

# Cadet Activity Program

Summer 2022

Annex Z - Kitchener - SWOA



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## 1. Welcome

Welcome to the Kitchener Cadet Activities Program (CAP) Site for SWOA. General activities include marksmanship, drill, mental wellness, leadership, fitness. We are looking forward to seeing you soon!

## 2. Location and Directions

The main location is Kitchener Armouries located at 350 East Ave, Kitchener, ON N2H 1Z5. You can access directions at the link below:

### [Kitchener Armouries](#)



## 3. Site Serials

The serials delivered at this site are:

CAP 1: 11 July – 15 July

CAP 2: 18 July – 29 July

## 4. Timings

Cadets that are being dropped off by parents are asked to arrive between 7:45-8:30am as training will start at 8:30am. Cadets being picked up can be picked up between 3:50-4:30. All cadets must be offsite by 4:30pm each day.

## 5. Contact Information

- a. The contact information for the CAP site is:

Site OIC: Capt Gibbons, S  
Tel: (519) 223-3875  
Email: [Douglas.Gibbons@cadets.gc.ca](mailto:Douglas.Gibbons@cadets.gc.ca)

- b. EMERGENCIES ONLY - The contact information for the Area CAP Officer Commanding is:

Area CAP OC: LCdr James Messecar  
Tel: 519-755-7240  
Email: [James.messecar@cadets.gc.ca](mailto:James.messecar@cadets.gc.ca)

- c. EMERGENCIES ONLY - The contact information for the Area CAP Coordinator is :

Area CAP Coord: Maj Shawn Wettig  
Tel: (519) 574-1584  
Email: [Shawn.wettig@cadets.gc.ca](mailto:Shawn.wettig@cadets.gc.ca)

## 6. Additional Overnight Equipment List

### Required for Overnight portion of CAP2 ONLY (21 – 24 July)

3 Sets of clothing (1 per day)	WARM clothing (for evenings)
1 Towel	Personal hygiene items
1 Pair extra shoes	Swim wear
1 Pair FTU boots (optional – WEAR IF YOU HAVE)	Water shoes (optional)
1 Set pajamas	Sunscreen and bug spray
1 Set sports attire	REUSABLE WATER BOTTLE
1 Pair running shoes	1 Hat (sun protection)