



AKWG Preparation & Training for Overnight Activities

Dec 2022

Capt Karen Padgett, Director of Cadet Programs



Take good notes...





Preparation

- Getting there & back
- Preparation
- Behavior expectations
- CadetInvest/NCSAs
- Conclusion



Getting there & back

- Winter Raptor Transportation Officer, Capt Teresa Gray
 - teresa.gray@orwgcap.org
- New this year: AKWG liaison for those who have provided her their travel information: Capt Kristina Schmidt
 - kristina.schmidt@akwg.cap.gov
- Cadets wear CAP-identifying gear (hat, tshirt, carry something)
- Oregon Senior Members standing by to greet and transport cadets at PDX & back to PDX
- Next year: Looking for volunteers to provide coordination & possible travel assistance



How are your boots?





WINTER RAPTOR 2022 STUDENT PACKING LIST

Please consult CAPR 39-1 for uniform requirements.

Airman Battle Uniform (ABU) IAW CAPR 39-1	Identification (to be carried on person at all times)
2 Sets of ABU Blouses	Current Membership Card
2 Pair ABU Trousers	CAPF 161 (Emergency Information Form)
2 Pair Trouser Blousing Bands	REQUIRED ITEMS
1 ABU Patrol Cap	Warm Winter Coat (black or subdued solid color)
7 Pair Black Boot Socks	Raincoat or Poncho (black or subdued solid color)
1 Pair Black Combat boots (WELL BROKEN IN)	Gloves (black, sage green or subdued solid color)
1 Belt (Tan for ABUs)	Mesh Laundry Bag
1 set of CAP Grade Insignia (2 sets preferred)	Hangers for all uniform items (7-9)
7 T-Shirts (MUST be Desert Sand for ABUs)	Notebook & Pens
Sage Green Fleece and/or ABU Goretex Parka (recommended but not required; must have correct patches and insignia)	Shoeshine Kit with black polish
Thermal Underwear - Sand, White, or Black (recommended)	18-inch ruler
Service Uniform (Blues Class B) IAW CAPR 39-1	Safety and Protective Gear
1 Short Sleeve AF Blues Shirt	10 Face Masks (see acceptable colors in CAPR 39-1) - more will be provided as needed throughout the week
1 Pair AF Blues Pants	Web Belt with Canteen & Pouch OR
1 Blue CAP Cadet Name Plate	CamelBak style Hydration Pack (black or subdued solid color)
1 AF Blues Enlisted Flight Cap with Hat Device	Sunscreen
2 White V-Neck T-Shirts	Flashlight with new batteries
1 AF Blues belt with SILVER buckle	Foot Powder/Moleskin
1 Pair Low Quarter Dress Shoes (WELL BROKEN IN)	Hygiene and Personal Care Items
2 Pair Black Dress Socks	Soap, Shampoo
1 Set Military Shirt Garters (recommended)	Toothpaste and Toothbrush
Lightweight Blue Jacket OR Pullover/Cardigan Sweater (recommended; check CAPR 39-1 for proper wear)	Deodorant
	Hair comb/brush
Non Uniform Clothing	Hair Care Products (as needed)
8 Sets of Underwear	Shaving Kit (if required)
5 Bras - at least 2 must be athletic (female)	Feminine Hygiene Products (if required)
8 Athletic Desert Sand/Black T-Shirts	Hair Pins/Hair Bands/Hair Nets (if required)
5 Pair Athletic Socks	Any Prescribed Medications (must be included on health forms)
1 Pair Running Shoes (WELL BROKEN IN)	Shower shoes (flip flop, sandals, etc required)
2 Pairs Athletic Shorts (black or navy blue)	Towel and washcloth - showers are required daily
2 Pairs Athletic Sweatpants (black or navy blue)	Personal Preparation Checklist
1 Long Sleeve Sweatshirt (minimum non-offensive print; must be solid color tan, black, gray or navy blue)	Males - Fresh, regulation haircut & shave IAW CAPR 39-1
1 Swimsuit	Females - Hair must be within regulation (see above)
ATS/Cadre Items	Personal appearance/cosmetics meet regulation standard (see CAPR 39-1 Chapter 3)
Sleeping Bag OR Linens/Blankets AND Pillow	Uniforms need to be clean, pressed and inspection ready - ask your home squadron for help if you have questions
Laptop/Tablet (required for ATS)	Uniform boots and shoes cleaned and highly polished
6" insignia ruler	Cash is not needed during encampment - no more than \$20.00 if needed for traveling or missing items
Blues Tie with pin/clip (males) OR Tietab (females) AND Complete Set of Ribbons (WORN BY CADRE & ATS ONLY)	Wrist watches (if worn must be conservative color)
Blues Class A Jacket AND Service Cap (Sq/CC AND HIGHER ONLY)	Come with hydration/canteen full of water
Prohibited Items - Non-inclusive list	
Knives, scissors, or weapons	Food, candy, gum or snacks of any kind
Lighters, Matches, Fire Starters, Fireworks	All beverages other than Water
Tobacco Products of any kind	Non-prescription drugs not listed on medical form
Electronics (i-pods, laptops etc...) for basic students *Cell Phones will be collected and secured for the duration of the encampment	Books, magazines, reading materials - you will not have time for these. Religious documents (E.G. Bible, Quran, Tanakh, Tipitaka, etc) are okay to bring

Plus

Sleeping bag,

Pillow,

Combination padlock

[https://akwg.cap.gov/](https://akwg.cap.gov/encampment/orwg22)

encampment/orwg22



(Winter Raptor Encampment Code of Conduct if differs from below)

- The safety of our members is paramount and will not be compromised.
- The CAP **Core Values** will be honored at all times.
- The Chain of Command must be observed and respected, except for matters of safety.
- Hazing and fraternization will not be tolerated.
- No alcohol, tobacco, or non-prescribed controlled substances are tolerated on the premises.
- No weapons are tolerated on the premises.
- No gambling or objectionable reading material is allowed on the premises.
- Cadets will remain in their beds after lights out, except for emergencies and bathroom trips.
- Members will adhere to proper hygiene (showers, teeth, etc.) and uniform appearance.
- Proper sign-in and sign-out procedures must be observed.
- If phones are brought to encampment, they will be turned in to the Training Officer during shakedown.



CAP Core Values

Integrity: Do what's right even when no one is watching

Volunteer Service: Selflessness

Excellence: Give every challenge your best effort

Respect: Treating others as you would like to be treated

Respect leads us to the Wingman Concept

Wingman: A person who helps you make good decisions

Reference: Learn To Lead Chapters 1 & 2

Wingmen fly together and fight together.

Just like Air Force airmen, cadets stick with their wingman.

If your wingman is in trouble, tell any trusted adult.

Some things to watch out for include your wingman being . . .

- ☆ asked creepy, personal questions
- ☆ made to meet anyone outside normal CAP events
- ☆ singled out for special attention or favoritism
- ☆ asked to lie or knowingly disobey CAP regulations
- ☆ sent lots of private messages from anyone
- ☆ bullied or bullying someone
- ☆ in a strange mood or feeling weird for no good reason
- ☆ subjected to unwelcome, touchy-feely behavior from anyone





Speaking of unwelcome behavior...

Though a volunteer organization, Civil Air Patrol is similar to a workplace. This training prepares you well for the workplace as well as for CAP.





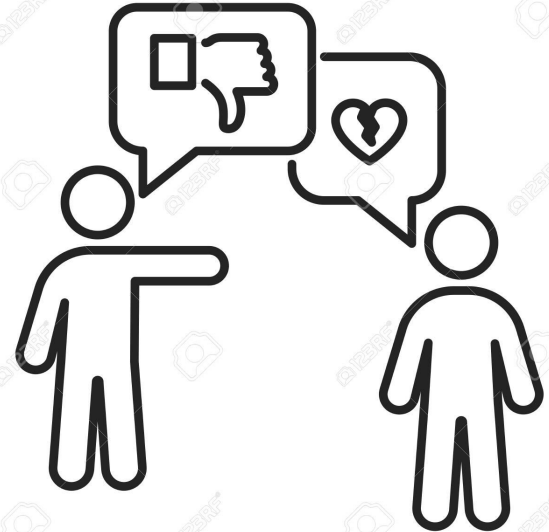
What is harassment?

- bullying
- treating others in abusive ways
- making sexual or other offensive jokes, comments, or gestures
- making or spreading rumors
- any repeated unwelcome acts
- 3 types: Verbal, Written/Visual & Physical



Verbal Harassment

- name-calling
- obscene or explicit jokes
- comments about anyone's bodies
- demanding one individual out of the group do something
- innuendo about behavior that is threatening
- attempting to persuade you to do something for them





Written and Visual Harassment

Written: letters, notes, posts on social media or texts depicting inappropriate behavior or bullying others

Visual:

- making inappropriate or rude drawings
- taking inappropriate photos of others
- staring or leering at someone
- Posting ANY or all on social media.





Physical Harassment

All unwanted physical contact—that of a sexual nature, that meant for harm, and any repeated unwanted physical contact.

ALSO...

Blocking someone or cornering someone in a space also falls under the physical harassment category.



Activities

- Benefit of the doubt
- What if your friend is the person on the left?
- What if your friend is the person on the right?
- What if you're the person on the right?
- What if you're the person on the left?





What if you see someone harass someone else?

- Stop the situation if you can stay safe
 - Confront the person,
 - Distract the person, or
 - Get a Senior Member
 - Write down what happened (WWWWWH)
- Cadet Staff: If something is reported to you, write it down and tell Senior Members

IF YOU SEE SOMETHING SAY SOMETHING



What if you are harassed?

- Tell the person to stop
- Tell a Senior Member immediately
- Write down as many specifics as possible as soon as you can (WWWWWH)
- If it's online, take screen shots, then block the person. Do not reply!
- Be brave! Report the inappropriate behaviour. It's not your fault
- Stopping someone means they are less likely to harass someone else

NOTE: in CAP, complaints are handled privately, and you won't necessarily know about any adverse action



What if someone asks *you* to stop?

- Check your regs/POD before you correct someone
- Remember that nearly everything is cadet-planned and cadet-lead. You may be undoing many cadets' hard work
- Cadets remember and are part of future selection processes NATIONWIDE
- Make a note in your journal in case there is a misunderstanding & you need to explain yourself later
- Senior Members are standing by to help





Encampment Graduates eligible!

- 12/30/21 Deadline (ie while you are gone!): CadetINVEST deadline
 - travel/tuition assistance to NCSAs
 - Other scholarships/financial aid
 - <https://akwg.cap.gov/programs/cp/scholarships/cadetininvest>
- 1/11/22 Deadline (ie right after you get back: AKWG Summer Encampment Staff applications
 - <https://akwg.cap.gov/encampment/2023/cadre>
- 1/15/22 Deadline (ie right after you get back): NCSA “early on-time” deadline
 - <https://akwg.cap.gov/programs/cp/activities/ncsas>
 - Hawk Mountain Ranger School
 - National Cadet Competition Staff
 - NFAs, SUPTs, Space Ops & more!!



Conclusion

- Recap
 - Getting there & back
 - Preparation
 - Behavior expectations
 - CadetInvest/NCSAs & Encampment staff
- Concluding video



In Conclusion: CAP Core Values

- Integrity
- Volunteer Service
- Excellence
- RESPECT

"NO MATTER HOW
RICH, TALENTED
OR GREAT **YOU**
THINK YOU ARE...
HOW YOU
TREAT PEOPLE
ULTIMATELY
TELLS ALL"

FEARLESS SOUL











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