

EXAMPLE EXERCISE LOAD CARRYING PLAN

1. Equipment specifications.

Ser. (a)	LCE Spec. (b)	Description (c)	Average Weight (d)	Maximum Weight (e)	Notes (f)
01	Belt kit	Webbing only, 3 or 4 pouches	54 kg	7 kg	
02	CEFO	Belt kit +PLCE 'jetsack' or other daysack	10 kg	12 kg	If cadets using own daysacks, DS to check for suitability
03	CEMO	Belt kit + PLCE infantry bergan (daysack packed in to bergan)	20 kg	25 kg	DS to check that cadets have short/long back bergan as appropriate to their height

2. Load carrying events.

Ser. (a)	MEL Serial (b)	Duration (min) (c)	Distance (m) (d)	Terrain (e)	LCE Spec. (f)	Notes (g)
01	2-4	90	5000	Track	CEMO	March in to harbour
02	5	30	100	Rough	Belt kit	Harbour recce
03	6	90	-	Rough	Belt kit	Harbour routine
04	7	120	-	-	-	Rest
05	8	150	2000	Rough	CEFO	Recce patrol