

MAWG ES: BLOCK III ES TRAINING
SUNDAY, JANUARY 31, 2010
AIRMAN & FAMILY READINESS CENTER
BUILDING 1218
CORNER OF BARKSDALE & KIRTLAND STREETS
HANSCOM AFB, BEDFORD, MA

The goal of Block III ES training is to achieve Ground Team Member (GTM) Level 3 trainee status. In order to do this, you must successfully complete all prerequisites. Also, Basic First Aid is required for GTM Level 3. MAWG has an excellent instructor, CAP Major Lynne Putney.

You must do some advance preparation, in the interest of time. Remember to **complete CAPT 117, Part I**, on line prior to attending. Ask your ES officer if you are unclear about how to go about taking this test. You must **have all 24 hour gear** listed in the Appendix below in order to be signed off on: **0-0001: Prepare Individual Equipment.**

SPACE LIMITATION: 30 STUDENTS MAXIMUM (Priority given to Block I, II ES students)

POC: LOUANN MAFFEI, MAJ, CAP 774 292 9638 retgiraffe@hotmail.com

UNIFORM OF DAY: BDUs: CAP ID, 101 CARD, & 24 hour gear as per Appendix A, B.

BRING \$5 FOR LUNCH: Hot lunch with fruit, dessert, beverage

ADVANCE PREPARATION: (You want to get out in time, correct? This will help ensure that).

Study 0-0601: Conduct Actions if Lost: Know S-U-R-V-I-V-A-L
Briefly explain the meaning of each part.

STUDY 0-0003: Prevent & Treat Hot Weather Injuries
0-0004: Prevent & Treat Cold Weather Injuries
0-0902: Exercise Universal Precautions

There will be written quizzes on these topics, so it will help you to study in advance.

PLAN OF DAY:

0830-0845: SIGN IN

0900 - 1200: BASIC FIRST AID:

INCLUDES: 0-0902 EXERCISE UNIVERSAL PRECAUTIONS
0-0003 PREVENT & TREAT HOT WEATHER INJURIES
0-0004 PREVENT & TREAT COLD WEATHER INJURIES

1200-1300: LUNCH & INSPECTION OF 24 HOUR GEAR (See Appendix Below)

1300-1400: BASIC FIRST AID (continued)

1400-1430: TESTS: Exercise Universal Precautions, Hot Weather Injuries, Cold Weather Injuries

1430-1500: CONDUCT ACTIONS IF LOST oral quiz & BREAK

1500-1600: 0-0101: IDENTIFY NATURAL HAZARDS
0-0102: PREVENT & TREAT FATIGUE
0-0103: CONDUCT FIELD SANITATION & HYGIENE

APPENDIXES are on next page. Appendix C gives you a heads up for the February's Winter Bivouac

APPENDIX A: 24 HOUR GEAR: BRING ON JAN 31ST.

BDUs with CAP ID, 101 card

Green task guide

Orange reflective vest

Watch

Tissues or handkerchief: comb or brush if needed

Signal mirror

Pocketknife or utility knife such as Gerber or Leatherman

First Aid Kit (*see Appendix B below*)

Survival kit: (in waterproof bag or Zip-Lock bag): 5-10 ft duct tape, large leaf bag, 12 waterproof matches in waterproof case with striking surface, 50 ft paracord, & 1 green chemical light stick

SAR equipment: In Zip-Lock bag: change of socks, flagging tape, flashlight with red lens & spare bulb and batteries, penlight, leather work gloves, lip balm, sunscreen, insect repellent, and tissue paper.

4 Moist towelettes in foil or wet wipes

2 meals

Cell phone

8 x 10 ft tarp

Poncho

Orienteering compass

Day pack or web gear or survival vest

2 quarts water or Camelback

(optional but a good idea: protective goggles)

APPENDIX B: FIRST AID GEAR, PART OF 24 HOUR GEAR: BRING ON JAN 31ST

Suggested items, all in zip-lock bag or waterproof container:

2 alcohol pads

antiseptic ointment

6 Band-Aids of various sizes

roller bandage

4 gauze pads

2" x 4" moleskin (or Second Skin)

2 pair of latex-free gloves

first aid tape

triangular bandage

2 large safety pins

TURN PAGE FOR APPENDIX C: IT LISTS GEAR REQUIRED FOR THE WINTER BIVOUAC: FEBRUARY 19-22, 2010. THIS GIVES PLENTY OF TIME TO GET PREPARED:

APPENDIX C: BASIC 72 HOUR GEAR WITH SPECIFICS FOR WINTER WEATHER:

Green Task Guide Basic 72 Hour Gear:

Section A. 5 meals

Section B: Spare uniform & 3 changes underwear in waterproof bag, toiletries

Section C: 2 large leaf bags, shoe shine kit, sewing kit, spare boot laces

Section D: Extra poncho or tarp or tent, sleeping pad and either sleeping bag or bedroll.

Optional: water purification tablets, entrenching tool, 20 ft of 1-inch nylon webbing

Living in New England adds layers of risk to life and limb. Below is a list of winter safety gear, with special thanks to 1st Lt Eric Kuegler. The items below are **MANDATORY** in order to attend the Winter Bivouac, **along with** sections A, B, & C.

___ MUMMY SLEEPING BAG RATED AT ZERO DEGREES: Make sure that it is in a labeled, waterproof bag. If the weather is going to be below zero degrees or if you don't have a zero degree rated bag, you will need to supplement your sleeping bag by adding additional sleeping bags, blankets, or comforters. **Just in case, bring a comforter, blanket, sleeping bag liner or additional sleeping bag in waterproof bag.**

___ EMERGENCY REFLECTIVE BLANKET SHOULD BE PART OF YOUR GEAR!

___ CLOSED CELL FOAM GROUND PAD FOR INSULATION UNDER SLEEPING BAG (at least 1, but **2 is better** in the winter) , in labeled waterproof bag. If you don't have this, you must bring an extra blanket.

NO AIR MATTRESSES.

___ We Need Three or Four Season Tents. When you sign up, please indicate if you are bringing a winter tent and how many it sleeps. Thank you!

___ **HUNTER ORANGE SAFETY VEST** OR **HUNTER ORANGE SKI CAP (still hunting season)**

___ **FACE PROTECTION** FROM THE WIND: FACE MASK, BALACLAVA, etc.

___ **ONE PAIR OF LONG UNDERWEAR ON YOUR PERSON UPON ARRIVAL.**

___ **AT LEAST ONE EXTRA SET OF DRY, CLEAN, LONG UNDERWEAR (TWO IS PREFERABLE), IN ZIPLOCK BAGS.** You will be wearing a second set of clean, dry long underwear to bed. You would use the third set the next day.

___ **WATERPROOF, WINDPROOF OUTER LAYER JACKET & PANTS WITH LAYERS OF POLYPROPYLENE OR ACRYLIC UNDER THIS. NO COTTON. LAYERS!** Warmth is the priority here. May wear ski pants or Gortex over long underwear, BDUs, etc.

___ **WARM, WATERPROOF (GORETEX IS GREAT) MITTENS or GLOVES with SPARE PAIR**

___ **WARM WINTER HAT with SPARE (HUNTER ORANGE IF YOU HAVE IT)**

___ **LAYERED CLOTHING: WOOL OR POLYPROPYLENE OR ACRYLIC: NO COTTON**

___ **WARM, WATERPROOF WINTER BOOTS: ex = SOREL brand). NOT JUNGLE BOOTS.**

___ **2 CHANGES OF WARM BOOT SOCKS** (wool or wool/synthetic blend) or fully synthetic thermal socks or thermal socks) in labeled, Ziplock bag. **NO COTTON SOCKS.**