

CFB ESQUIMALT 2025-2026 ACTIVITY GUIDE

A PROGRAM RESOURCE FOR THE DEFENCE COMMUNITY OF CFB ESQUIMALT

The Maritime Forces Pacific Activity Guide is a comprehensive book on all fitness, sports, recreation, health, children, family and other morale and welfare programs — *in person and virtual* — available to the DND community. It has a distribution of 2,500 copies, and is produced three times a year.

Guides are distributed 3 Nov 2025 / 9 Feb 2026

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