quality (NOT COTTON) thick boot socks
- Normal BDUs
- BDU jacket / military style regular or GORTEX with a jacket liner
- Light gloves
- Heavier Gloves / Mittens
- Watch cap
- Full-face type watch cap (think bank robber).
- Poncho to wear over all this if there is liquid precipitation (There was rain turned to freezing sleet last year.)
- Some type of waterproof ground cloth / tarp to go UNDER your tent. (think muddy / wet ground)
- Some type of waterproof ground cloth / tarp to go inside your tent and UNDER your sleeping bag.
- Some type of insulated sleeping pad / blow up mattress to put your sleeping bag on while in your tent. (think frozen / cold ground)
- A Towel: To keep water / mud off your gear and out of your tent.
- Chemical "packet" style hand / foot warmers. (I used about 6 per day thus bring about 12-18 of these)
- Chapstick: The cold / windy / winter conditions will really chap your lips.
- Your own Food: Stuff you can heat and drink... like hot soup, hot chocolate...plus hot stew etc. Bring 2X dinner plus 2X lunch plus 2X breakfast.
- Two small plastic bags (like grocery bags) to put your muddy boots in and bring into your tent at night.
- 24 hour pack containing
  - On your person:
    - Complete BDU uniform with BDU cap. (T) [NOTE: ALL FROSTBITE participants shall also bring CAP-approved cold-weather headgear such as a "watch cap" style wool knit cap.]
    - Notepad and pencil (T)
    - All CAP Identification, including 101 card, 76 card, First Aid card, etc. (T)
    - Watch (T)
    - Handkerchief or Tissues

- ❑ Vest, reflective, orange (T)
- ❑ Comb or brush (optional, carry if needed) (T)
- ❑ Ground Team Member's Handbook
- ❑ Signal Mirror
- ❑ Whistle
- ❑ Pocket or utility-type knife, multipurpose with can opener. Swiss Army knives, Leatherman, or Gerber Tools are recommended. (T)
  
- ❑ Day pack webbed gear, or other SAR/Survival Vest (T) containing:
  - ❑ First Aid Kit, stored in zip-lock bag or other waterproof container, recommended that it consists of the following:
    - (1) 2 Antiseptic cleansing pads
    - (2) Antiseptic ointment
    - (3) 6 Band-Aids, various sizes
    - (4) Moleskin, 2" X 4"
    - (5) Roller bandage
    - (6) 2 Safety pins, large
    - (7) 4 gauze pads
    - (8) 1 Triangular Bandage
    - (9) Tape, first aid
    - (10) Any personal medication (your team leader should know what you have and where you carry it.) (T) [NOTE: Notify FROSTBITE Medical Officer upon arrival]
    - (11) Rubber surgical gloves (two pair minimum)
  
  - ❑ Survival Kit, stored in zip-lock bag or other waterproof container, consisting of:
    - (1) Duct tape, 5-10 feet (does not need to be a whole roll. May be wrapped around a stick.
    - (2) Leaf bag, large
    - (3) 12 wooden, waterproofed matches (T)
    - (4) Match container, waterproof, with striking surface
    - (5) 1-2 Chemical Light Stick, Green (T)
    - (6) 50' of nylon line (paracord or similar line).
  
  - ❑ SAR Equipment stored in zip-lock bags, consisting of:
    - (1) Change of socks (T)
    - (2) Flagging Tape, 1 roll
    - (3) Flashlight (with red or blue lens), with spare bulb and batteries (BEST TYPE : Headlamp w/white + red LED light)
    - (4) Spare flashlight (penlight will do) (T)
    - (5) Insect repellent
    - (6) Lip balm, with sunscreen.
    - (7) Sunscreen lotion
    - (8) Tissue Paper (T)
    - (9) Work Gloves, leather (T)
 [NOTE: ALL FROSTBITE participants will also bring cold-weather glove liners or separate cold-weather gloves]
    - (10) Interviewing Form(s), blank
    - (11) 4 Moist Towelettes, clean, in foil wrapper
    - (12) Change for phone calls, calling card, or cellular phone (T) to call mission base [NOTE: Cell-phone coverage is weak in the Hawk Mtn area, and there are no pay phones! Bring them anyway.]
  
- ❑ 2 meals (T)
  
- ❑ Shelter Material, preferably 8' X 10' (spare military poncho meets the need)
  
- ❑ Coat for appropriate climate, if necessary (in pack if not wearing it)(T) [NOTE: This is a REQUIREMENT for FROSTBITE!]

- ❑ Poncho (T)
- ❑ Canteen(s) to carry 2 quarts of water (Some wings require their personnel to have at least one one-quart canteen on a belt while the other is stored in the field pack. At least one quart of water must be carried by all personnel)(T) [NOTE: FROSTBITE -- Carry at least 2 quarts of water]
- ❑ Compass Pouch, containing compass, lensatic or orienteering (orienteering preferred). Compass should have a "glow in the dark" dial.
- ❑ Extended duration pack: a backpack (preferably with frame) (T) containing:
  - ❑ Tent
  - ❑ 6 meals (T)
  - ❑ 2 Leaf Bags, large
  - ❑ Bag, waterproof (T), containing:
    - ❑ Spare uniform,
    - ❑ Underwear and socks, 3 changes (T)
    - ❑ Sleeping pad, foam or inflatable.
    - ❑ Toilet Kit, that should contain:
      - (a) Toothbrush and paste (T)
      - (b) Shaving Kit (if you shave) (T)
      - (c) Deodorant (T)
      - (d) Washcloth and soap (T)
      - (e) Towel (T)
- ❑ Sleeping Bag or Bedroll appropriate to climate (T)
- ❑ Optional Items
  - (1) Rainwear, durable [NOTE: Highly recommended for FROSTBITE]
  - (2) Webbing, nylon, 1" wide, 20' long.
  - (3) Handheld FM Transceiver (highly recommended for Ground Team Leaders)
  - (4) Water Purification Tablets
  - (5) Eye Protection (highly recommended)
  - (6) Entrenching Tool (highly recommended for base gear)
- ❑ TRAINING/QUALIFICATIONS

FROSTBITE is a TRAINING exercise. Chapter 2 of CAPR 60-3, CAP ES Training and Operational Missions fully describes the ES specialty qualification process, but here is a synopsis as it relates to FROSTBITE :  
Participation Requirements:

- ❑ Must have 1st stripe (cadets) or Level 1 with Cadet Protection and OPSEC (seniors) documented in CAP eServices
- ❑ Must have General ES CAPF 101 card
- ❑ Must bring a Specialty Qualification Training Record (SQTR) Worksheet and be approved by unit commander to train in an ES specialty EVERY participant in FROSTBITE

- MUST possess at least a General ES CAPF 101.
  
- Leader's Equipment -- only required of Ground Team Leaders
  - Protractor -- for map work.
  - Map Case (Large Zip-Loc bags can be used if necessary)
  - Pencil, with eraser (plus sharpener if not a mechanical pencil)
  - Alcohol Pens, fine tip, at least 2 colors (neither the color of your colored flashlight lens)
  - Some way to erase alcohol pens marks on the map case, such as alcohol swabs or a special alcohol pen eraser.
  - A straightedge ruler, at least 6" long (Some protractors may have a ruler as well).
  - Ground Team Leader Handbook

I acknowledge the items indicated above were missing from my required gear. I will procure these missing items prior to participation in exercise FROSTBITE as they are essential to my overall SAFETY.

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(PRINTED NAME)

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(SIGNATURE)

I acknowledge the items indicated above were missing from my Cadets required gear. I will assist my cadet in procuring these missing items prior to participation in exercise FROSTBITE as they are essential to overall personal SAFETY. By my signature below, I certify my cadet has obtained these item (s) and is now fully prepared to experience the cold weather conditions that he / she will be exposed to at FROSTBITE.

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(PARENT / GUARDIAN PRINTED NAME)

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(PARENT / GUARDIAN SIGNATURE)