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**Emergency Services Training Weekend May 3 through May 5, 2019**

Group 4 Rochester-Owatonna- Red Wing-Mankato- Worthington- Pipestone Squadrons

Whitewater State Park (http://www.dnr.state.mn.us/state\_parks/whitewater/index.html)

Check in Friday, 4pm- 10pm, May 3, 2019 (or late check in Saturday May 4 before 800 hours)

Dismissal Sunday, 1000 hours, May5, 2019

Cost $30.00 (participants must be registered and paid prior to ES. **No onsite registration or payment will be accepted.**)

**Program**

This will be a full weekend of ES training culminating in a simulated mission exercise on Saturday afternoon involving the search for a downed aircraft and survivors. The setting is in Whitewater State Park, a 2,700 acre park in southeastern Minnesota a few miles north of St Charles, Minnesota and half hour east of Rochester. Training will include compass use, line searches, use of direction finders, ELTs and communications.

**What you need to bring.**

* Proof of online registration and payment
* CAP Identification
* 101 Card (*Go to Eservice/ Operations Qualifications to print out*)
* Form 32 CAP Cadet Permission Slip signed by a parent or guardian
* Form 160 CAP Member Health History Form
* Form 161 Cap Emergency Contact Form
* ABUs w/ outside wear as appropriate (it could be cold or wet)
* Set of civilian clothes
* 24 Hour pack (fully supplied)
* Sleeping Bag (pillow -optional)
* Lunch for Saturday
* Snacks
* Canteen
* Personal hygiene items (towel, soap etc.)

**Meals**

The SE Minnesota Squadron will supply Saturday breakfast and dinner and Sunday breakfast. You are responsible to arrive on Friday already fed. You are responsible to bring snacks and Saturday lunch.

**Accommodations**

We will be staying at the Whitewater Group Camp which consists of a lodge/mess hall with a full commercial kitchen, cabins for sleeping and restrooms and showers. Cadets will be billeted in separate cabins (separate for male and female). Seniors will be billeted in separate cabins as well (separate male and female).

**How do You Sign Up and Go?**

Sign up on line at [**http://semncompsq.com/es-weekend**](http://semncompsq.com/es-weekend)

(*Note: participants must register and pay online prior to ES weekend.* ***No onsite registration or payment will be accepted.****)*

You will need to complete your GES training prior to ES weekend. (Go to Eservices and test online.) Print off and fill out CAP forms 32, 160 and 161. Please have a parent or guardian sign off on them and bring them with you.

Get your gear together. Make sure your 24 hour pack is replenished.

Organize your transportation via the Squadron van or personal vehicle.

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***Let your Squadron Commander know you intend to come.***

**CAP SE Minnesota Whitewater ES Weekend May 3-5, 2019**

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Name (Last, First) Rank CAP ID Number

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Squadron Specialty

**I plan to check in on: (check one)**

\_\_\_\_ Friday evening

\_\_\_\_ Saturday Morning Signs Ups (check one)

**See you there!**