



THE

RANGER

DIGEST I

TIPS, TRICKS & INFO



A SOLDIER'S GUIDE TO LEARNING
THE TRICKS-OF-THE-TRADE



NOTE: COPYRIGHT PENDING

\$5.00

1 FOREWORD....

This book was primarily designed to help the new inexperienced field soldier in living and surviving in a combat related outdoor environment. Not only will the new soldier find these tips and ideas very useful, but the old and experienced soldiers will too. If you read and follow these simple instructions that are mentioned throughout this book. You will find the outdoor field conditions a lot more bearable, comfortable and enjoyable.

Anyone wishing to share their ideas, tips or suggestions. I'd be more than happy to hear from you, and consider publishing them in the next edition of the RANGER DIGEST.

Share the wealth of your experience with other fellow soldiers and military minded readers and weekend warriors. Don't keep these tips and ideas to yourself. For every tip or idea that I accept to print in the next edition, I will send you one (1) free copy of the RANGER DIGEST. And as an extra bonus, I will print your name on the page that has your tip or idea on it.

The rules are as follows;

1. The tip, idea or suggestion has never been published or taken from any other reading source. Example, cannot be copied from any books, magazine, etc.
2. To the best of your knowledge, you are the only known person who has ever thought up (or created) this tip, idea or suggestion.
3. It must be related to the book's contents. Which is combat related outdoor field living and expedient "know-how" techniques.
4. Describe and send a drawing of your tip with your return address.

All letters will be answered regardless if the idea or tip is accepted or not. (Please allow sufficient time for response)

Send your comments, tips, ideas or suggestions to the following address.

C/O RICK F. TSCHERNE
7 WESTVIEW WAY
WEST GROVE, PA
19390

NOTE: This is a "drop box" address only, all mail will be forwarded to me from this address. Thank You.

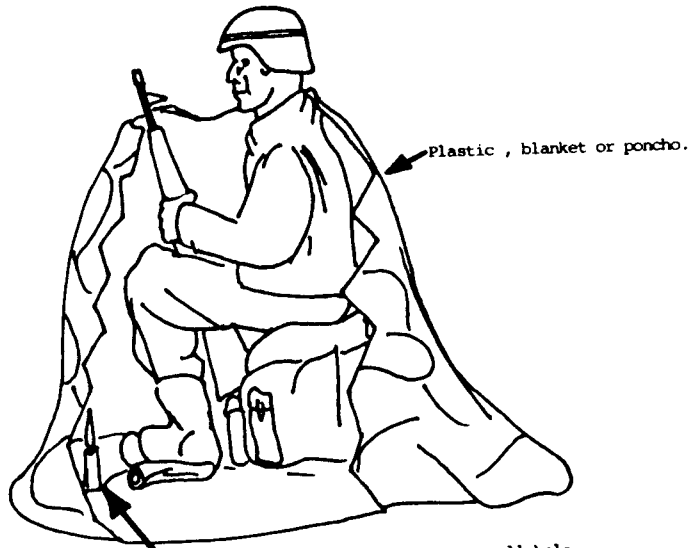
CADDLES

There are a lot of uses for candles when you are in the field. No matter which of the four seasons it is, they come in handy in many situations. To name just a few:

- LIGHT SOURCE in non-tactical situations.
- FIRE STARTER for wood fires.
- STOVE for heating food.
- BODY WARMER when used with a poncho

Carry several small candles in your rucksack when you go to the field. They are light weight and do not take up much space. Pack a small candle in your LBE also: you never know what emergency use it will have.

Don't forget to pack waterproof matches or a butane lighter. A butane disposable lighter is the better choice because of its size and weight it lasts over many lights, is waterproof, and may be used as a mini strobe light for signalling (when the gas is off or finished).



CANDLE under cover preferably in a small hole below the ground away from direct contact with any material.

FIELD RATION SUPPLEMENTS

The truth of the matter is that the MRE, C-Ration, LRRPs, and Field Rations in general are not listed on the Pentagon's cafeteria menu as "1 taste treats. The lowly field soldier doesn't have much choice but to close his eyes, plug his nose, and eat what he gets. However, there are a number of lightweight ingredients that can be packed in your ruck which will "kill" the original taste and possibly make it a bit tastier as well. If you take the time to go to the grocery you can easily find the ingredients to your liking. A few sample ingredients you can easily carry and pack in your ruck are:

- HOT SAUCE: Great for killing the taste!
- HOT PEPPER: To spice it up.
- ALL SEASONS SPICE: Adds flavoring.
- ONIONS: Adds to aroma.
- PEPPERS: Hot or mild.
- CHEESE: To melt in for creamy texture and taste.

There are a number of field menu books on the market today written by Rangers and Special Forces soldiers. These are great, if you can memorize menus and carry a lot of ingredients in your ruck. But to save on weight, pack only the minimum of ingredients you feel you will use. This may save you from having to put up with the "GI shits."

*** PS: If you pack vegetables, make sure they are the type that will not rot fast.



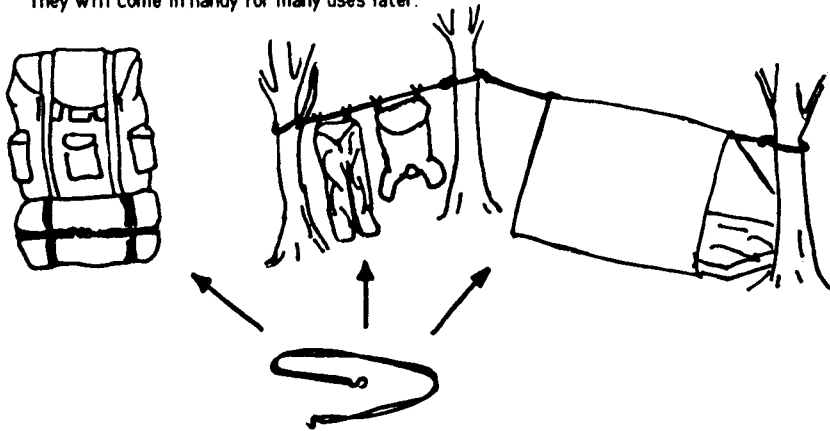
Tie-Down Straps (Bungy Cord)

One piece of civilian car equipment that has proved an excellent accessory with many uses is the "bungy cord." Originally, designed for lashing down luggage on car roofs, it popped up in the military market a few years ago. It can be used as an all purpose tie down for rucksacks, shelters, clothes lines, and whatever else your imagination invents.

The color of the bungy cord should be black or dark green for tactical reasons. If you can't locate the color on the store shelf, you can easily dye or paint the cord. Before you dye or paint it, stretch it to it's full length, then add the dye or paint. Don't try to paint/dye the cord without first stretching it. A shoe dye/polish or spray paint will do the trick. But keep it camouflaged (black or green in vegetated area, white in alpine areas).

You can add extra hooks made from wire cut from coat hangers. These can be used as hooks for hanging clothes or as extra hooks for securing the bungy cord to the rucksack or shelter tie-down. Get yourself a wire coat hanger and cut it into 4-6 inch pieces. Grab a pair of needle nose pliers and bend/wrap the wire around the cord. Form hooks at the end. Hooks wrapped around bungy cord should be able to move freely back and forth.

The most useful length of bungy cord is 2 to 3 feet. It is recommended that you get 2 or more and attach them to your rucksack. They will come in handy for many uses later.



DRYING CLOTHES

Clothes that become wet in the field due to weather or water-crossing can be a hassle to dry, especially if you can't build a fire because of the tactical situation. However, there are several ways to dry clothes in the field other than using clothes lines. If time is taken to use the tricks below, you should have no problem drying your clothes.

If the clothes are wet from body sweat, they will not dry properly unless you rinse them in water first. They will dry "sticky" and "stiff." This is due to the body salt in the material. Rinse the clothes in any clear water, wring out as much of the water as possible, and dry using one of the methods below. Here are a few reliable methods of drying clothes in the field:

WAIST/ARMPIT METHOD: This is an easy way to dry small pieces of clothing such as socks and gloves by using your body heat. Place these pieces of clothing under your shirt armpits or around your waist. They should not come in direct contact with the skin, only the under garment. After a few hours they should dry. It is only good for short moves and stationary positions. It will not work if you are making long distance foot movements due to sweating.

CAUTION: Clothes should be wrung out as much as possible to prevent too much dampness from cooling your body temperature. If over a short period of time you become cold (especially in a cold weather environment) remove wet clothing from these locations.

TREE-BRUSH METHOD: Simply lay clothes above ground on tree and brush branches. The sun and air will dry clothing quickly. In cold weather insure clothes are shaken and wrung out as much as possible. Too much water left in clothing may cause clothes to freeze instead of drying.

RUCKSACK DRYING METHOD: If you are on the move a lot and can't stop to dry your clothes, you can attach them to the outside of your rucksack. Tie or lash them securely. The sun and open air during a movement should dry them in a short time. Before putting the clothes away or on, ensure you shake them out well to remove any insects or tree branches that have gotten inside during your movement.

THE SLEEPING BAG DRYING METHOD: This is one of the best night time methods. Wring out as much water as possible from the wet clothes and spread them out inside the sleeping bag. Don't just dump them inside or they will not dry evenly and you will not sleep comfortably. Without removing the clothes you are wearing, lay down on top of the wet clothes. The clothes you are wearing will keep you separated from the wet ones and act as insulation. Unbutton as many buttons as you can and sleep with your shirt, pants, and pockets open. This will help release a flow of body heat which in turn will dry the wet clothes while you sleep. At first the wet clothes may appear cool and damp until your body heat inside the sleeping bag raises their temperature to normal body temperature. This method works well in winter time.

CAUTION: This method should not be used by an individual who is suffering from an illness or abnormal body temperature.

REMEMBER: In order for any of these methods to work successfully, clothes must be wrung out so as to remove as much water as possible.

CAMMY OPI

Military issue camouflage stick is not the easiest stuff to put-on or to get-off. There are several simple techniques used in putting camouflage paint on. If you practise a few of these tricks-of-the-trade you will be able to put it on and wipe off easily.

OILS: Before putting on military issue camouflage, put a few drops of baby oil or skin lotion in your palms and rub over the skin you intend to cover. Baby oil or lotion are commonly available at any grocery. Take the camouflage stick and rub it on: you will be pleased about how easily it applies and without hurting your skin. It will feel as if you are not wearing any at all. One problem may occur if you put too much oil on. *Too much will cause the camouflage paint to wipe or drip off easily. The use of oil or lotion will keep your skin healthier and cleaner when camouflage paint is used.

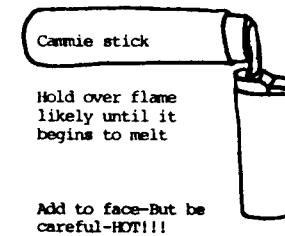
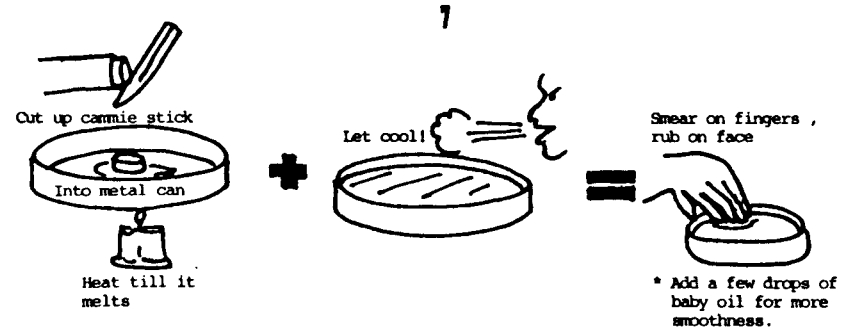
If baby oil or lotion are not available, you can use any skin ointment, even insect repellent. Use them the same way as described above for baby oil.

HEATING: Another method of putting camouflage on is to hold a small flame over a lighter or match until it starts to melt. Then smear on while it is still warm. This may be a little painful if it is still too hot, so be careful.

* You can use a shoe polish can, wiped clean, and melt the entire camouflage stick into it. Melt one color into one side and the other color into the other side. When you need to camouflage, simply wipe your fingers in the can of camouflage and smear it on. You might add a drop or two of baby oil/lotion to the can for easier smearing.

COMMERCIAL: If you don't want to go through all the troubles with the military stick, you can buy one of several kits listed in any military or outdoor magazine.

REMOVAL: To remove camouflage paint from your skin, simply smear on any skin care lotion and wipe it off. Again, baby oil/lotion can be used. Once all camouflage paint appears to be off, wash your skin with soap and water.

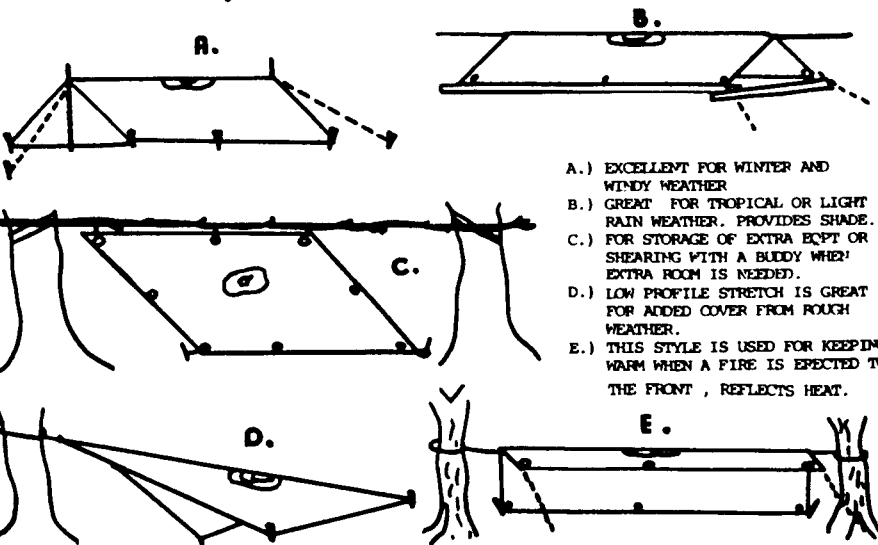


FIELD EXPEDIENT PONCHO SHELTER

The poncho is an excellent piece of equipment that is easily molded to fit your shelter needs. There are a vast number of shelters that can be easily erected with the poncho. Each has its advantages and disadvantages, depending on weather and season. Construct your shelter to suit weather and living conditions, not just a SOP shelter that fails to do the job you need in bad weather.

It is recommended that you pack two ponchos: one to be used as over-head cover and the other as a ground cover. Modify each poncho by adding a length of strong string (nylon parachute cord is ideal) to all four corners and all four sides. Tie them to the grommets in the poncho. The strings should be at least 18 inches long or longer. These will be used as tie downs to lash the poncho to trees and branches when forming a shelter. The strings may not all be needed all of the time, but they are there when needed.

The designs shown are for one man shelters, two or more man shelters can easily be constructed by adding additional ponchos and a little bit of imagination.



- A.) EXCELLENT FOR WINTER AND WINDY WEATHER
- B.) GREAT FOR TROPICAL OR LIGHT RAIN WEATHER. PROVIDES SHADE.
- C.) FOR STORAGE OF EXTRA EQPT OR SHEARING WITH A BUDDY WHEN EXTRA ROOM IS NEEDED.
- D.) LOW PROFILE STRETCH IS GREAT FOR ADDED COVER FROM ROUGH WEATHER.
- E.) THIS STYLE IS USED FOR KEEPING WARM WHEN A FIRE IS EXPECTED TO THE FRONT, REFLECTS HEAT.

OVER-LOOKED UNDER-CLOTHES



One of the most overlooked comforts in the field comes from your underclothes. Most soldiers either do not wear or change the underclothes regularly enough. Underclothes are important garments which keep you from being rubbed sore when the outer, coarse clothes are wet with sweat. They keep you warmer and dryer in cold weather. To wear and keep on wet underclothes and change only the outer clothing is stupid: it is essential to change both.

In summer season when you are marching and moving through the woods, the sweat that gets on the underclothes will become sticky and uncomfortable. It may cause discomfort known to GIs as "prickly heat." It is a skin discomfort that feels like you are being stuck with 1000 pins across your back: extremely uncomfortable! When this occurs, changing the underclothes may not resolve the problem, but it will definitely help. You need to change or rinse out your underclothes at least daily, at the end of the day or at the end of a movement.



The winter season is when the underclothes become very critical. When the underclothes become wet and damp in cool weather, the moisture that is on the body reduces body temperature, which in turn makes the body cold and produce less body heat as long as moisture (sweat) remains in contact with the skin. A good example of this is when you turn on an iron to produce heat: add water to the hot surface of the iron and it will cool until the water is evaporated and gone. But this process is not so simple with the human body. The body will cool (and get colder) until it is dehydrated and the clothing is cold as well.



So the next time you go on a long movement or march, don't waste your time resting: change your t-shirt and undergarment immediately. You will find yourself 100% more comfortable, dryer, and warmer immediately. Your buddies will be hurting and freezing their "buns" off.



SPECIAL TIP: Without delay, change your t-shirt after a long & hard movement in the fall/winter season. You will not believe the difference it will make in staying warm and more comfortable. Try this once and you will be totally convinced. But be sure to wipe off as much sweat as you can with the damp, sweaty t-shirt before putting on the dry one. You will be cold for a few minutes - but it will pay off more than you can imagine!



BUCK PACKING

Packing your ruck sack is like furnishing your home. You want to arrange it in a certain way to fit your needs. There are many ways that a ruck can be packed, but there is a right way and a wrong way. The difference is a choice between being comfortable and convenient versus being uncomfortable and dealing with a lot of unnecessary hassles.

Today's soldier does not have a choice on what can be taken to the field, but he does have a choice in where the required items are packed. If you take the time and separate your field equipment by daily use and occasional use, it will be much easier to pack and locate without dumping everything. A simple way of dividing and packing it should go something like this:

DAILY USAGE

- SLEEPING GEAR: Tied outside, located on top or bottom of ruck.
- SHELTER COVER: Tied or packed with sleeping gear or if small enough, in outside pocket of ruck.
- STOVE: Packed/tied outside of ruck. (Use a canteen case).
- SHAVING KIT: Packed in outside pocket of ruck.
- FOOT POWDER/CHAPSTICK: Packed with shaving kit.
- SWEATER/JACKET: Inside of ruck, packed toward the very top.
- FOOD ARTICLES: Pack no more than one or two meals in one of the outside pockets. If there are additional meals, pack them deep inside of ruck.

OCCASIONAL USAGE

- RAIN SUIT: Outer top ruck pocket or inside ruck toward the top.
- SOCKS/UNDERCLOTHES: One set toward the top inside of the ruck.
- OVERSHOES: Tied outside of ruck, possibly strapped to sleeping gear.

Any additional clothing or equipment that must be taken can be packed toward the bottom of the ruck. An example of this is additional uniforms, blankets, boots, socks, etc. Keep the majority of the weight toward the top so it will be better balanced for walking and easier to carry.

SPECIAL TIP: Put as many items as possible inside plastic bags. Small trash bags or zip-lock sandwich bags are ideal. They keep items clean, fresh and dry in all types of weather conditions. And they can be used as mini laundry bags to prevent other items from becoming dirty and smelly.

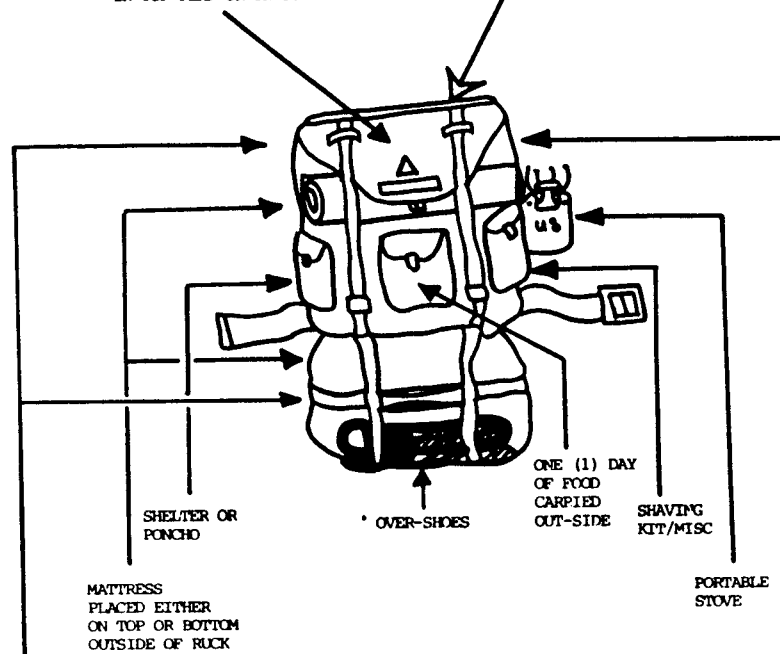
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PACK AS MUCH CLOTHING IN SMALL PLASTIC BAGS TO KEEP DRY AND FRESH, AND SEAL WATER TIGHT.



KEEP WEIGHT TOWARDS THE TOP FOR EASY CARRY. KEEP NEEDED ITEMS OF USE FIRST.

RAIN SUITE PLACED IN TOP FLAP OR ON TOP.



SLEEPING BAG
PACKED ON TOP
OR BOTTOM OF
RUCK.

MATTRESS
PLACED EITHER
ON TOP OR BOTTOM
OUTSIDE OF RUCK

* OVER-SHOES

ONE (1) DAY
OF FOOD
CARRIED
OUT-SIDE

SHAVING
KIT/MISC

PORTABLE
STOVE

COLD WEATHER
SEASON KEEP
JACKET NEAR
TOP.

* MOST IMPORTANT USE THE WAIST STRAP THAT COMES WITH THE RUCK, WEAR IT TIGHT SO THE WEIGHT WILL REST ON WAIST/HIPS AND NOT ON SHOULDERS.

BEDDING DOWN

When selecting a spot to bed down for the night with your unit, you may not have a large choice as to where. Due to the tactical situation you are in, you may have a choice over only 4-6 feet of a designated area. This may amount to the choice between sleeping on a rock or a log. Whatever the case may be, you will have to make the best of it. But if you are lucky enough to have some control over where you sleep, keep these points in mind when selecting the exact spot:

OVERHEAD COVER: Choose an area with natural overhead cover, such as a tree. The lower branches and leaves are to the ground, the better the protection from the weather.

INSECTS: Insure there are no insect holes or nests where you plan to put up your shelter or bed. Or eating and sleeping may turn into a nightmare.

INCLINE: Select an area where the ground is fairly level with the fewest hard objects protruding. If you must sleep on an incline, position feet toward the bottom of the incline.

WETNESS: Insure the ground surface is as dry as possible. If there is no dry spot, use a ground cloth such as a poncho or mattress to separate your sleeping gear from the ground. If necessary, add leaves, pine needles and soft brush to separate you from the damp ground.

BODY POSITION: If you have uneven ground, always place your head higher than your feet. If necessary, use your other gear to keep your head higher. Sleeping with your head lower than your feet may cause you to wake up with a headache or cold fee (especially in the winter).

MODIFICATIONS: Where a proper bed cannot be located, use your entrenching tool or any shovel to make it more comfortable.

SPECIAL TIP: In winter time don't sleep with your head inside your sleeping gear to keep warm. This will cause water particles and condensation to form inside and cause the sleeping bag to become damp. When your sleeping gear is damp, it may cause your body to cool and fail to produce the body heat needed to warm the sleeping gear and keep you warm. Also, sleeping with your head inside is unhealthy. You may feel warm, but breathing the same air, over and over, can cause you to wake up with a headache or nausea. Keep at least your face out of the sack. If necessary, place a towel or other piece of clothing over your face to protect it from the cold.

EXTRAS FOR THE FIELD

FLASHLIGHTS: Buy a compact flashlight that comes with a removable red filter. Don't waste your money on a flashlight if it doesn't have a red filter. In most tactical situations you will be forbidden from using a white flashlight. There are many models and types to choose from on today's market.



SURVIVAL KITS: These are the extra things to keep you prepared in the event you need to really survive in the wilderness. Items to think about acquiring: Compass, Fish Hooks and Line, Sewing Kit, Water Proof Matches, Wire, Folding "Wire-Saw," Signal Mirror, Strobe Light, and many more items.



NAIL CLIPPERS: They come in handy in the field to keep your finger and toe nails trimmed and clean.



ELECTRIC SHAVER: The battery powered (or rechargeable) electric shaver is the ideal way to shave in the field 12 months of the year. No water, soap or razor blade required. The hassles of shaving in the cold are minimized. Battery power will last a long time in the field.



GLOVES: The best set of gloves to buy for winter use are made of a material called GORTEX. This type of material allows body heat to breath out through the material, but it repels incoming water. They are expensive but well worth the cost in terms of warmth.



SKULL CAPS: These are thin wool caps that are worn mostly in cold weather. They fit excellently under the helmet/kevlar to help keep the head and ears warm during cold weather.



SOCKS: When buying socks, buy "pure" cotton for warm seasons and pure wool for cold seasons. Wool will keep feet a lot warmer in cold weather than cotton material.



INSECT REPELLANT: Don't use military issue insect repellent - it won't even scare flies away. Buy a well known can of insect repellent.



RAIN COVERS FOR RUCKSACKS

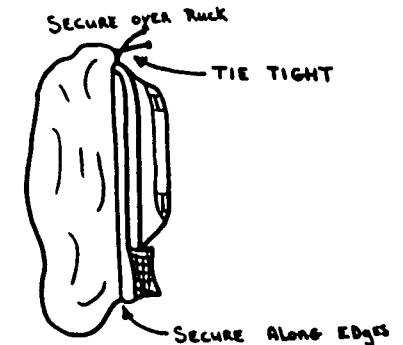
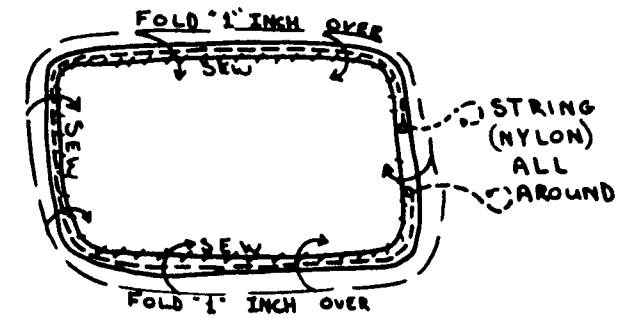
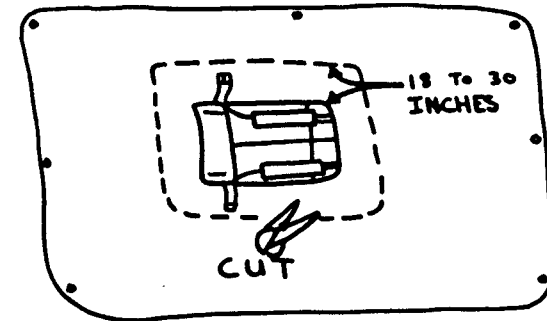
The purpose of using a rain cover for rucksacks is to keep the ruck and its contents as dry as possible. The military rucksack is made of nylon and is water proof to a degree, but not enough. A rucksack cover will help keep the rucksack dry, as well as the equipment inside. If you keep the rucksack from absorbing water, you will also keep the weight of the water from increasing the load of the ruck. A rucksack cover can be worn on the ruck during moves or when laying it down on the ground. Most shelters you will spend the night in will not have much room for you to store your ruck. If you have a cover for it, you can leave it outside without worrying about the weather.

TO MAKE A SIMPLE COVER:

FIRST: Get a new or used military issue water waterproof bag or poncho. The poncho is made of thinner material than the bag, but it's much easier to fold and work with. Cut and lay out the material so it is fully open. Take a fully packed ruck and place it in the center of the material. Starting from the ruck, mark approximately 18 to 30 inches from all around it's sides. Distance from sides will depend on how bulky your ruck is. Then cut out that portion of the material. Corners don't have to reach the ruck frame. (Two-thirds covering of the ruck is sufficient for water proofing.)

NEXT: Mark the inside of the water-proof material one half inch all around. Fold inside, placing a strong string or elastic cord in the fold and sew in place, double stitching. Leave a gap or hole at the top or bottom of the covering when completing your work. This will be where the leading and trailing end of a cord will start and finish. Don't stitch the cord to the waterproof material! The cord must be able to move freely. Finally, place the finished cover over the ruck. To adjust for fit on the ruck, simply pull or loosen the cord to meet the size of the ruck, then pull tight.

SPECIAL TIP: add a few extra stitches around the adjustment hole to prevent the material from being torn when tightened. And place knots on the leading and trailing ends of the cord so it will not slip through the hole. Excess string should be secured to the ruck's frame to prevent it from being lost during fast movements through brush and trees.

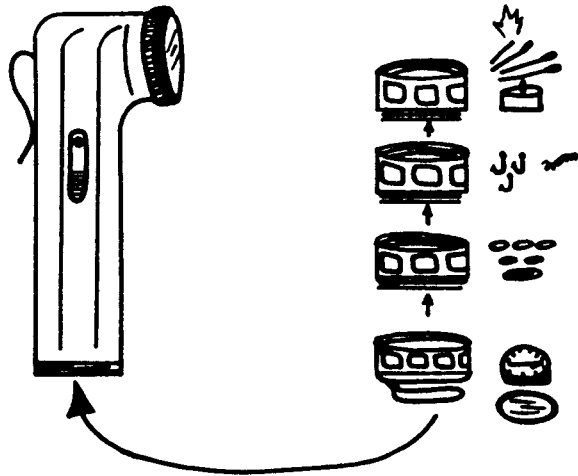


SURVIVAL FLASHLIGHT

Although they are designed to store an extra light bulb and an assortment of filters, the military flashlight's storage compartments can be used to store survival needs. Rarely does one ever use the extra bulb or more than a single red filter. These compartments can be used to store many other small items. Examples:

MEDICINE: aspirin, vitamins, etc
 MIRROR: small signal type
 CANDLE: small with waterproof matches
 FISHING TACKLE: hooks, line, sinkers, etc.
 COMPASS: small, round type

If you get a chance to acquire a broken flashlight or cannibalize parts of one that will be turned in to supply, remove the "screw-on" compartments to add to your own flashlight. You can add as many as you like to make your own mini-survival kit.



TACTICAL SMOKING

Although everyone knows that smoking is bad for your health, some people can't (or don't want to) stop smoking. In some special units you may not have a choice to stop smoking if you want to remain. Units like Rangers, Special Forces, SEALs and Delta have special missions. They can't risk having cigarette fumes or flame showing up in the middle of an operation. A lot of elite unit members "chew" tobacco instead. However, if you have to smoke and can't hold off, follow a few simple guidelines:

AT NIGHT: Light the cigarette with the lowest setting on a butane lighter. Don't use matches or Zippo type lighters, as they produce too large a flame which you can't control. Light the cigarette inside an enclosed area where the light can't be easily seen. Examples are under a poncho, in the chest of your jacket, at the bottom of your fox-hole fighting position, or just lay flat on the ground and cuff it. Once the cigarette is lit, you should master the art of cuffing it with your hands. This is done using one or both hands, and prevents the light to glow and be seen at night. The glow of that little red light can be spotted as far away as one mile with special night vision devices! Practise cuffing in a non-tactical area before actually doing it in a tactical situation. It could save your life by guarding the location of you and your buddies.

DURING DAYLIGHT: The only real risk of smoking during the day in a tactical environment is giving your position away by the smell or appearance of the fumes. When you exhale smoke, blow it in a slow downward direction. This will help the fumes disappear with less notice at a short distance. Never exhale smoke forward from your tactical position. You might be surprised how easy it is to spot a smoker at a short distance!



ONE HAND CUFF SMOKING



TWO HAND CUFF SMOKING

AMMO CONTAINERS

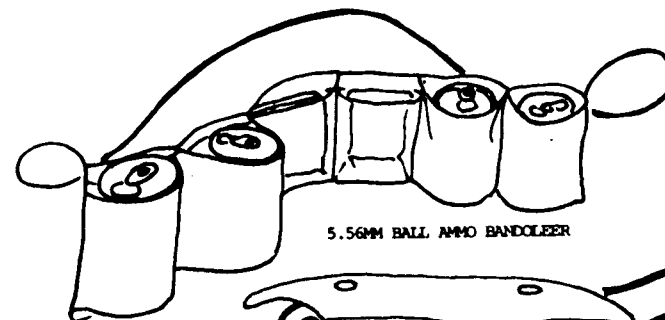
The military has a bad habit of throwing away good, reusable products which find their way back to the open market in military surplus stores. These surplus stores either acquire the items through bulk purchase or by doing Uncle Sam the favor of removing the "trash." Being in the military, you should not have too much difficulty locating and acquiring disposable but useful items. All you have to do is check garrison trash points or poke around in trash bins on weapons ranges or ammo points. A few useful and common items are:

5.56 BALL AMMO BANDOLEERS: These are made of fairly tough fabric. Normally, they come in strips of 8 non-button type pouches. The pockets are wide enough for carrying small snacks, sandwiches, cassette tapes and other small items. With a little modification, you can use them to carry up to 8 sodas. If you have problems squeezing the sodas in, stretch the material by wetting it a little. It will be a tight squeeze, but an excellent soda carrying case for the field. When the sodas are gone, simply fold the bandoleer for re-use or toss it away. Tie it across your rucksack or wear it "Rambo" style.

40mm GRENADE LAUNCHER BANDOLEER: Made of durable material with 6 small button pockets, it is not very long and may have to be lengthened by sewing or pinning it onto something else. The pockets are big enough for small items such as cassette tapes or small snacks without modification.

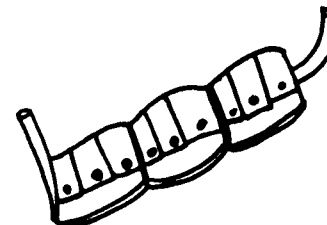
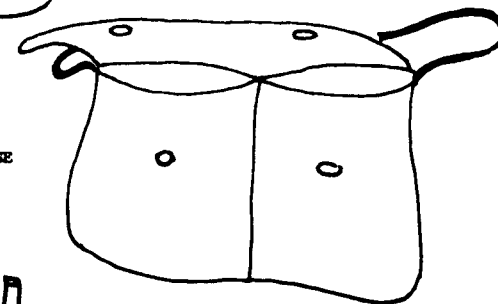
M18A1 CLAYMORE MINE CASE: This is more difficult item to locate, but not impossible to find. The case material is made of very durable fabric and has two large button pouches. These make excellent cases for carrying shaving gear, radios/cassettes, food, and a long list of other items as well. This is the "primo" case to have.

METAL AMMO CONTAINERS: Sizes vary from 5.56mm small arms ammo cases to large 60mm Mortar cases. These cases are well built and can withstand even fire. They are air and water tight and have a positive locking system. With a bit of drilling and/or welding, you can adapt a metal ammo box for a padlock with hasp. These cases are not for carrying in the field, rather for private use such as storing documents, tools, ammo, handguns, valuables, shoe shine kits and a thousand and one other items. The cases normally have yellow painted markings listing the type of ammo enclosed. Common containers are the 5.56mm for the M16, 7.62 mm for the M60, 50 cal for the heavy machinegun, and 60mm boxes for the mortar. These metal cases are sold on the market for as much as \$10.00 each. Why pay for something when you are in a position where you can obtain them for free?

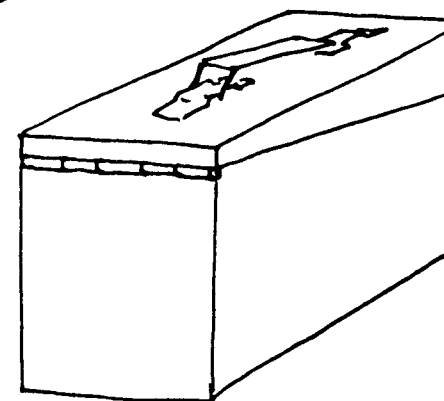


5.56MM BALL AMMO BANDOLEER

M18A1 CLAYMORE MINE CASE



40 MM GRENADE LAUNCHER BANDOLEER

5.56MM, 7.62MM, 60MM
METAL AMMO CONTAINER

HAMMOCKS, MATTRESSES & GROUND COVERS

MATTRESSES: There are two primary mattresses that are issued today, each with advantages and disadvantages:

AIR MATTRESS: Without a doubt very comfortable, but its bulky when packed and easy to puncture. Keep the air mattress inside a waterproof bag or packed inside of the ruck to prevent it from being punctured. When blowing it up stop when it is 3/4 or 4/5 full. A fully blown air mattress will burst or puncture more easily with the weight of a man laying on it.

SPECIAL TIP: If you have a vehicle nearby, you can use it to blow up your air mattress by placing the mattress tube around the vehicle exhaust pipe. This will fill it quickly. Recommend you use a leather glove to hold it to the hot pipe.

FOAM MATTRESS: Not as comfortable as an air mattress, but it's light weight and easier to pack. However, the foam mattress was designed too wide for normal packing. To remedy the problem, grab a straight razor and cut off 4-6 inches from each side so it is only body width. When finished, the rolled width should be no more than the rucksack. This makes it easier to attach to the ruck and prevent entangling with tree branches and getting it torn.

HAMMOCKS

COMMERCIAL HAMMOCK: There are a number of civilian hammocks on the market. They may be used to sleep high and dry, but one problem you may encounter is sleeping with your feet elevated: your feet may become cold. Although this may not bother the average soldier, some may decide that a hammock is a waste of money. Before you rush out and buy one, try sleeping with your head and feet elevated higher than your stomach. If it does not bother you after one night, perhaps a hammock is for you.

PONCHO HAMMOCK: You might rig a poncho hammock by tying all four corner and mid panel gromets to trees. Tie the poncho hood closed. This will hold an average man, but may tear if not secured properly. Keep it as close to the ground as possible to get in and out easily in case it begins to tear or break the trees. Watch out for rain if you don't have any other overhead protection!

GROUND COVERS/CLOTHS

The purpose of a ground cover is to keep you and your equipment clean and dry. The poncho or poncho liner may be used as an excellent light weight ground cloth.

You can also use a ground cover to form a ground mattress by gathering leaves and pine needles (avoiding branches). Spread evenly on the ground the length and width of yourself. Insure you have at least 12 inches of leaves/pine needles. Place your ground cover over the bed of brush. It's not important if the leaves and pine needles are wet, if you have enough thickness. In nothing flat you'll have a field expedient mattress!

FOLDING TOILET SEAT

If you have the space to transport a few bulky items in your ruck or vehicle, you may want to consider making a collapsible folding toilet seat. Although the average soldier can live without it, you may want that extra bit of comfort in the field.

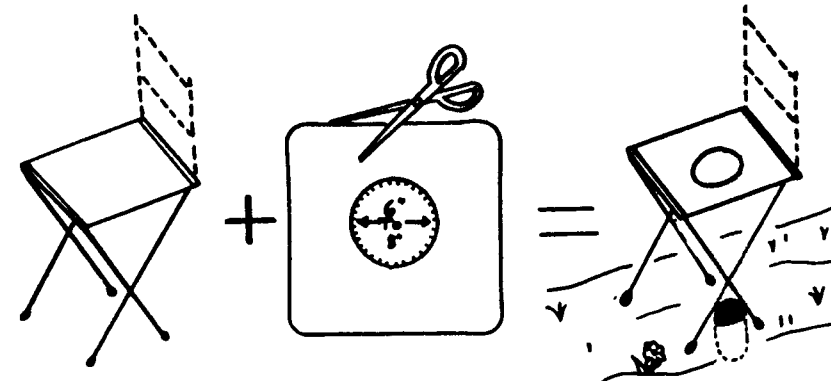
TO MAKE A FOLDING TOILET SEAT:

Acquire a light-weight aluminum frame/stool with the seat part made of nylon or cotton. The legs should be a "U" or "N" shape with nothing between them. When the seat is extended, the legs should cross on the sides and not in the middle. There must not be anything obstructing the central area.

With a pair of scissors, cut out a circular hole in the center of the seat material 6-8 inches in diameter. If the material is made of nylon you can melt the ends of the cut with a match so that they will not unravel. Cotton material must be stitched at the ends to prevent the material from unravelling.

And you will have an easily transportable folding toilet seat!

REMEMBER: It's important to dig a cat hole and place your seat over the hole. Think sanitation!



TAKE A SIMPLE COTTON OR NYLON FOLDING STOOL.

CUT CAREFULLY A 6-8 INCH HOLE AND SEW ENDS

AND TEST OUT IN THE FIELD. IF YOU FIND "STAINS" ALONG THE EDGES, YOU ARE EITHER A BAD SHOT OR MAKE HOLE BIGGER.

KEVLAR EAR COVER BAND

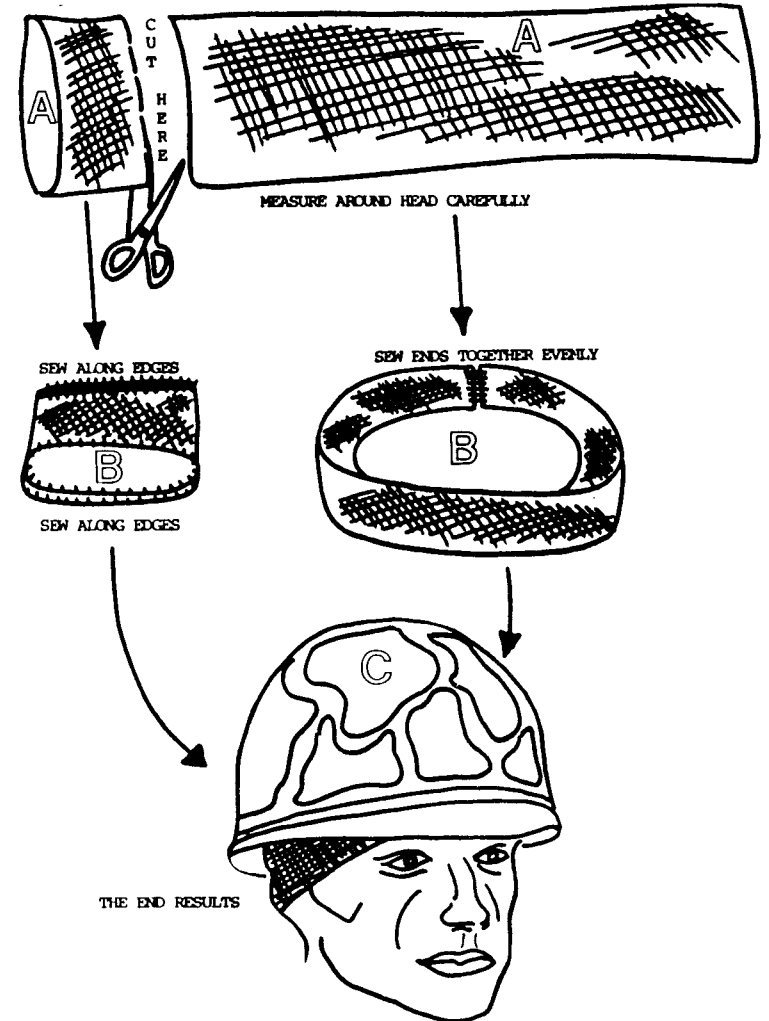
If there is something the military has not taken into proper consideration, it has got to be the ears during winter. What with all the head gear we have in the military today, we are still not allowed to cover our ears in tactical situations. Although the military issue "pile caps" and BDU caps come with built-in ear covers, you will find out soon that you are not permitted to utilize them. The reason, of course, is so that you are able to "listen up" for the enemy or to be "in uniform" with other soldiers. This is hard to do when your ears are freezing. The pile cap has small holes where the ears are located - but the pile cap really was not designed to fit comfortably under the helmet or kevlar. Nor was the BDU cap. Many soldiers try to rig all sorts of ways to protect their ears while wearing the KEVLAR helmet. They buy civilian wool caps, wrap scarves around their head, and even get ear muffs. But of course, 9 times out of 10 they will be told to remove them.

There are a couple of simple and comfortable ways to protect ears from the cold under the KEVLAR helmet:

- Take a standard military issue OD scarf, wrap it one full turn around your head and mark the spot. Take a pair of scissors and cut it evenly across the mark. Then sew the two ends together: you will have an OD ear band. If too wide, fold it in half so it only covers your ears. Looks just like you are wearing a "military issue" scarf under your helmet.

- Another way to make a field expedient ear cover: remove the end stitching from one end of the scarf. Pull it over your head. Mark the point where it just covers the amount you want to cover, and cut. Then roll up the sides of the ear cover band so that the unstitched portion is inside of the band. If you want to use it over again, get it sewn.

- **SPECIAL TIP:** Any tailor shop or sewing place on or off post can sew the portions that need attaching or mending. Those folks can do a lot of special things, apart from sewing on patches.



BOOT WEAR & CARE

The main transportation system of a field soldier is his feet. It is critically important that you take proper care of your feet or you may find yourself laid up in a hospital. Follow these simple tips and you will survive any field exercise or road march.

NEW BOOTS: Never break in new boots in the field or on a road march. Wear only broken-in boots to the field or on any foot movement. New boots need to be broken-in when you are in a garrison environment.

CUSHIONS: Add sole cushions to the inside of the boot to make walking a bit more comfortable. There will be a less chance of getting blisters on those tender places on the bottoms of your feet if you add a cushion.

FOOT POWDER: Always add foot powder to your feet prior to starting a move, on breaks, and after a foot movement is over.

LACING: Tie your boots comfortably - too tight and your blood circulation will be cut off, too loose and you will experience unnecessary blistering.

WET SOCKS: During breaks in fast movements, change those socks if they are damp with sweat. By changing sweaty socks you will reduce the chance of getting swollen feet and blisters.

COOLING: When possible, cool your feet in water during breaks and after foot marches. This will keep feet from swelling. If water is not available, elevate your feet higher than the rest of your body. This will reduce feet swelling by keeping the blood pressure from building up in those sore spots.

SERVICABLE SOCKS: Always wear clean, servicable socks when on foot movements. Worn parts of socks or holes in socks serve as no cushion against boot leather. In a short time worn socks will cause pain and blisters.

FIRST AID: Never "put off" or delay in taking care of hurting feet. Longer its prolonged the worse it will become. TAKE IMMEDIATE ACTION!

* Take a little time to prepare and care for your feet and you will be surprised as to how well they hold up and hold you up!

MINI FIRST AID KIT

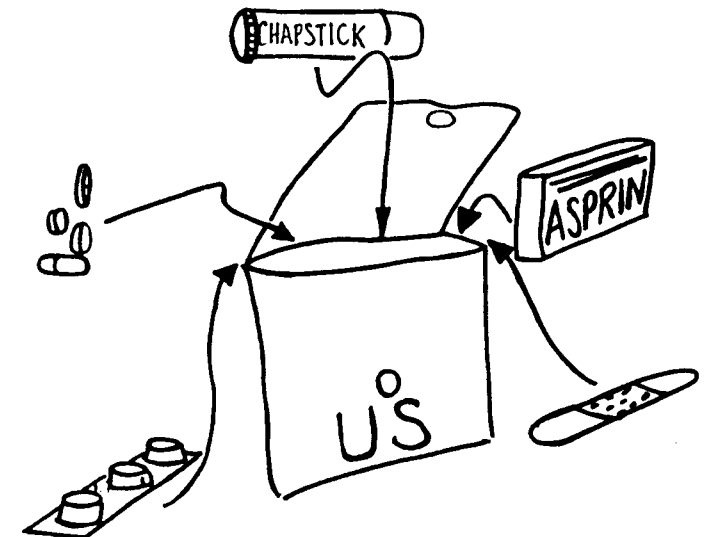
Each soldier in the military is issued a field first aid dressing. The reason for the field dressing is that it will be your dressing if you are lucky enough to catch a bullet. However, there is plenty of room left in the pouch for additional first aid articles. In fact, you might squeeze in two first aid dressings in one pouch.

Don't depend on your medic from your unit to be there every time you need him. Pack additional items with you. Squeeze and pack as many items as you can into the first aid pouch. They will come in handy when you least expect them to.

Some additional first aid articles you might pack are:

- Aspirin
- Cough Drops
- BandAids
- Mole Skin (for blisters)
- Upset Stomach Remedy

Be prepared - be independent and ready.



TENNIS SHOES & OVERSHOES

One of the simplest ways to save and rest your "dog tired" feet in the field is to remove your heavy combat boots. The way to keep them rested until the next day is to put on something light and soft. The tennis shoe is an ideal field foot gear to use after a long, hard road march. It can be used as a "field slipper." Tennis shoes are small, lightweight and will save your feet a lot of unnecessary pain.

The over shoes should be worn over your tennis shoes when your chain of command or supervisor will not let you wear just the tennis shoes. By putting the overshoes on top of the tennis shoes you will be in uniform and hide that little bit of civilian equipment that is unauthorized to display.

If you wear together the tennis shoes and the overshoes during rainy weather conditions, you will not only find it easier to walk around in. But a lot quieter in walking over the terrain. Plus it will save your feet and boots from being bruised up due to the rain water being absorbed in the leather. It is better to carry dry boots in the rain and have them ready for wear later, than to wear wet boots in the rain and wet boots after the rain.

Another excellent use in wearing tennis shoes and overshoes is in cold weather season. Two pair of socks worn with the tennis shoe and overshoes, and what you have is an excellent cold weather insulated boot. Your feet will stay warm and toasty as long as you do not tie the laces too tight and walk long distances. They should be used only for standing around and short distances walks. If you have to walk long distances, you should remove one pair of socks and unbutton a few links on the overshoes. To allow moisture and air to escape and not build up condensation inside which will produce sweat.

The sweat inside the foot gear is what causes body temperature to lower during non-movements. The sweat cools the skin which makes the feet cold that stop it from releasing body heat. Keeping damp or wet socks on will definitely cool the feet.

With the tennis shoe and overshoe method, all you need to do is dry the inside of overshoe with a cloth and put on a dry pair of socks. And you will be satisfied with many hours of use of warm and comfortable feet.

HEATING FOOD

There is no reason to eat cold food in the field with today's technology and readily available products. There are so many ways to heat up food that you have to be crazy or hard-core to eat it cold. To name a few heat sources:

HEAT TABS - military or civilian fuel tablets
 STERNO - cans of flamable jelly
 BUTANE - flamable bottled gas
 GASOLINE - flamable liquid
 CANDLES - wax and wick
 FIREWOOD - solid natural fuel

Although some are easier to use and carry, some heat sources (such as gasoline) should be used only as a last resort. To simplify your needs and choose the right source of heating you really need, you should consider several important factors:

- 1 - A portable stove should be compact, no bigger than the size of a canteen pouch or rucksack cargo pocket.
- 2 - Should be light weight even when full of fuel.
- 3 - It should be easy to fold and pack away.
- 4 - The fuel has to be easy to acquire and last a reasonable time (approximately 5-10 days burning on average of 2 meals per day for 7 minutes at a time).

Plan on carrying extra fuel if you know you need it. Don't pay a lot of money for fancy stoves for the field. The simpler and cheaper it is, the better chance it will survive in the field. And if you lose it - you wont miss a few bucks.

CAUTION: Avoid lending your stove out to others. The more who share it, the more fuel you will have to carry to support your "buddies" poor planning.

SPECIAL TIP: Carry along a little bit of aluminum foil to protect and keep clean your canteen cup or mess kit. By wrapping aluminum foil on the bottom of the cooking utensil, you will save it from hard-to-remove burn marks.

ALSO: When heating up MREs remove the aluminum containers along with all paper or glue particles the food comes with. This will provide the smallest opportunity of becoming ill from the packaging chemicals.



BODY WASTE

Using the toilet in the woods is not always the simplest task. There are no plumbing fixtures to make defecating and urinating convenient or sanitary. A soldier must rely on his animal instincts and common sense.

Urinating in the field is sanitary if done away from fellow soldiers and a reasonable distance from sleeping positions. If you are staying overnight in one position, designate a "piss-tree" for everyone to use. This will keep the body waste in one known spot, instead of scattered over the area.

Defecating in the woods is a topic soldiers don't talk about much. Who is going to ask a buddy, "how do you shit in the woods?" However, there are several techniques worth mentioning:

SIMPLE SQUAT: By pulling your pants down, sticking your butt out beyond your pants, and squatting, you can balance your weight on the balls of your feet. **CAUTION:** Failure in judging your target or losing track of the location of your pants can produce unfortunate results!

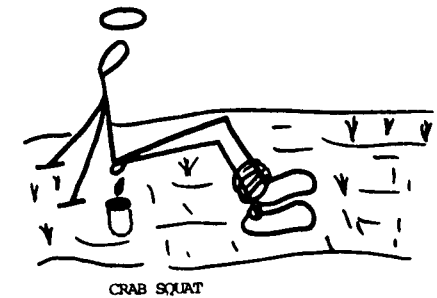
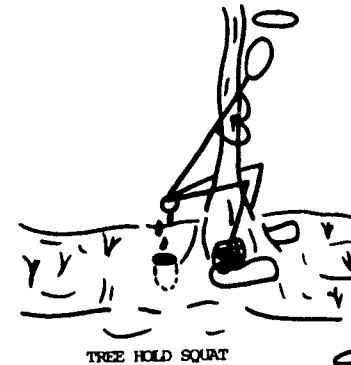
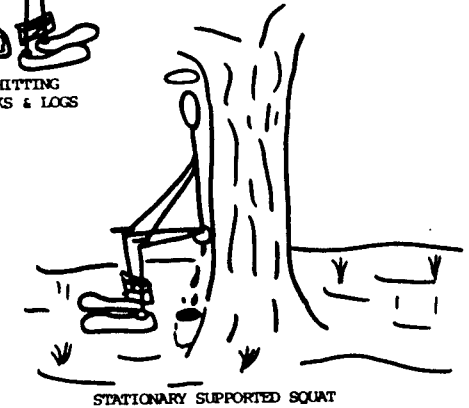
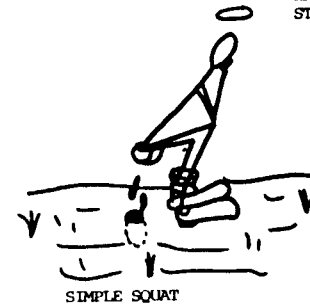
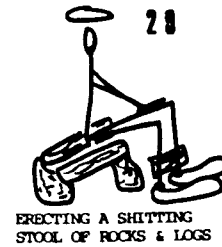
STATIONARY OBJECT SQUAT: By pulling your pants down, semi-squatting, and resting your weight on a tree or rock, you can assume a position as if you are sitting in an "invisible chair." Your balance is held by the stationary object.

TREE-HOLD SQUAT: Pull your pants down, straddle a small tree, and hold on to the tree and lean back. You keep your balance by using the tree.

CRAB SQUAT: Pull your pants down, place one or both hands behind you on the ground, and squat backwards. You keep your weight balanced on one or both hands.

There are other, less sanitary methods, which won't be discussed here, but whatever method you use, be sure that you dig a "cat-hole" for the waste. Dig it 12" wide by 12" long by 12" deep. Cover it and pack it completely with dirt.

SPECIAL TIP: If you are lucky you might locate a log in the woods with two branches joining at a "V" shaped fork. You may have an ideal seat as comfortable as any flush toilet at home!



SURVIVAL BDU/PATROL CAP

The survival cap has three distinct features: 1) a hidden zipper pocket in the ear flap portion which can be utilized to store whatever your imagination desires, 2) a bright orange material/panel sewn in the inside top portion of the cap which can be used to signal fellow soldiers over short distances by opening and closing the cap or by turning it inside out, and 3) storage of fishing line/snarewire in the half inch seam on the outside of the cap. To modify your cap, all you will need is a narrow zipper or velcro stripping of about 4 inches long and a bright fabric panel 6" x 6".

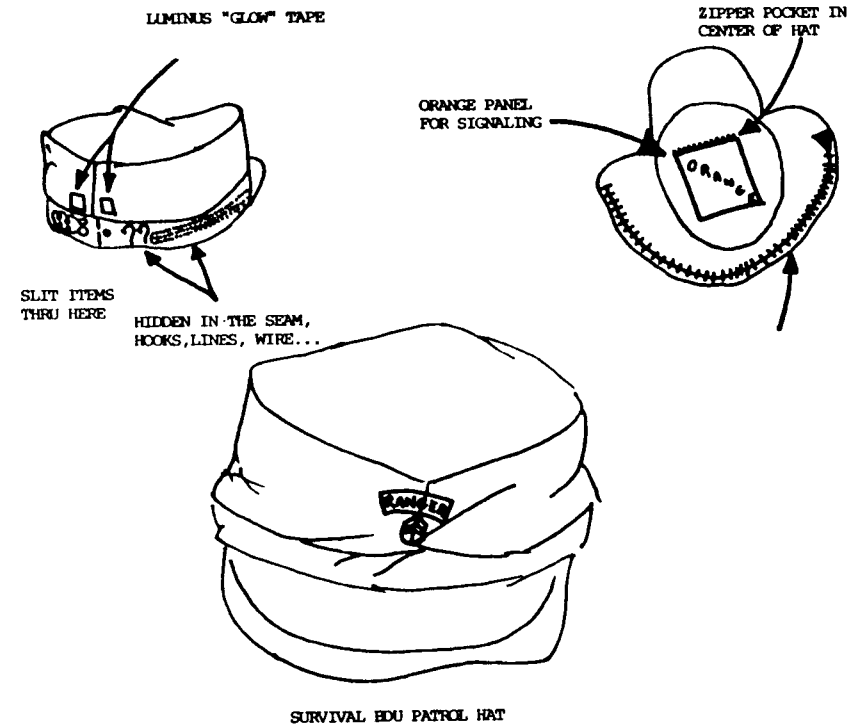
FIRST: Cut either the inside top or bottom seam of the ear flap to equal the length of the zipper or velcro strip. Then single stitch the zipper or velcro into place. Don't position zipper/velcro where it can be seen if ear flap covers are worn down. And avoid placing it inside where the ears may come into contact with it. This could be uncomfortable when you need to use the ear flaps down.

NEXT: Take the bright orange material and either round or square it off so it will be sewn only to the inside top portion of the hat without touching the sides. You can leave a gap on one of the sides to serve as the opening to an additional pocket.

FINALLY: Cut a few stitches loose directly to the rear of the hat where the two seams come together horizontally. Secure the corners of the open seam with a few stitches to keep the seam from unravelling. Stuff fishing line/snarewire into the seam either entirely or half way around the cap. Use a straightened coat hanger to help feed it through. The open end of the seam does not have to be sewn because it will be so small that no one will notice.

SPECIAL TIPS: You should not over-stuff the survival hat to make it look bulky or feel uncomfortable. Pack it with a few small items that will go unnoticed when worn. You can store many items in the hat without making it look over-stuffed. Put a flat metal signal mirror or pad and pencil in the sewn-in orange panel-pocket. Sew strips of luminous tape on the inside sides of the hat to write call-signs and pass-words with a grease pencil. You will be able to read them at night without a flashlight.

Rambo himself would be proud to wear this cap!



(ITEMS AND POCKETS SHOULD NOT BE OVER WEIGHT OR PACKED, JUST STORE MINIMUM ITEMS NEEDED TO SURVIVE)

MAKING A LIGHT-WEIGHT JACKET

The standard military issue BDU jacket has always been somewhat of a heavy & bulky jacket for the field. Even though it does provide warmth in cold weather it is too hot to wear during moderate temperatures. What is needed is an all season, light-weight jacket. Sounds simple? It is, and it is easy to make too.

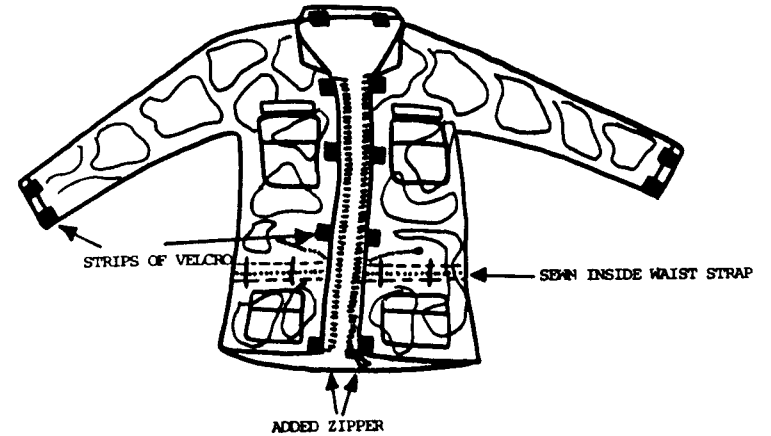
All that is needed is a one-size-larger BDU or OG 107 utility shirt, a field jacket liner, 22 (1" X 1") strips of velcro, and two 30" zippers. Sew the zippers on the insides of the BDU/OG 107 shirt and field jacket liner. Ensure that the zipper can't be seen to the outside when worn. It should be positioned along the button line. Sew 4 velcro pieces on the left side of the left zipper and 4 pieces on the right side of the right zipper. Position them evenly from the bottom to the top of the jacket. Sew two pieces of velcro slightly below the collar approx 5 inches apart, and 2 more inside each arm cuff. Position field jacket liner inside shirt, ensuring it is centered and well positioned. Mark where the sewn velcro pieces of the shirt touch the field jacket liner. Sew the other velcro halves to the marked portion of the field jacket liner.

When the sewing is completed, don't be surprised if you have to do a little adjusting before you feel comfortable with it. If you want to add a waist "pull string," just sew in belt loops in the shirt. Six belt loops should be sufficient enough and then add the string.

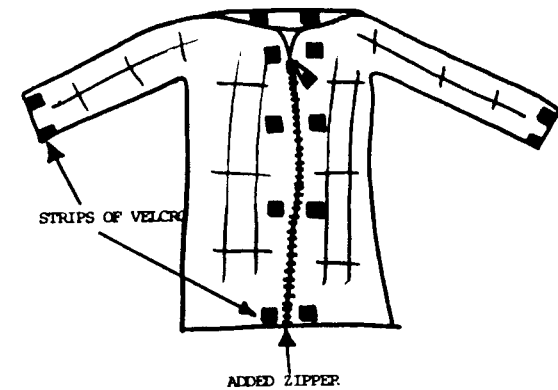
Depending on how hot or cold you are, you can wear both the shirt and liner together, or just the shirt. The unique thing about it is you can adjust to your comfort needs and pack the unnecessary part away. If it should get wet, it can be dried out faster and easier than a field jacket. Packing it away in your ruck is more convenient, takes up less space, and weighs less.

SPECIAL TIP. This method can also be used on the military rain jacket. The liner can be set up to be interchanged from one to the other.

BDU/JUNGLE/RAIN JACKET



LINER



STAYING AWAKE

After a hard day of moving and humping through the woods, the last thing a soldier needs is to find himself on guard duty or security watch. It's tough to try to stay awake when your body keeps telling you "no way!" Here are a few simple techniques that will assist you in staying awake. Try one that fits your needs (try them all, if you have to):

CAFFINE: Drink plenty of drinks that contain caffeine, such as coffee, tea, cocoa, or Coke. The more caffeine, the better your ability to stay awake.

WATER: Splash water in your face as needed, but don't dry yourself. The water and dripping feeling will help keep you stay awake.

ORAL STIMULANTS: Place your tongue in fresh coffee grounds or the instant coffee that comes in your meal packets. Don't take a mouthful, just a few grounds on your tongue will suffice. Let the grounds melt - don't chew or swallow them. (If coffee is not available, salt may be substituted).

BODY POSITION: Stand up or kneel in place to stay awake. Don't lean on anything and don't lay down.

PROPS: Tie small bushes or sticks to your neck. If you start to doze off, the bushes will poke you awake. **CAUTION:** watch out for your eyes and avoid skin injuries.

PILLS: If you are not allergic to medicines, you might try what truck drivers commonly use. Over the counter brands such as "No-Doze" or "Stay-Awake" will definitely keep you awake, but their effects may last beyond the time you want to stay awake. **CAUTION:** After effects like the "jitters" are not to be taken lightly.

MILITARY ISSUE OD Water Proof Bags

USES: The military issue OD water proof bag has a large number of uses. Primarily, it is used for water proofing equipment. Some other uses are:

- Waterproofing clothes in the rucksack.
- A "carry-all" laundry bag.
- Transporting a good amount of bathing water.
- Protection for the inside of sleeping gear.
- Protection for the outside of your sleeping gear.
- Insulation in cold weather.

By slipping it over your boots before climbing into the sleeping bag (when you must sleep with your boots on) you will keep your sleeping gear clean and you will be combat ready to jump out on your feet. No time lost putting boots on and tying laces. If you don't want to bed down with your boots on, place them in the water proof bag beside you. This will keep them clean and dry during bad weather.

A waterproof bag comes in handy as an extra cover added to the bottom of your sleeping gear. By placing your feet inside your sleeping gear and then pulling a bag over the outside you can water proof and insulate your feet in bad weather. In cold weather or winter season the added warmth may be valuable. This is especially important if your shelter is so small that your feet must stick outside.

REMEMBER: there are two sides to the bag, the nylon side and the black tightly rubberized side. The OD nylon side was designed to be used for outside and the black rubber for inside. But after a period of time in rainy weather, the nylon side will absorb water and gain weight. The equipment inside will stay dry without a doubt, but the nylon material will take a bit of time to dry out. On the other hand, the black rubber side will repel water and never absorb it. The problem with using it on the outside is getting it scratched or torn and losing the waterproof value. It is recommended to use the OD nylon material outside in good weather and the black rubber material outside in bad weather.

MAINTENANCE: check it for holes by placing the bag entirely over your head. Where you see little "star" holes, patch them with any tire repair kit. Never sew the holds or bag material.

Hi-Speed WEAPON CLEANING TECHNIQUES

Today's weapon systems are not the easiest to clean and maintain. And the geniuses who invented them did not keep that in mind. Nor did Uncle Sam plan on buying good cleaning compounds to keep them clean. This is why no one in today's military enjoys cleaning a weapon.

There are a number of ways to clean a weapon efficiently and rapidly. Although these techniques may not be accepted by your unit armorer, they will pass an IG inspection and astonish your fellow soldiers. They will want to know how you did it so well and so quickly. Here are a few techniques and ideas:

CARBURATOR CLEANER: The same compound used to clean automotive carburetors may be used. Carbon is carbon whether it's from ammunition or fuel. The liquid or jet spray (non-lubricant) is highly recommended. When it is put on, it will be dry with no lubricant after-effect.

CAUTION: where scratches and weapon bluing has worn off, immediate corrosion will set in if not oiled immediately.

HOT WATER with a strong **HOUSEHOLD DETERGENT:** You can use almost any household (non-creamy) detergent, as long as you use it with hot water. Any rag or "plastic" cleaning scratch pad will clean the weapon right up. Even better, take a shower with your weapon. Insure you use your weapon cleaning brushes to clean out those hard to get at areas. Do not use any metal tools or brushes that may scratch the weapon bluing. Most of all - rinse and dry the weapon thoroughly. Immediately apply a light coat of oil on all parts.

CAUTION: Any areas that are left undried will rust rapidly if a lubricant is not used immediately.

GASOLINE and DIESEL: When nothing else is available, these fuels will do a fine job. Mix well small amounts in a 50/50 solution.

CAUTION: Very flammable and dangerous to smokers. Should be used outside in open areas.

SPECIAL TIP: Use "Brasso" with a Q-Tip to clean and shine the chamber. If done correctly, it will sparkle like a mirror and puzzle your supervisor.

LIFE SUPPORT SYSTEMS

Soldiers in the field lose a bit of contact with the world news and up to date music. They are in their own limited environment when they go to the field. The only real news they may get is through the hearsay of fellow soldiers or mail when it reaches them in the field.

The best way to stay in touch with the real world and remain sane is to bring a "life support system" to the field. A compact, easy to carry radio or cassette (even a pocket TV) will keep you in touch. Your supervisor will not appreciate the junk in the field, but if you use it with some sense he might never know that you have it.

The best time to use it is when you are not in a tactical environment, such as a rear secure area or while waiting in a holding area. If you are in a tactical environment you may still have a chance to use it, but only at night when your duties and guard watch is over. Crawl into your sleeping gear and tune in - with ear phones, of course. It is advised to use one ear plug/phone so that you can listen with the other ear for a call to action.

There is a laundry list of life support systems to choose from on today's market. Here are a few helpful hints to help you choose a system right for you. It should be:

SIZE: Small enough to fit into a pocket of a coat, rucksack, or ammo pouch.

WEIGHT: Light and easy to carry.

DURABILITY: Made of strong plastic or made in such a way that it can be reinforced with tape to prevent it from breaking. A carrying case is a good accessory.

POWER: The power source should be adaptable to military batteries. Example: flashlight batteries such as the BA-30 (Size D, civilian). But if the power source is not compatible, try to get a system that requires the lightweight AAA style. Don't waste money on cheap batteries: get small good ones so you can carry fewer.

PRICE: *Most important* not too expensive!

In choosing what you really want between a radio, cassette player, and pocket TV, remember that a radio will provide you with news and a variety of different stations and music to listen to. Batteries will last longer in a radio than any other life support system. If you take a cassette player you must make space for tapes and a few more batteries. A combination of a radio and cassette player is great for a time, because as soon as the cassette power wears down you can simply switch on the radio. The remaining power lasts quite awhile with the radio alone. If you have the space and want to carry the weight, bring it along and enjoy.

The pocket TV is a matter of opinion. If you really want to take it to the woods with you, you will have two main problems: carrying enough batteries to keep it operating and storage in a protected place. And most important, being able to receive a clear picture in the middle of "nowhere." If you believe you will suffer from these problems, don't buy one for the field. You might be carrying extra weight for nothing.

SPECIAL TIP: Carry a life support system with you no matter where you may go in the field. Just being able to tune into music will cheer you up and increase your morale when the going gets tough.

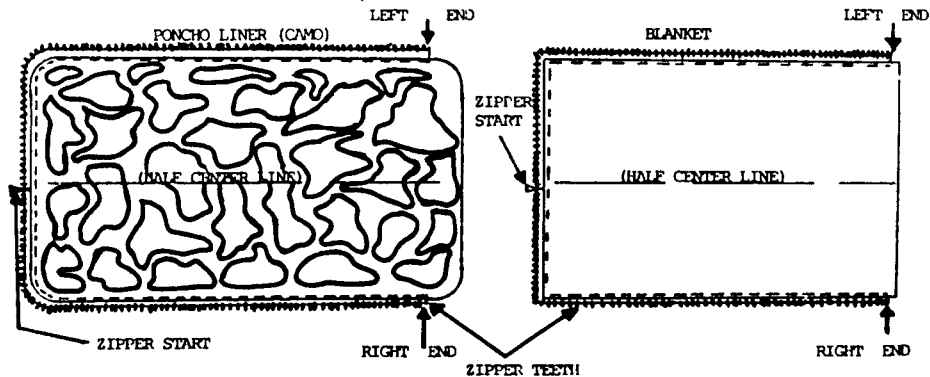
MAKING A LIGHT-WEIGHT SLEEPING BAG

Many times you will not need the full protection and weight of a military sleeping bag. You may only need or have room for a light-weight blanket or poncho liner. But the hassle in using only a blanket or poncho liner is keeping it closed while you toss and turn in the night.

You will understand when your cover is off or open as you will feel a cool breeze or the tiny feet or stings of insects over the bare portion exposed. The answer to the problem is to add a sealing device to all sides of the blanket or poncho liner, like a sleeping bag.

Decide on the type of material you want to use, such as a blanket, poncho, poncho liner, sleeping bag cover, etc. Fold it in half the so that the long direction is the length of your body. Then add buttons, snaps, velcro or a zipper as a seal to keep the halves together. You can locate buttons, snaps, or velcro in any sewing store. Zippers are easy to use, but not so easy to locate. You'll need a zipper that will extend from the bottom of your light-weight bag all the way around the side and to the top. It should be at least 96 inches long. You may not get a zipper this long in the average sewing center. One way to get one is to write to manufacturer of sleeping bags or automotive convertible tops or the like. The yellow pages will give you a list of your local dealers. Call or write for a price list.

You might add a pull string at the open end of the bag so that it can double as a duffle bag. Fold one half inch of material at the opening and sew. Use a wire coat hanger, straightened, and feed it all the way through the seam. Tie a strong string on one end of the hanger and pull it through. With at least 12 inches of string protruding out both ends of the seam, tie big knots on both ends. And there you have it: a light-weight sleeping bag that doubles as a duffle bag!



WHEN INSTALLING THE ZIPPER ON THE PONCHO LINER OR BLANKET, INSURE THE ZIPPER IS GIVEN SPACE AND DISTANCE BETWEEN THE TEETH OF THE ZIPPER AND THE MATERIAL IT IS BEING SEWN ON TO. FOLD MATERIAL THE LONG WAY TO FIND AND LOCATE THE HALF CENTER LINE SO IT WILL BE POSITIONED PROPERLY. TAKE YOUR TIME AND MARK IT BEFORE SEWING IT.

WATER FLAVORING

Every now and then we all get tired of drinking plain water in the field. At times you need to sweeten up the flavor and change the taste. Not only will water taste better, but it will increase your calorie intake and energy output.

No one has come up with a powder or pill that changes water to beer, but as soon as someone does, every GI will be carrying it everywhere. Until that time comes, we can take a number of water flavorings to the field with us. To name a few:

GATOR AID
KOOL AID
TANG
COCOA MIX
TEA/COFFEE
POWDERED MILK

Keep these powdered mixes water-proofed by putting them into a water proof sealed bag. Don't count on the original container because it may leak or puncture. If they are not sealed properly, a little dampness sets in, the solution is ruined and will not be mixable.

Why suffer with only water when you can select from many drinks to quench your thirst. Pack them to the field and enjoy!



THE RIGHT KNIFE

There is an abundance of knives on the market today to choose from. Thanks to "Rambo" there are many more knives now on the market than there have ever been. Different knives have different uses. The uses of knives can range from old fashioned cutting to implementation as a field expedient fishing pole. When looking for a good knife to buy, select one to fit your field needs and avoid buying the expensive "over-kill" item. The big, fancy, hollywood swords look great and make you feel like "Rambo", but owning and carrying an expensive killing knife does not make you a better survival knife fighter. If you display it with that type of attitude, you just might get your ass kicked by someone who wants to challenge you simply because you have the thing.

Individuals who might have need to own hi-speed knives are Rangers, Special Forces, SEALs and Delta personnel. Are you one of these soldiers, or do you imagine that you want to be? Don't waste your money on a single or several hi-speed knives to meet your routine needs. Buy a common sense knife that is made of strong metal and comes with a pure leather case and sharpening stone.

But before you rush out and purchase any knife, ask yourself a few simple questions:

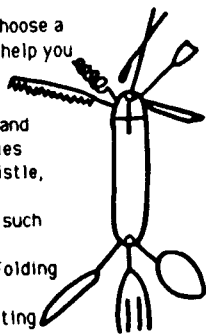
- How much can I afford to spend?
- What daily uses will I need it for?
- What special uses do I need it for?
- Am I willing to sacrifice the money lost if I break it, lose it, or lose it to a thief?

Once you have asked yourself these questions, you are ready to choose a knife from several categories. These are a few of may categories to help you decide the right knife for you.

COMBAT SURVIVAL KNIFE: designed for anything from hand-to-hand combat to living off the land. They come equipped with accessories such as a built in compass, fishing kit, sewing kit, matches, whistle, and on and on. This type is usually very expensive.

SPECIAL PURPOSE KNIFE: designed to be used for specific tasks such as cutting wood or eating. Some types come with many special purposes covered by one item, such as the Swiss Combination Folding knife set.

GENERAL PURPOSE KNIFE: designed for ordinary use, such as cutting (provided you maintain it by keeping the blade sharp!)



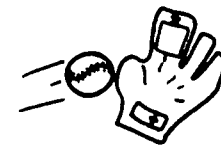
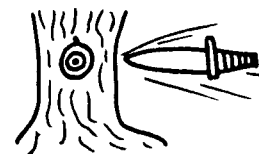
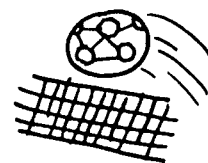
Stay Sane - Play a Game

Boredom and low morale can easily overcome a unit if a situation of waiting around is not put to good use. Taking advantage of available time in a tactical or non-tactical environment can increase the morale and work performance of a soldier. The way to put wasted time to use is to play a game. Not only will it get your mind out of boredom, but games make slow time go faster. A few simple games you can take almost anywhere are:

- CARDS - for many common card games
- DARTS - targets may be made of paper hung on trees.
- FRISBEE - regular catch or football
- BASEBALL - catch
- FOOTBALL - blow it up for a regular game
- VOLLEYBALL - blow it up for volleyball or soccer
- KNIVES - throwing knives with tree targets sharpen Rambo skills

Most of these games can be packed away in a rucksack easily without taking up unnecessary room. Use them while waiting for transportation or while killing excess time in the field.

The valuable outcome of it all will be higher spirits and motivation. In a controlled environment, there is no better way for soldiers to put wasted waiting time to good use.



BELGIUM "COMMADO" ROPE TIPS

While I was attending the elite Belgium Commando School in Marche Les Dames, Belgium. I learned a few rope tricks not taught anywhere in the US military. So easy and simple that even a 12 year old could learn them .

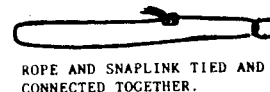
The only mountaineering items we were issued was a snaplink, a short piece of rope approx 10 feet in length and a long rappel rope. We were not issued no other special type of mountaineering equipment. The gloves when we did use any, were our own military issued black cold weather gloves. As their mountaineering techniques were less complicated then ours, but very effective. Although I can't recall the exact name of most of these knots and ropes, I can describe how to make them and how they were used.

The main rope that we used was the 10 foot rope that was always attached around our waist when not in use. It was folded over twice (to make it 5 feet long) and tied off with two (2) square knots. Then it was placed around the waist with the tied square knot to the rear or slightly to the side. It was held in place with a snap link connecting the left and right loops or bites of the rope. If it was too loose around the waist, the square knot was tied a little closer.

With this rope tied and measured properly around the waist, it was set for several uses.

One particular use was for an expedient rappel seat. Remove the rope and snaplink from the waist and twist the rope once to form a figure "8". Ensuring that the rope's knot was to one side (not where it crosses), place a foot in each hole of the figure "8" and pull the rope up to your "ding-a-ling." Now grab hold of the snaplink, open end facing up. Keeping hold of the snaplink, snap it on and over BOTH CROSSED ROPES. Go over to the rappel rope and snap the rope through the snaplink once (left to right) and wrap it once more around the snap link and back over and through again. Place the rappel rope either over the right or left shoulder. But which ever shoulder you place the rope over, ensure you use the opposite hand to hold the rope.

With this technique, you can ONLY WALK down the side of a cliff or mountain in a sitting position - YOU CANNOT IN ANY WAY BOUND, DO NOT TRY IT! You can easily wear all of your combat gear when using this technique. The only unsafe position to avoid, is not to tip yourself upside down. Or you could fall completely out of the seat. And not even an assigned safety 'belay man' can save your fall if you should slip. This is not like the standard taught US military 'Swiss Seat.' The advantage in using the Belgium Commando figure '8' seat is simplicity, expedience and a more rapid means of negotiating an obstacle. When you have successfully descended down the cliff, simply step out of the seat and place it back around your waist. And your ready for that next obstacle, no untying or retieing knots like the standard swiss seat.



1) TWIST INTO FIGURE "8"



2) PLACE ON GROUND AND STEP INTO THE TWO "0".



3) PULL ROPE UP AND OVER FEET, KNEES AND THIGHS.



4) PLACE SNAPLINK OVER CROSSING "X" OF ROPES. RUN THE RAPPEL ROPE TWICE THROUGH SNAP LINK. SNAP-LINK OPEN PORTION MUST BE FACING INDIVIDUAL. THEN RUN ROPE OVER ONE SHOULDER AND GRAB WITH OPPOSITE SHOULDER HAND.

Another use it has is a safety line. Remove the rope and snaplink and lay it open (do not undo the knots). Step inside the circle with the knot to the rear or side. Now pull up the rope and place it up to your arm pits. Now make a 'granny or overhand knot' as close to your chest as possible and place the snaplink in the bite or loop. Now your ready to be snapped into a safety line or rope bridge.

CRITICALLY IMPORTANT THIS METHOD IS USED FOR WALKING DOWN THE SIDE OF A STEEP MT. OR CLIFF WITH EQPT.

DO NOT BOUND!

GUIDE ROPE
FEED ROPE

KEEP "L" SHAPE POSITION AT ALL TIMES.

WARNING! WARNING! WARNING! WARNING!

BEFORE YOU TRY THIS FIELD EXPEDIENT METHOD OF RAPPELLING. THE ART OF RAPPELLING SHOULD BE LEARNED FIRST THROUGH AMERICAN MILITARY SCHOOLS. DO NOT ATTEMPT TO LEARN IT ON YOUR OWN WITHOUT A TRAINED INSTRUCTOR.

IMPROVISED PORTABLE FIELD STRETCHER

One of the most difficult tasks a field soldier will encounter, is to transport wounded personnel over land by foot. When vehicles or aircraft are not available or feasible, the non-walking wounded will have no other choice but to be hand carried out of the combat zone. And this will not be an easy task. As war philosophy goes "it is better to wound a soldier, then to kill a soldier." As it takes an average of two (2) soldiers to transport one (1) non-walking wounded soldier out of a combat zone: In other words, one shot to wound a soldier will take out a total of three (3). Not bad when you really think about it, but those three may come back later to get you on another battle front.

A typical light infantry squad or platoon does not have the means to transport a massive amount of casualties, never the less one casualty. Most small unit means of transporting casualties is usually the "one" or "two" man carry, which is fine if the casualty does not have a life threatening wound. For if he does, the casualty must be transported in the most comfortable means available. In most cases the casualty must be transported on a stretcher.

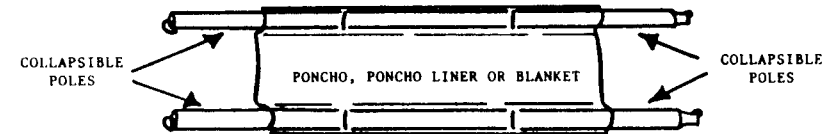
It's quite easy to get a stretcher from almost any unit aid station or medic, or even to figure out how to make one with sticks, trees or weapons. But one of the most convient ways and over-looked item that can be used in making a stretcher, are antenna poles from a normal "292 Antenna Kit." Or the poles from a military vehicle "Camouflage Net Kit." If done correctly, you can easily make a portable stretcher that can be carried with you on other future missions.

Take 4 to 6 poles (depending on the length you are comfortable with) and lay them out together in two groups, a left and right stretcher pole. Run a strong rope through the holes in the poles, or better yet run an elastic stretchable rope or bunggy cord through it. When you use the bunggy cord or elastic rope, the poles can be carried folded and still be connected together. So when you need to put your poles together, all you need to do is throw out the poles and they'll "pop right in place" (of course with a little help from you). It'll work in the same manner as putting a long whip PRC-77 radio antenna together.

Now all you need is a canvas, blanket or poncho to wrap around the poles to complete the stretcher. Ensure that the type of material you decide to use will be able to support a man's weight.

This type of stretcher will no doubt prove to very useful when needing a rapied means of transporting wounded during or after an assault on an objective. Or just carrying it for emergency purposes.

THE FIELD EXPEDIENT COLLAPSIBLE STRETCHER IS MADE FROM ANTENNA 292 POLES OR CAMMIE NET POLES FROM A VEHICLE CAMOUFLAGE KIT. OR CAN BE MADE FROM THE POLES OF A GP SMALL SQUAD TENT. BUT THE 292 ANTENNA POLES WORK OUT BEST.

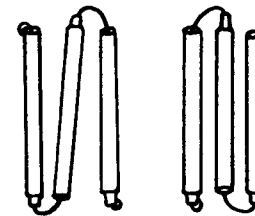


STRETCHER WHEN COMPLETELY ASSEMBLED



RECOMMENDED A ELASTIC STRETCHABLE CORD (PUNGY) BE PLACED INSIDE POLES. IF NOT AVAILABLE, ROPE OR WIRE WILL DO. BUT AVOID USE OF EXCESS ROPE/WIRE.

ENSURE YOU HAVE PLENTY OF ELASTIC/ROPE/WIRE TO RUN IT FROM ONE END TO THE OTHER.



TWO (2) SETS OF POLES ARE NEEDED TO MAKE A COMPLETE SET.



A BLANKET, PONCHO LINER OR PONCHO WILL BE NEEDED TO COMPLETE THE STRETCHER.

IMPROVED KEVLAR SINK

Ever since the military removed the "old steel pot" from the inventory a few years or so ago. The all purpose pot has been hard to replace when it comes to heating a couple of quarts of water for washing or even cooking. And the new military kevlar helmet is only good for one thing, the protection of the head. Although the geniuses who designed the kevlar say it is no heavier than the old steel pot, it still appears to be a little bit bulky. The old soldiers who remember the steel pot will find this idea a little useful in coping with the change to the new helmet in using it for a wash basin.

All you need is a trash bag and a little bit of patience. Follow these simple instructions:

1. Place a trash bag inside your kevlar and smooth it out along the sides. Making sure first you removed any inside helmet foam pads, you do not need to remove the sweat band (they are a pain in the ass to put back in anyway!).

2. Remove your OD elastic camouflage band and wrap it over the trash bag while it is in the kevlar. This will hold the plastic in place and prevent it from moving about.

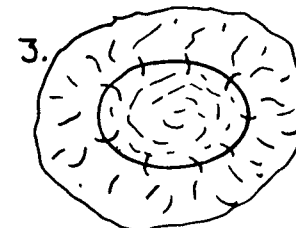
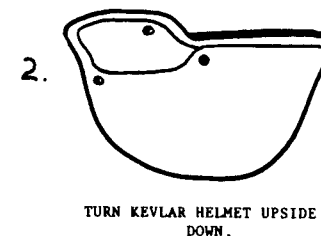
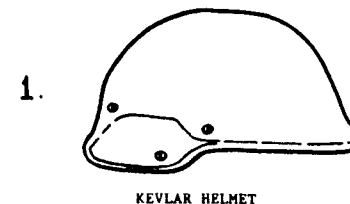
3. Next, find a place to put the kevlar. By either hanging it, putting in the ground or a stand. Ensure you balance the kevlar before you add water to it, by placing some rocks or sticks at selected areas around it. This will help keep it from spilling over when pouring water inside the kevlar, keeping it balanced is important.

4. And there you have it- a "portable wash basin."

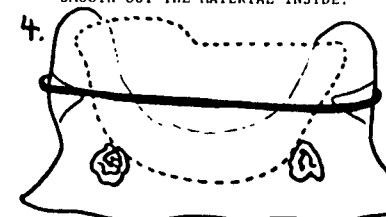
What? You want hot water too? Not a problem, take out that canteen cup in your pouch and fill it up to the rim with water. Pour it into the fixed kevlar. This should fill the portable wash basin to 1/3 or half. Take another canteen cup and fill it just short of the rim. Heat it to a bubbling boil, then add it to the portable kevlar wash basin. This 50-50 ratio should make it comfortable to wash or shave in. It should leave about 1/3 or 1/4 of empty space left in the kevlar to splash around in without making large spills.

* **CAUTION:** ADD "hot boiling water" TO "cool water" ALREADY in kevlar. Failure to follow this procedure could melt the plastic in the kevlar resulting in having to wear a wet and dampy sweat band and kevlar straps.

THE FIELD SOLDIER'S PORTABLE FIELD SINK, OR AS OFFICERS CALL IT, "THE POOR SOLDIER'S WASH POT."



PLACE A CLEAN PLASTIC OR TRASH BAG INSIDE KEVLAR HELMET. NOW SMOOTH OUT THE MATERIAL INSIDE.



STABILIZE THE KEVLAR HELMET BY PLACING ROCKS OR STICKS AROUND THE OUTSIDE PORTION.

HOMEMADE" M16 BLANK ADAPTER

One of the most bulky and strangest looking gadgets ever designed for the M16 rifle is the standard blank adapter. This piece of metal has probably caused more problems than what it was originally intended for. It has caused more entanglements and "eye-pokings" than the bayonet has ever done.

For most of you old soldiers who can remember when you first came in the military service, there weren't enough of these to go around for everyone. And those who did not get one, had to use the old fashion method of pulling the charging handle to the rear and then pulling the trigger for each round. This proved to be quite boring and took the actually combat play out trying to be tactical. Although there was one good thing about this method, it did keep your weapon a little more cleaner, as it only dirtied your barrel. But the worst thing that could have happen was for someone to get a little bit too close to the front of the barrel. Where they could get seriously injured from the flash burns of the flash suppressor.

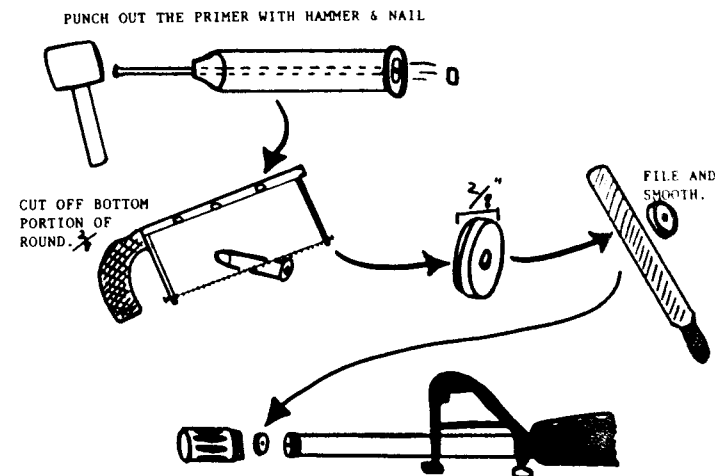
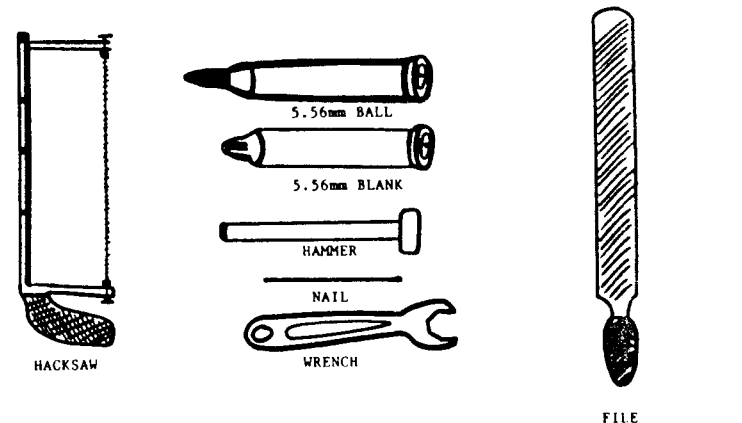
One of the simplest and easiest ways of making an improvised blank adapter for an M16 rifle. Is to take an expended 5.56 mm cartridge either from a blank or ball cartridge. Cut off from the bottom of the cartridge rim, 2/8 of an inch. Use a good sharp small tooth blade hacksaw. Be careful when cutting, as it must be cut very level and straight - NO JAGGERED EDGES! Next, take a small narrow punch (a thin straight nail will do fine) and punch-out the "silver" round primer on the bottom of the rim from the inside.

Now comes the part that all weapon armors hate to see tampered with, and that is the removal of the flash suppressor (of course among other things as well). Take a wrench and unscrew the flash suppressor. If you do not have a wrench available - no problem. Stick a screwdriver in the holes of the flash suppressor and attempt to turn the flash suppressor off. This is the least preferred method, as damage can result to the flash suppressor holes. If this proves to be too difficult to do, stop right here! Do not attempt to go any further unless you have a wrench.

Once you have taken off the flash suppressor, place the cartridge rim just cut off and put it just inside the flash suppressor grooves. Now screw it back onto the barrel nice and tight. If it's too loose, the flash suppressor in a matter of time will work itself off. And there you have it, an improvised M16 blank adapter that won't get entangled or poke someone's eye out.

* **Warning** - Due to the flash suppressor being put on and off, this may cause damage or injuries to the weapon or individual when a live ball 5.56mm round is fired through the barrel. Remember to remove the improvised blank adapter when finished with use.

* **Warning** - When a live ball round is eventually fired through the barrel, pieces of "lead" may shear off when passing through the flash suppressor. This could cause the flash suppressor to be shot off completely, causing not only weapon damage - but "HUMAN DAMAGE" as well. Ensure the flash suppressor is placed on tight, secure and evenly.



UNScrew FLASH SUPPRESSOR AND INSERT "HOME-MADE" BLANK ADAPTER INSIDE PORTION OF SCREW OFF FLASH SUPPRESSOR. NOT PLACED ON TOP OF BARREL.

"TWO-WAY" COMMUNICATORS

Those who wish to spend the extra bucks in communicating with their buddies or unit in the field, should seriously consider buying a reasonably cheap two way radio. A walkie-talkie, CB or one of those "Hands Free" type communicators. You are probably saying to yourself right now "get serious!" "Why in the hell should I spend that kind of money when we are issued military radios?" Many reason why! To name just a few; to communicate quietly and clandestinely between each other (unit or individually). And for better control over short or long distances of terrain, and to maintain contact in knowing what the other is doing.

The best and least expensive two way communicator to buy is the "HANDS FREE VOICE ACTIVATED TWO WAY RADIO." They cost anywhere from \$25 to \$50 each and have a range of 400-800 meters (1/4 to 1/2 mile). This is just right for a squad leader and his two (2) team leaders. As he can easily wear the hands-free communicator plus fire and move on the enemy. And when they need to get an accountability (day or night), they don't have to yell or walk far to get it. The squad radio that the squad leader is issued, is primarily for him to communicate with the Platoon Leader or Sgt. Plus, when it comes to being in two (2) or three (3) man fighting positions or LP/OPs. They can stay in place without having to lay phone wire or leave their positions to pass on critical information. You can even use code words or the CEOI that your unit is issued.

A few good examples of it's use is to give it to a point security man. He can then be given directions and guidance to walk via compassman or the element leader. Two (2) separate vehicle commanders or machinegun positions can communicate or coordinate their next move, plus much more.

Just use your imagination, I am sure you can think of many field uses that they can be used for. They can't hurt or damage your future combat missions, but they can help improve your chances of achieving a better "mission accomplishment" if used correctly.



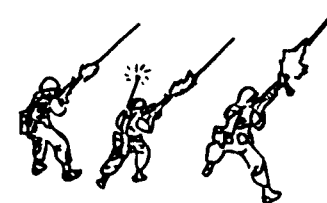
BETTER CONTROL OF THE POINT MAN OR COMPASSMAN.



A CB WALKIE-TALKIE IS GREAT FOR RANGE, BUT TAKES UP TOO MUCH HAND USE.



ALERTING LPs, OPs and SECURITY



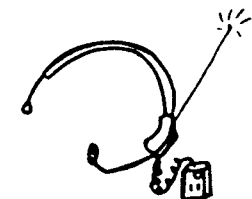
CONTROLLING SMALL TEAMS ON ASSAULTS



INITIATING SUPPORTING FIRES



KEEPING CONTACT WITH ADJACENT FIGHTING POSITIONS WITHIN YOUR SQUAD OR TEAM.



A HANDS-FREE VOICE ACTIVATED (1/4 to 1/2 MILE) IS BEST FOR SMALL UNIT CONTROL. BUT LACKS LONG RANGE USE.

*NOTE: THESE CIVILIAN BOUGHT COMMUNICATORS ARE NOT TO TAKE THE PLACE OF MILITARY RADIOS, BUT ARE TO BE USED - "AS ADDITIONAL CONTROL MEASURES WITH SQUADS AND TEAMS ONLY."

FIELD CAMERAS

The decision whether to take a camera to the field or not depends on the amount of money you want to spend and lose. If you have a lot of money to throw away and don't care about the value or weight, then by all means buy an expensive camera. But if you are concerned about how much to spend on a field camera, you need to decide on several factors.

1.) What is the actual purpose of buying a field camera? Do you really need to purchase one? To answer these questions logically, the purpose of buying a field camera can be for many reasons. Such as to take pictures of your buddies, your good times in the field or strictly for military purposes. Such as going on a mission, and taking pictures of the objective for intell purposes. Do you really need a field camera? If you own an expensive camera in your home or quarters, you may be wise not wanting to take your good camera to the field. The field camera should be cheap and be able to take good pictures. You should not pay no more than \$100 for it (Max). For if it gets lost, broken or stolen, you will not be entirely too sad about losing it.

2.) What type of film should it take? Stay away from the instant poloroid type, they are too bulky and can be easily ruined by the weather and by placing it in your rucksack or jacket. The best type of film to use, is the 35mm type. It is small and compact and you can carry several rolls easily in your pocket. Plus their a lot more weather proof than the poloroid type. And if you are also interested in good clear pictures, this film is the best type to buy. Buy a 36 shot roll of film, they are a lot cheaper than buying separate rolls of film in 12 and 24 shots (based on price per shot).

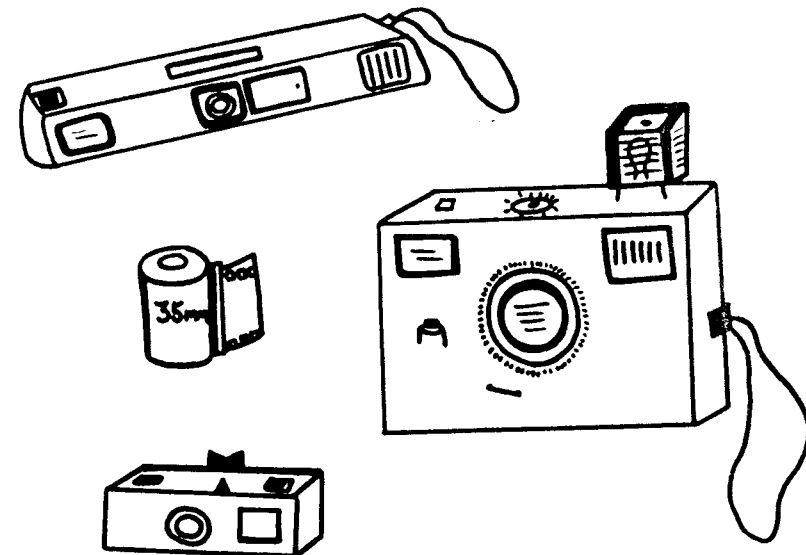
There are many different types of 35mm film available, each deals differently with the type of action shots you plan on taking. The only way to know for sure which type is just right for your action needs, is to read the film box description, or buy a photographer's handbook.

3.) Where should you store it for safe keepings? Well there are two (2) main reasons to store it in a safe place. (A) To store it where a thief will not likely look or go into to take it. (B) Where it will not likely be broken due to rough treatment or separation from the rest of your equipment. And that location is your "LBE." Now your LBE does not have too many places to store a camera. But if you add an extra ammo pouch and reinforce it inside with some foam or cardboard, it'll make a nifty shock-proof camera case. Make sure you place this pouch on the immediate left or right side of your pistol belt, a location where you will not likely fall on it or "smash it."

4.) How big should the camera be? No larger than your ammo pouch. If it is any bigger than that, "you are pushing your luck pal!" Buy it

small and compact, and on todays market you can purchase a small mini 35mm camera twice the size of the film it takes. (K.I.S.S. - "Keep It Simple Stupid.")

One last thing, during many courses of many wars in the past (including Viet Nam and Grenada). The best pictures that came out of these wars were not just from professional combat photographers, but from individual soldiers who carried their own pocket cameras. Grenada was a prime example, no civilian Journalist or photographer was let in on the battle front for almost days after it started. And when they finally did get there, the battle was almost over. No actual combat fighting pictures were available, as the Journalist and photographers were let in too late. The beginning of the next war or conflict will be the same way. If you have a 35mm camera available in the next battle, you may earn yourself an award or extra money for those photos. There may be future photographers and Journalist "fighting" to get hold of those combat battle photos. As each newspaper company would love to be the first to get their hands on those pictures. And printed on the front page of their newspaper ahead of the other presses, think about it.



RUCKSACK WAIST STRAP "WEIGHT SUPPORT"

At of all the troops that are issued rucksacks, there are approx 99% of them that wear and carry the rucksack INCORRECTLY. They simply refuse to accept one particular part of the rucksack that was designed to make the weight load a lot easier in carrying. And that part is called a rucksack "waist strap."

The waist strap, if used correctly will help to overcome the never ending backaches of a heavy rucksack on a routine road march or field exercise. Most troops (if not all), either tie the waist straps to the back of the rucksack or simply remove it entirely. They defeat the real purpose of having it. If your rucksack never came with an instruction book (and most don't) showing you how to properly carry and wear it. Any civilian outdoor handbook will explain to you the same method. The waist strap, when worn properly should absorb MOST of the weight of the rucksack. This means most of the weight will rest on the hips and NOT on the shoulders.

When you use only the shoulder straps, you are resting ALL the weight on the shoulders. When you use both the waist straps and shoulder straps, you are distributing the weight fairly even on the shoulders and hips (but mostly on the hips).

How to properly wear and fit the waist strap is nothing more than using common sense. The strap must fit around the waist comfortably tight, but not too tight that you cut off your blood or breathing circulation. And it must be tight enough that the strap rest entirely on the hips and that it will not slip below the hips while marching or moving around.

The shoulder straps when worn correctly and comfortably, will keep the rucksack straight up and erect. They should NEVER be worn loose or worn with big gaps between the ruck frame and the body's back itself.

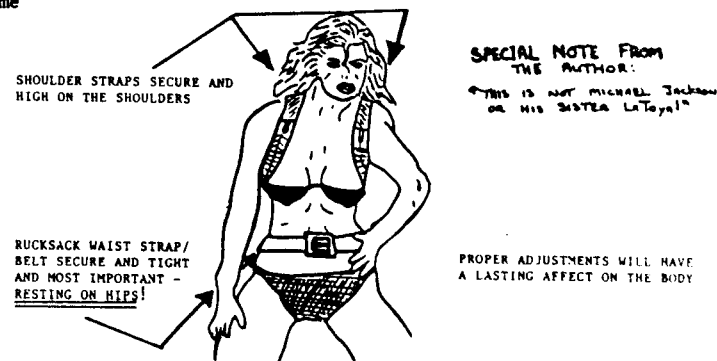
Another type of strap that can be made and added is called a "head strap." Now don't get confused the purpose of this strap, this is primarily used to ease the weight of the ruck from time to time. We are all born with a fairly strong neck bones and muscles, so why not use it to your advantage. Connect a fairly long strap (a weapon sling strap will do just fine) from the top portion of the rucksack frame, across the front of the forehead and back again to the top portion of the frame. There should be an adjustment link on one or both sides. Place the weighted rucksack on your back and make all the proper waist and shoulder straps adjustments. Once you have done this, take the head strap and place it over your forehead. Now stand up in a normal erect body position (with the ruck on your back, of course!). The strap should be just resting on the forehead with very little pressure or weight on

it. Now lean forward with one foot, you should be feeling a little bit more weight or pressure on the strap. If you feel an excessive amount of weight - it is too tight. If it slips down over the eyes - it's too loose.

The strap, when properly adjusted can be easily removed from the forehead and should slip down over the neck loosely (not choking you).

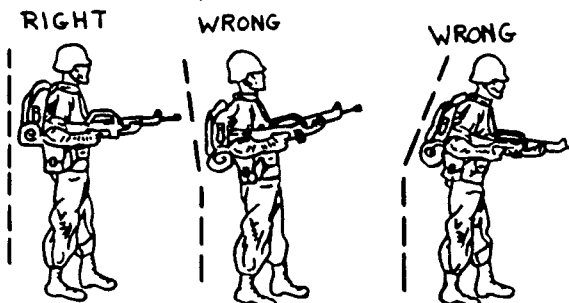
Note: When in this position, DO NOT attempt to remove rucksack until the head strap is OFF completely from around neck. And DO NOT unsnap the "Quick-Release" shoulder straps, as any of these combined actions will cause a choking effect to your body.

The Head Strap is not made for everyone to use. So after a short test trial, if you feel uncomfortable with it - don't use it! Again, it is only to relieve pressure off your back and shoulders from time to time



SPECIAL NOTE FROM THE AUTHOR:
 "THIS IS NOT MICHAEL JACKSON OR HIS SISTER LaToya!"

PROPER ADJUSTMENTS WILL HAVE A LASTING AFFECT ON THE BODY



PROPERLY WORN RUCKSACK WAIST STRAP BELT AND SHOULDER STRAPS. NOTICE BACK AND BODY ARE STRAIGHT AND ERECT.

INCORRECTLY WORN AND IMPROPERLY ADJUSTED SHOULDER AND WAIST STRAPS.

"OBVIOUS" IMPROPER USE OF WAIST STRAP/BELT, OR "NOT" USING WAIST STRAP AT ALL.

COMBAT "BUTT PACK" LIFE SAVERS

One of the most critical mistakes the military made to the supply system, was the removal of the good ol' butt pack from the supply inventory list. This little pack served as an "all purpose" carrying case for all sorts of equipment. From personal "pogy bait" to clothing and ammunition. These little packs served many uses, and those who remembered them most, are those who served in Viet Nam.

Only some special units today can still acquire these little butt packs through the military supply system. And even though they may be hard to acquire through normal military channels. You can still purchase these butt packs for your own personal use through any military surplus store or catalog. They are not very difficult to find and you can easily attach it to your normal everyday field equipment. Not even your chain of command should mind you wearing this little pack. They come in one standard size, but they come in many different colors and patterns. If you are on active duty in the military service, I suggest you buy OD green or camouflage. As these will blend in best with other military equipment that you are issued. Even if your unit thrives on uniformity and your leaders enforce these policies, you shouldn't have much of a problem using or wearing one of these butt packs.

One of the major uses of the butt pack is to store critically needed equipment inside of it. Understanding that the butt pack should always be attached to your LBE or temporarily slung across your ruck sack. For if you ever have to leave your ruck behind, you already have it attached or can quickly grab it off your ruck sack. Suggested items of equipment that should normally be stored in the butt pack are;

- * 1.) Poncho Liner
- * 2.) Rain Jacket/Pants
- 3.) Sweater
- * 4.) Overshoes
- 5.) Gloves/Socks/Under-Clothes
- * 6.) One (1) meal & Ammo

(*-Represents the minimum needed in all types of climate survival)

These are considered critically needed items only when a ruck sack cannot be taken or when only bare necessities can be carried on a mission. If you have ever experienced in the past a typical troop movement (in the field) via vehicle or aircraft, you will know what I am talking about. By hearing those last famous words from your fearless leaders, "Put your ruck on the truck and well link-up with them up later on!" **WRONG!** Murphy's Law may take it's toll and you may not see that rucksack again for many hours, or even days later. And if it's the cold weather season, you will definitely "freeze your ass off" waiting for that ruck or truck to link back up with you. (Believe me! I know by personal experience.) Regardless on how convincing your leaders are -

keep those bare necessities packed in your butt pack - and keep that butt pack with you at ALL TIMES. If you follow this advice, you will find yourself better prepared for any future problems that may come along in the field.

One last tip on this subject, if you carry your overshoes - tie them on the bottom outside portion of the pack. This will give you much more room to store other items inside the pack.



EXTRA UNDER CLOTHES



RAIN JACKET & PANTS



EXTRA SOCKS



FOOD AND RATIONS.



RAIN BOOTS/OVERSHOES TIED ON THE BOTTOM OF BUTT PACK



AMMO AND EXPLOSIVES



LEATHER GLOVES



PONCHO LINER



PONCHO OR GAMINIE COVER



WOOL SWEATER

* NOTICE: THESE ARE ONLY SOME OF THE STANDARD ITEMS NEEDED TO BE CARRIED IN A BUTT PACK AND SEPARATED FROM A RUCKSACK. FOR IF YOU NEED TO ABANDON YOUR RUCK, THESE ITEMS WILL HELP YOU SURVIVE THE FOUR (4) SEASONS. OF COURSE, NOT ALL OF THESE ITEMS WILL FIT INTO THE PACK. YOU MUST DECIDE WHICH IS MORE IMPORTANT AND NEEDED BASED ON THE CLIMATE AND WEATHER YOU ARE OPERATING IN.

STAY AWAKE WITH AN AUTOMATIC "NO DOZE" ALARM

Now available on today's market is a battery operated device called a NO DOZE ALARM. This little lightweight device is worn on the ear and works by the "nodding motion" of the head. There's a small amount of mercury located inside a small tube separated by two wires. And when the head nods forward or backwards, it connects the two wires that sets off the tiny alarm. The no doze alarm is adjustable to all ear sizes, to include those individuals who wear glasses.

On some there's also a sensitivity adjustment switch, so you can adjust the doze alarm to sensitive nodding. This device is excellent for those who have a hard time staying awake on guard duty. Or even those who must stay awake under stressful conditions in military schools such as Ranger, Recondo, SF or SEAL School. They are very affordable (less than \$10) and can be bought from any well known car catalog magazine.

* What a great way to save your butt from a royal ass chewing!

The DOZE ALARM can be purchased and ordered through a car catalog called J. C. Whitney & Co. The address is ;

J. C. Whitney & Company
1917-19 Archer Ave.
Chicago, Ill. 60680

* **SPECIAL NOTE:** THE AUTHOR DOES NOT ENDORSE ANY COMPANY OR PRODUCTS MENTIONED IN THIS BOOK. JUST RECOMMENDED PLACES WHERE THEY CAN BE PURCHASED.

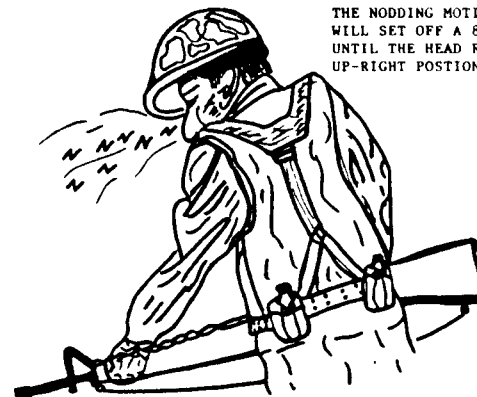


DOZE ALARM IS WORN ON THE EAR AND IS VERY LIGHT WEIGHT.

NOTE:
THE AUTHOR DOES NOT ENDORSE ANY Co. or PRODUCTS MENTIONED IN THIS Book.



THE NODDING MOTION OF THE HEAD WILL SET OFF A 86dB "ALARM" UNTIL THE HEAD RETURNS TO THE UP-RIGHT POSITION.



THE "Z" MONSTER CAN STRIKE YOU ON THE MOVE.....



ON BREAKS.....



AND ON DUTY, DAY OR NIGHT.

BEEP'N LOCATE YOUR EQUIPMENT

Now here's an idea that will help save time in locating your weapon, rucksack or sleeping gear in the dark of the night. Have you ever seen one of those magazine advertisements that shows a set of keys (with a metal tag attached) being misplaced in a house? And the caption reads: "LOST KEYS?" or "DO YOU KNOW SOMEONE WHO REGULARLY MISPLACES THEIR PURSE OR BRIEFCASE?" Well "Beep and Keep" is the answer, just snap your fingers or clap your hands and listen for the beep to help you to locate where that misplaced item has been put.

What a great idea someone had inventing this little gadget! Well now let's push our imagination a little bit further and think of what other ways and uses it could have to a field soldier.

Let's just imagine that your in a patrol base, and that you just woke up in the middle of the night to take a crap. Now there's not much moon light shining, and you don't have a flashlight available to assist you in walking around in the dark. So you have to feel your way around from tree to tree. All of a sudden you just realized that you forgot where you laid your weapon or LBE. Or perhaps maybe you forgot where your "fart sack" (position) is located. Now you know you don't want to holler or scream for help (you'll probably wake everybody up). And you know you don't want to wander around any further in the woods than you have to. But what will you do, what will you do?

SIMPLE -just snap your fingers, or clap your hands and listen for the "BEEP!" Really, it'll work perfectly. The range on the beeper is advertised to be good for about 20 feet away or more. Use it temporarily to place equipment out at night, either to hide or camouflage it's location. Such equipment as recovering those booby traps or listening devices you place out at night. Or perhaps even to place it around the neck of that damn "bozo trooper" who keeps getting lost all the time in your unit (Clap, Locate and Beat-His-Ass). Use it also to hide those extra goodies in the woods, I said "goodies" - Not Beer!

Most important, use it for practical purposes. If the beep is too loud, just tape it up a bit to kill some of the sound it makes. Avoid camouflaging it, as it's already very small and further camouflaging may only make it more difficult to locate. The minimum you should do is blend the color in to match most of military issued equipment.

Just use a little imagination and you can find a hundred uses for it in the field. The selling price of these little gadgets are any where from \$10 to \$20.



BEEP N' LOCATE KEY LOCATOR
(IN IT'S NORMAL FORM AND USE.)



BEEP N'LOCATE ATTACHED TO YOUR EQUIPMENT, WEAPON OR POSITION. CAN AID YOU IN LOCATING YOUR POSITION IN THE NIGHT IF YOU SHOULD BECOME TEMPORARILY LOST.



IT CAN ALSO GUIDE YOU TO YOUR POSITION IF EVERYTHING LOOKS THE SAME OR IF YOUR EQUIPMENT SHOULD BECOME COVERED OVER.

NOTICE: THE BEEP N' LOCATE IS ONLY GOOD FOR SHORT RANGES OF APPROX SEVEN (7)* METERS. PROVIDED THAT THE BATTERY IS IN GOOD CONDITION.

MODIFYING THE LBE HARNESS

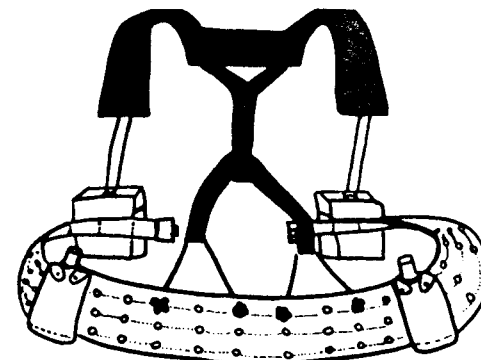
This tip will probably save your back a lot of unwanted pains, but it may cause your leaders to give you OTHER pains in OTHER places (get my drift?). But I'm going to pass along this tip to you anyway, but don't say I didn't warn you so!

Have you ever suffered sharp back pains due to carrying a rucksack that keeps "rubbing or jabbing" you in the same spot where your rear LBE adjustment "links" are located? Even after you adjusted and taped them a hundred times or so, they still keep on jabbing you? Well this tip will help ease most of the pain away.

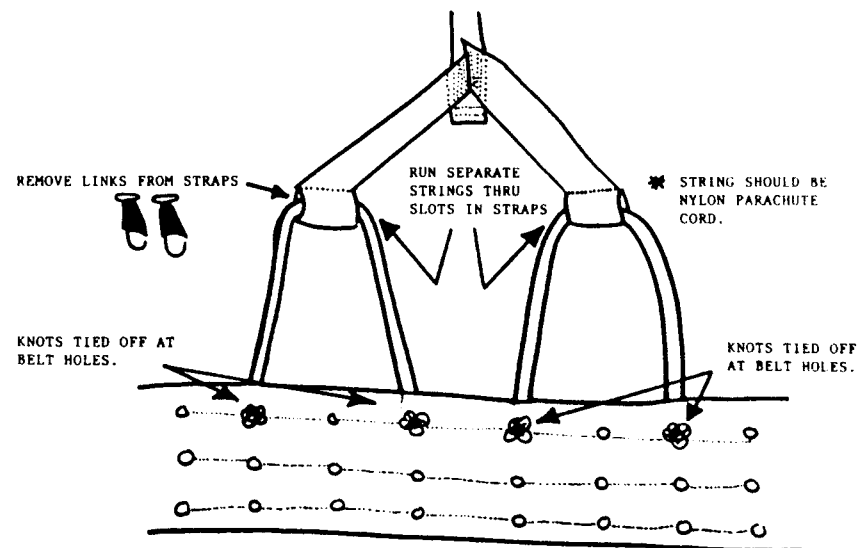
Acquire some nylon parachute cord, OD green preferred. You can either get some from a well known military surplus store or acquire it from your supply sgt. Remove the two (2) metal "links" from the back of the LBE with a screw driver or a pair of pliers. Run a 24 inch (approx) nylon parachute cord through each harness loop (where the links were). Now run the ends through two (2) of the many small "washer holes" located on the pistol belt. Select two holes approx 2 x inches apart to the LEFT and RIGHT of the CENTER of the belt. If you can't figure out the center - just fold the belt in half and that will show you approx the center.

Put on the LBE and adjust it to a comfortable length. Now tie the ends off only at the pistol belt holes, and not too big of a knot or it will also cause rubbing and jabbing as well when it is worn. Repeat the same process for the other harness loop, if necessary readjust it until you are satisfied that it feels comfortable. If you wish, you can do the same with the front portion of the LBE harness straps. But be advised that this may be too much exposure, especially if you have a chain of command who thrives on uniformity needs - instead of comfort needs. The back portion of the LBE will not be too noticeable as the front will, but if you can get away with it - Go For It!

Oh, don't throw away or lose track of those metal links you removed. You may have to put them back on later whenever you have to participate in a formal military ceremony (uniformity). OR when your about ready to PCS or ETS and need to turn-in that LBE and equipment back into the supply sgt. As you should already know by now, that he won't accept it unless it's (the equipment) completely intact.



MODIFIED LBE WITH STRING ATTACHED.



IMPROVISED FIELD "BOOT DRYER"

Wet boots can be a pain in the ass, and especially cold "wet" boots in a cold winter environment. Most of us field grunts know how valuable our feet are and how badly we depend on dry warm feet to get us to where we need to go. For some, their brains are located there and when that brain gets cold - that's it baby, they close shop and quite!

It's almost always impossible to dry boots without a campfire or hot running vehicle. Trench foot will surely set in if immediate care is not taken. If you are a light infantry grunt soldier, you know you can't afford to carry the extra weight such as a second pair of leather combat boots. But it could benefit you to carry and use a pair of rubber overshoes. Carrying a set of old tennis shoes with those overshoes will give you a perfect set of dry footwear (mentioned earlier in this book). Don't knock it until you tried it.

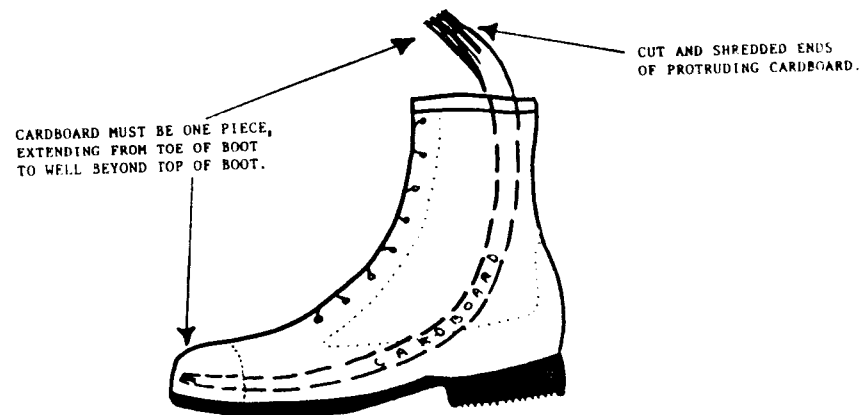
Now that your wearing wet boots and decided it's time you try to dry them out, you need to prepare several things. You will need a small camp fire (or heat source) and approx two (2) narrow 12 inch strips of cardboard. The cardboard from an MRE box will do fine. Trim along the cardboard edges so they are frail all around, cutting all the edges with a sharp knife will do the job.

Next, ensure all the laces are removed and the top portions of the boots are rolled down as far as they will go. Take those strips of cardboard and place them inside the boots until it touches the inside portion of the toes. Making sure the other end of the cardboard reaches the outside of the boots, bend it if you have to, but don't tear it. Now all you have to do is set the boots near a fire (not too close) and wait.

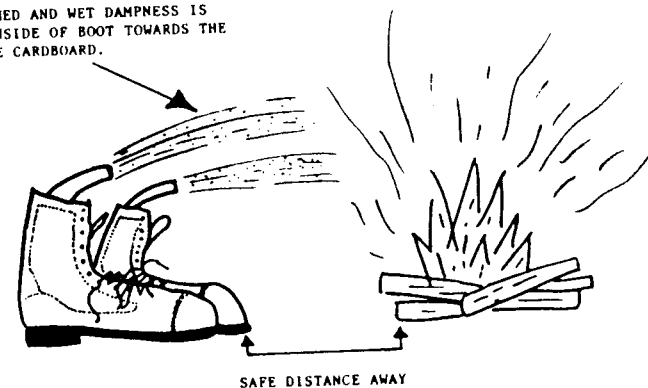
What this does is form a vacuum that absorbs the dampness through the cardboard to the heat source or fire. This method won't dry the boots in minutes, but it will dry the inside of the boots a lot faster than if you didn't try it at all.

While your drying out your boots, you might as well dry out your socks along side of them. Cut out a few more narrow strips of cardboard and insert them inside the socks so they are stretched out a bit. And very carefully place them near the fire. BUT, don't make the mistake most troops make while drying out those boots and socks. If you stick them too near the fire, you will over-dry portions of the boots and socks causing damage to the material. The results will be socks disintegrating and ripping apart as you put them on, and the boots stitchings coming apart at the sewn seams as you are walking.

Even though you may be in a hurry to dry out those boots and socks, putting them too close to the fire will not dry them correctly without causing immediate damage. It takes time and a little bit of patience to dry those boots and socks correctly before they will benefit you as well as your feet.



A VACUUM IS FORMED AND WET DAMPNESS IS ABSORBED FROM INSIDE OF BOOT TOWARDS THE FIRE THROUGH THE CARDBOARD.



I.D. DOG TAG PROTECTORS

The military I.D. Dog Tags and neck chain can become a little bit uncomfortable when you have to wear them for long periods of time. The climate can also add to the discomfort as well, such as the cold in the winter time. If you sleep without your I.D. tags on (like most do) in the field, you probably felt the sharp icy chill of the cold metal when you put them back on. Yea, the cold tags only chill you for a few minutes, but why suffer?

There are other ways in which you can feel a bit more comfortable in wearing I.D. dog tags. Regardless of the type of climate or field environment you find yourself in. Here are a few simple tips and ideas that will help make you feel more comfortable in wearing those I.D. tags:

1.) Most military stores and military bases sell ID tag protectors. They normally come with a thin plastic tube for the chain and two (2) plastic containers for the tags. It's really not a bad deal for the set. But I found out that after a period of time between going from hot climate to cold climate - the tube will become very "stiff and brittle."

2.) A substitute for the store bought ID tag protector is a hospital IV tube. The kind of tube that is used to transfer clear liquid or blood from the container to the body with a needle connected to one end of the tube. You don't need the needle, just the tube. These can be easily cleaned in hot soapy water. If you know a doctor, nurse or medic, they can easily acquire these items. As most of these tubes are thrown in the trash can anyway.

3.) Another type of tube that you can acquire for your dog tag chain is a fish aquarium pump tube. These come in different sizes, ensure you get the type big enough for your chain to fit inside.

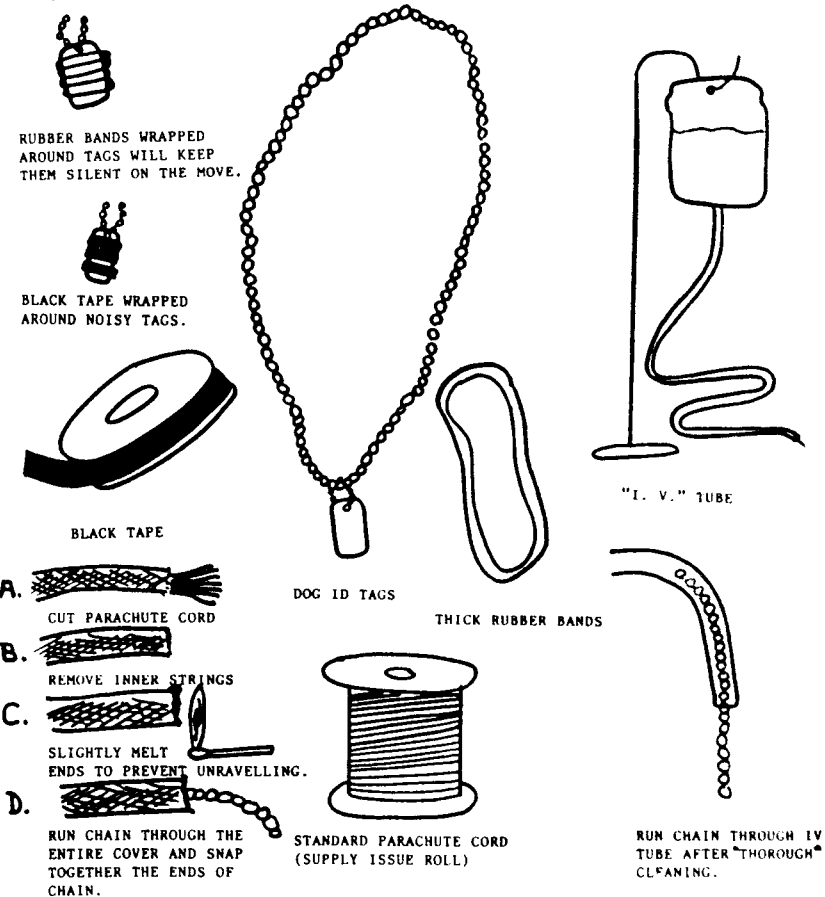
OR

4.) An idea that MIKE FINN of Killeen, Texas sent me, is to use the outer cover of the nylon parachute cord. This parachute cord is quite easy to acquire on or off military bases, and can be bought in most well know military stores across the USA. Take a portion of this nylon string and measure it to your chain. Now cut and remove from the inside the thin nylon strings, there should be seven (7) strings. Take the nylon 'hollow' covering ends (both of the ends) and hold it over a match or lighter - JUST FOR A FEW SECONDS! Just till you see it start to melt the frail ends, then blow it out quickly ensuring you do not close the ends. The holes must be left open enough to insert the chain. Insert very carefully one end of the chain and feed it through the rest of the way.

Then simply connect the two chained ends and add tape or a rubber band around the tags themselves.

And there you have it - a personally made ID tag protector. It's better to get a parachute cord that is OD green in color. If OD is not available, the white will do, or you can dye it. One of the best things about this chain cover is after a long period of time it will start to get dirty and smell of body odor. No Problem! Just toss it in the laundry bag and wash it with the rest of your clothes.

* Special thanks to Mike Finn, "Your a neck saver, Mike."



FIELD UNIFORM "COVERALLS"

We field soldiers waste more money on uniforms a lot more than we really want to and sometimes realize. And even though you may get a clothing allowance each year to pay for or replace those worn-out and torn uniforms. You know deep down you would prefer to spend that money on other enjoyable areas (booze, wmer, etc).

Most of those worn out uniforms, are due to all those nasty weekly and monthly outdoor field exercises we keep going on. If you can keep those uniforms from wearing out in the field, you got it licked to "pocket" that clothing allowance each year. Well now here's a tip that should help you to save those uniforms from being worn out so quickly and help them last a lot longer too.

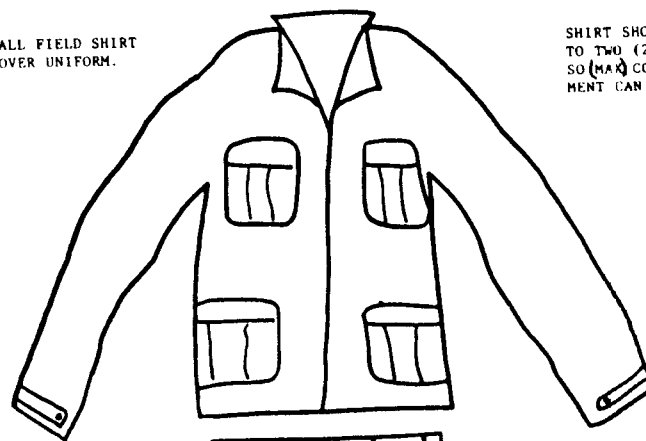
It's called a field uniform coverall. The military at one time use to issue a separate uniform coverall to be worn over all or part of the standard daily uniform. This coverall was only worn for field exercises, they now appear to be breaking away from this type of uniform. As many units today are not issued field pants or shirts with their TA-50 Field Equipment. And some units that do have these field pants and shirts in their standard TA-50 issue, don't or can't wear them. Due to not being the same pattern or standard camouflage color that goes with the rest of the (BDU) uniforms. Or they are only allowed to wear them in certain cold weather (snow) environments. Now there's a way you don't have to suffer or worry about not being in uniform with the rest of the unit. Simply buy yourself an extra set of BDUs (shirt and pants), but they must be one or two sizes larger than what you normally wear. They have to fit comfortably over the regular sets you wear each day. As you will be using this set as a field coverall for keeping the other uniforms clean. To help make it fit better, you can have tie-down straps sewn through the lower portion of the pockets. The straps then can be tied around the legs or under the crouch. But make sure you have long tie-down straps sewn in. So that you will have a sufficient amount of slack in the straps to tie the ends to your comfort needs.

Because today's BDU uniforms comes in two types, standard and lightweight. You can choose the type that fits you more comfortably in the field. The standard type is what I would recommend you use in all seasons, at least for the pants. As they will take more of a beating and last a lot longer than the lightweights will. The shirt type is up to you, some find the standard shirt type a bit too heavy and warm in hot climates, while others say the lightweight is too thin for cold climates.

Which ever the uniform you decide to use, keep in uniform with the rest of the unit, and wear it comfortably loose.

COVERALL FIELD SHIRT
WORN OVER UNIFORM.

SHIRT SHOULD BE ONE (1)
TO TWO (2) SIZES LARGER.
SO (MAX) COMFORTABLE MOVE-
MENT CAN BE MAINTAIN.

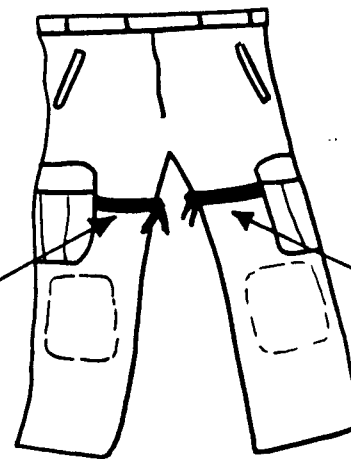


COVERALL FIELD PANTS
WORN OVER UNIFORM.

PANTS SHOULD BE TWO (2) TO
THREE (3) SIZES LARGER. FOR
MAX MOVEMENT.

COVERALL FIELD PANTS
TIE DOWN LEG STRAPS

COVERALL FIELD PANTS
TIE DOWN LEG STRAPS



CODE WORD "ALERT"

Every so often, there are times when you would like to alert your buddies and or a fellow leader of something "going down" without alerting others. And you don't want some "outsiders" to know as well. Whether it's a link-up at the local club or to notify your squad or platoon of someone big approaching your unit. To give you an example, when I was a squad leader we had a "lard ass" company commander and first sgt who constantly spent their time always seeing what the troops were doing. They were constantly trying to catch someone who was not doing what they were supposed to do. So we got together as a team and formed code words to alert others of these leaders approaching.

Here's what we came up with:

- * A 1 * - was pronounced "Alpha One!" meaning the "Battalion Cmdr" was approaching or in the area where we were located (some of the troops nick-named him "asshole one")
- * A 2 * - was pronounced "Alpha Two!" meaning the "Company Cmdr" was approaching or in the area where we were located.
- * PBR - was pronounced "PAPA-Bravo-Romeo" and used in a normal conversation like so, "Papa-Bravo-Romeo" at 2200 hours tonight at my position." Meaning "Poggy Bait Run at 10 O'clock (National Guard Time) at my position." In which we would sneak off to a local store nearby to pick up some snacks and goodies.

It was pretty amusing at times, before you knew it everyone in our platoon knew the code words. It made a closer bond between all of us to work together as one team.

I remember one particular code word alert call where everyone was taking a break from digging their fighting positions. When a chain reaction of voices came from the left side of the platoon defense in a domino alert manner. "Alpha One!" came the first voice, "Alpha One!" came the second voice, "Alpha One!" "Alpha One!" "Alpha One!" ...etc. And in one rapid motion everyone was back in their foxholes again digging and shoveling the dirt. And a short distance away, sure enough here came the asshole! - the battalion commander.

Code words should be simple for everyone to remember, and not abused or get carried away with. They also can be used on the radio frequencies as well, we abuse it anyway. We use such words as "Lima-Charlie" meaning "Loud and Clear," and "Tango" for "Trucks."

Another example is the American POWs during the Viet Nam War, they used code words and taps between each other to communicate so their captors wouldn't know what they were saying. If it can work for them - it can work for you, try it!

KNIFE & CHEMLITE & SLEEPING BAG = SAFE

While serving in a mechanized infantry unit in the Republic Of Korea in the early 80's, I encountered many hazardous conditions that I never encountered else where before. Not only was I facing a possible daily threat from North Korean infiltrators working up in the DMZ, but from my own side as well. Whether I was in my "Fart Sack" cutting some ZZs at a DMZ guard post or just sleeping in a secure rear area during an exercise (Team Spirit). I found myself too many times struggling to get out of my sleeping bag to either avoid being run over by a tank or track, or just responding to an alert. As those damn sleeping bag zippers always had a habit of jamming at the wrong place and time.

A simple solution to the problem of a possible jammed zipper in the field, is to sleep with a knife. This tip could save you in a life or death threatening situation. Whether you are about to be run over by a tank or track, or possibly burnt by a patrol base campfire, you will at least have a chance in surviving. A SLEEPING BAG CAN BE BOUGHT, BUT A LIFE CANNOT. A knife will not take up much room in that fart sack and can be easily stored in your pocket, belt or placed near your side. It won't hurt you unless you decide to sleep with it "Rambo Style"(without the knife sheath). For if you do and it's not the folding type, then you risk a 50-50 chance just surviving alone in that bag anyway. I recommend personally a folding knife to sleep with, it's safer and easier to use.

For those areas of the woods where you might encounter "wild roaming" tanks and tracks operating without ground guides or know where they are going. Try locating a sleeping spot between a bunch of thick tall trees. The more thick trees, the safer you are. If tactical conditions permit, place a small chemlite over your spot where you are sleeping. You field soldiers stationed in mechanized and armor units in Germany, Korea and the good ol' USA - know what I am talking about.

I always remembered one particular accident that happened while I was stationed in Korea. A M113 track was conducting a river crossing during an early morning exercise. One of the crew members of this track decided it was too cold to get out of his sleeping bag during the actual crossing and stayed in it. An unexpected tipping caused the track to flip over just half way across the river and sank. Due to panic and the water rushing in, most of the crew members drowned. The one member who decided to stay in his sleeping bag in the track was found many miles down stream, still in his fart sack - DEAD! Can you imagine how horrible a death he must have suffered while struggling to get out of that wet sleeping bag? He might have had a chance if he had a knife in the sleeping bag, or better yet a smarter squad leader to kick his butt out of the bag. Think about it!

* Part of this tip was sent to me by MIKE FINN of Killeen, Texas. Thanks Mike, "I hope we at least woke up a few troops in thinking seriously about taking a knife to bed with them in the field."

IMPROVISED WEAPON CAMMIE TAPE

Camouflaging a weapon can be pretty simple with the items available and sold on the market today. They sell everything from camouflage paint, nets, cloth covers to camouflage tape. Even though the best type of weapon camouflage is live foliage, it does have it's drawbacks. Such as having to change it every couple of hours or every single day, as they do not live long once they are cut from their branches or roots. And this can be pretty tiresome day in and day out, especially if you have to move over rough thick terrain and underbrush. As the camouflage will keep on being knocked off as soon as it's put on or replaced.

The best type of camouflage is a cloth material or tape. The type of material that will blend in quite easy and not die, is material made from a rough canvas - such as a "brown or green" cloth sandbag. And not the plastic type of sandbag neither, as this is too fragile of a material. And it will not only make noise at night, but will melt if it comes in contact with the hot metal barrel of the weapon when it is being fired.

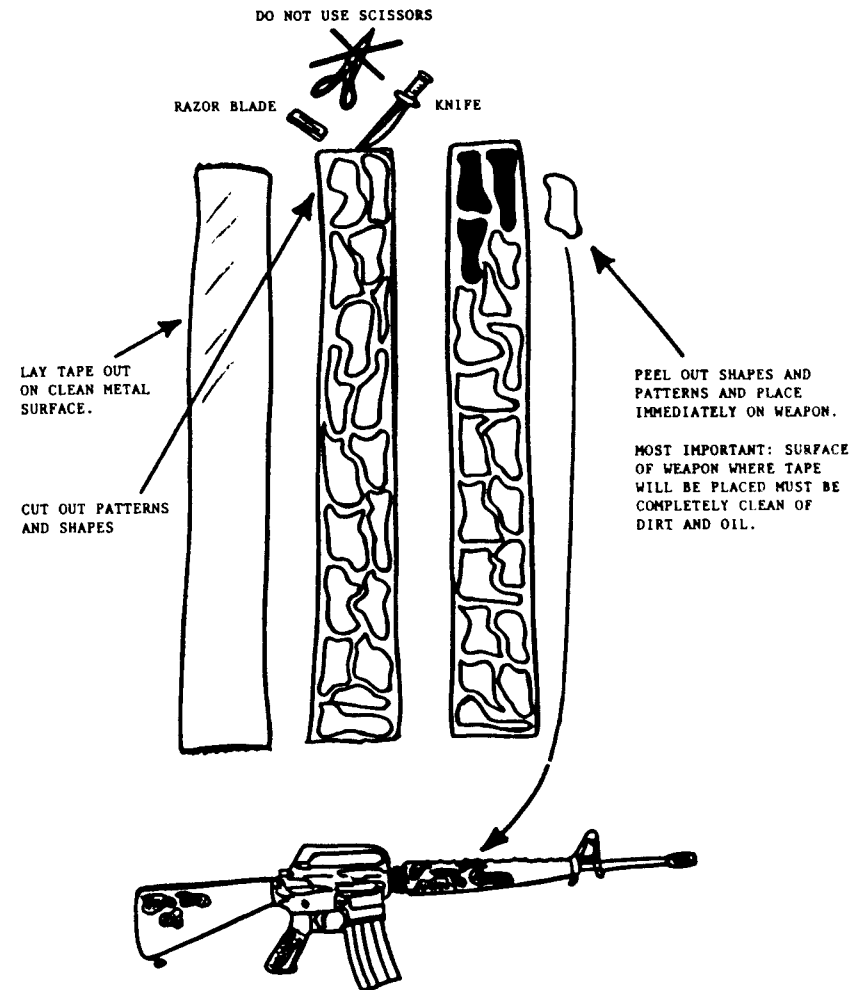
The easiest way to camouflage your weapon is with a permanent paint, but being that you don't own this military weapon. We'll go directly to the next best method which is "tape". Now if you want to save your money or cannot find this already made camouflage tape, you can easily make your own "stick on" camouflage tape.

All you need to buy is two (2) rolls of tape in two (2) different colors, one brown and the other green. Find a sheet of metal, plastic or ceramic/tile floor. Ensuring that they are not going to be used, as they will sustain some scratch damages. (I've always used the back of my military metal wall locker for this. Hell, why not use your buddy's car?)

Wipe the area surface clean where you are going to lay the tape down on. Next, lay out two 18 or 24 inch strips of tape, one green and the other brown. Now take your knife or a strong straight razor blade and make cut-out patterns. Don't make them too small or too large. Try to make them in odd patterns and shapes like leaves and bushes off of trees and shrubs. Something like your camouflage uniform or other equipment in the military.

Once they are all cut out, simply peel-off and place them on your weapon or other equipment. Make sure you wiped the surface very clean, so they will stick on better and stay attached longer. Rub the tape on very hard when placing them on the weapon, as this will make it a lot more air tight between the tape and the surface. And prevent it from coming off when making contact with water.

When you return from the field, you can easily peel them off and save them for that next field exercise. Depending on the time of season and terrain you are going to be operating in, you may need to use more of one color than the other. This is entirely up to you, of course.



"HOMEMADE" FIELD AMMO

Have you ever gone on a military training exercise in the woods and came across some wild game (animals). And you wished you had live ammo instead of blank ammo? And knowing how tasty that rabbit or squirrel would have been instead of that terrible MRE or C-Ration meal.

Well, why not make your own short range ammo to take to the field? It's quite easy to make when you are issued blank ammo. My favorite type of home made ammo is one I call "birdshot 5.56mm ammo."

All you need is some drinking straws, BBs (from airguns), and some quick drying glue. Cut the straws in short pieces of no shorter than 1/2 inch and no longer than 3/4 of an inch, this is very important and critical. Place one piece of straw over the narrow open end of the 5.56mm Blank Ammo. It should fit very tightly and snugly. If not, try another brand of straws. Next, take a few BBs or shotgun bird shots and place them in the opening end of the straw. Do not fill it to the entire top of the straw. Leave enough space to stuff a tiny piece of tissue on top to hold in the BBs. Or if you have some quick drying glue, place a drop in the top of the hole and on the BBs. The tissue or glue will keep the BBs in place so you can put the round in the chamber.

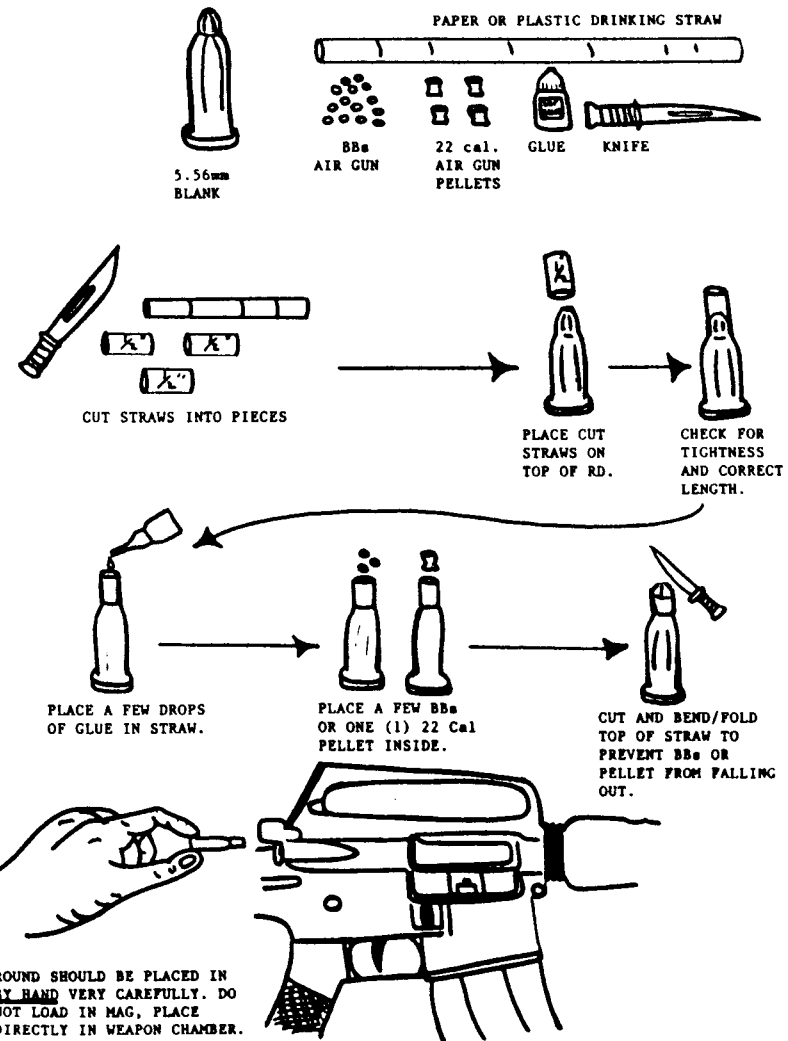
When you are loading the home-made "birdshot ammo" in the weapon chamber, it should seat in the chamber pretty easy. But be aware that if you should decide to remove the ammo from the chamber, the straw with the BBs will separate. Never load the round unless you are going to actually fire the weapon.

When the weapon is fired, the bolt will not automatically return to the rear. You will have to pull the charging handle to the rear for each round fired. Fire a few practice rounds so you can figure out how to sight it in, and what the approx range of the ammo is.

A good place to store this improvised ammo is in the M16 butt stock cleaning weapn compartment. This way you will have the ammo ready for that next field problem.

* CAUTION: Be careful whan using this ammo, never use it around other troops. Use it when you have extra time for yourself in the field.

WARNING: THE AUTHOR DOES NOT ENCOURAGE INDIVIDUALS TO USE THIS AMMO OTHER THAN FOR SURVIVAL OR HUNTING PURPOSES. PROVIDED THAT THEY WARN INDIVIDUALS TO STAY CLEAR OF THE AREA WHERE THEY ARE USING THIS AMMO.



KEVLAR FOREHEAD "SWEATBAND" INSERT

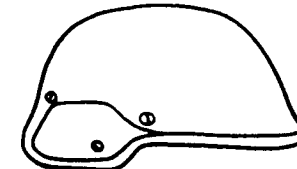
The leather sweatband that goes inside the military kevlar can easily become soaked with an excessive amount of sweat, causing additional sweat to run down over the face. Not only will this cause discomfort, but if the band is not cleaned every so often, the band may become crusty and stiff. Possibly causing a more severe discomfort and or a skin rash later on.

A great idea that MIKE FINN of Killeen, Texas sent me recently can help solve and remedy this problem. His idea is:

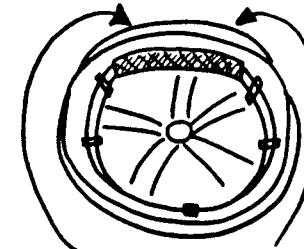
Take a tubular terrycloth headband, preferably OD green and some velcro. Cut out about a three (3) inch section and tape or sew the cut edges so they don't unravel. Cut the tubular terrycloth so it's flat and that it fits to the forehead portion of the leather sweatband. Cut out the anchor points, fit and sew the velcro onto the piece of headband on the Kevlar side. Do not use too big a velcro piece, as too much could cause more discomfort than comfort when it is finally connected to the sweat band. With the velcro connected to the headband, it can easily be removed from the sweatband to wash. Or make two (2) from each terrycloth headband, so you can switch off for a dry one when the other one becomes soaked with sweat after a hard road march. This will help keep you more comfortable and keep that salty sweat out of your face.

* Thanks Mike for that idea you sent, this should keep future sweat from running down our faces.

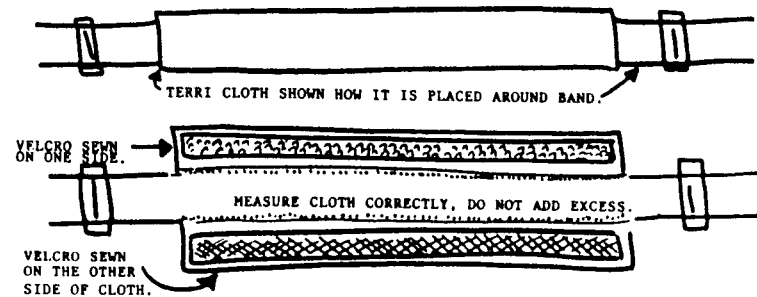
THE KEVLAR HELMET SWEAT BAND WHEN PROPERLY INSTALLED INSIDE WITH A PIECE OF TERRI CLOTH. WILL GIVE YOU LESS SWEAT AND PERSPIRATION RUNNING DOWN YOUR FACE AND NECK.



KEVLAR HELMET



REMOVABLE TERRI CLOTH
PLACED UNDER OR AROUND
LEATHER SWEAT BAND.



TOILET PAPER "BUTT SAVERS"

Every grunt soldier knows that the second most sensitive part of his or her body is the butt hole. And if you don't know by now what the most sensitive part of the body is, forget about reading the rest of this page. As this tip would not do you any good to try it out. But for those of you who know where I am coming from (back down on earth), there are a few things that you should know.

Those military VIPs don't really care about your "butt" when it comes to the outdoor field environment. If they did they would have changed by now the little bit of toilet paper that comes with an MRE or C-Ration. By making the paper a bit more durable where it would last a little more than just "one wipe". They can spend millions of dollars on new weapon systems, but not a single penny more for MRE toilet paper.

As it stands now, you either use the one wipe "break-thru" military MRE toilet paper or mother nature's "tree leaves". But if you are really smart and have your shit together, you will pack away a private roll of dependable civilian or unit supply issue toilet paper.

Now that you decided that this makes sense, you need to figure out a way to keep that paper dry and fresh. There is nothing more demoralizing than getting ready for a nice clean wipe then to find that toilet paper wet, damp or torn apart. A few simple tips here will help remedy the problem:

A.) You can place that roll of toilet paper in a zip lock sandwich bag, or any reasonable size plastic bag. If it does not have a zip lock closure, a small rubber band, string or wire will help seal it close.

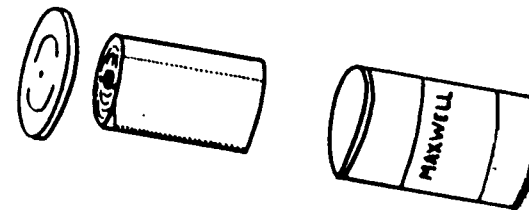
OR

B.) An Idea that SSG SEAN P. GILDAY of Flushing, New York sent me. Take an empty coffee can and plastic lid and use it for an all weather-proof toilet paper container. It's just the right size for a medium size roll of toilet paper to fit inside. If you want to secure the lid even more tighter, add a strong piece of tape over the lid.

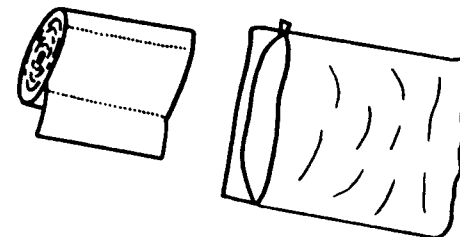
Which ever method you decide to use, ensure you keep it sealed tight with as little air trapped inside the container as possible. Too much air may cause it to rupture a hole and water will sneak in. If you want to be extra precautions, add a double seal such as another plastic bag.

* Special thanks again to Ssg Gilday for his tip on how to keep toilet paper dry and fresh-"You got your ___ together, Sean."

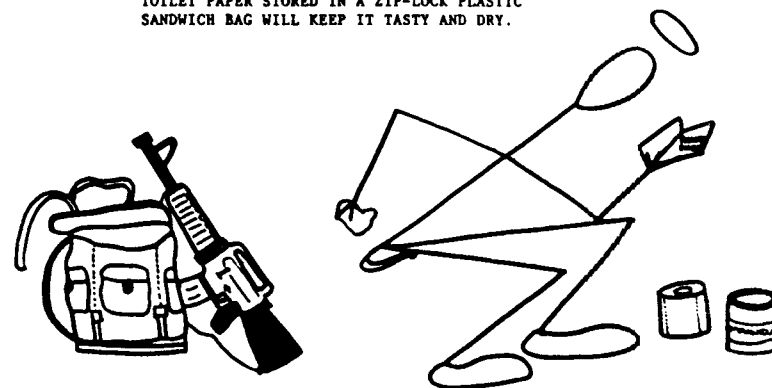
FRESH DRY TOILET PAPER IS THE KEY TO SUCCESS WHEN LIVING IN THE FIELD, (FOR MOST OF US). AND THESE ARE JUST A FEW SIMPLE TRICKS THAT WILL HELP MAKE YOUR DAY WORTH LIVING.



TOILET PAPER KEPT STORED IN A COFFEE CAN WILL KEEP IT AS FRESH AS COFFEE.



TOILET PAPER STORED IN A ZIP-LOCK PLASTIC SANDWICH BAG WILL KEEP IT TASTY AND DRY.



"JOHN WAYNE" M16 WEAPON SLINGS

Carrying a weapon for long periods of time through all types of terrain and weather conditions can become very exhausting. Not only can you become tired and bored, but you can lose your sense of alertness and guard as well.

Troops in the field always have to be reminded and nagged "to get their weapons pointed out", "get it off the ground", "carry the weapon properly." It's a never ending problem to a leader as well as to the soldiers carrying the weapons.

Well now there's a compromised solution for maintaining an edge in staying combat ready and alert while carrying a weapon. It's called a "John Wayne" sling. It's a sling attached to the weapon in such a manner where your weapon's muzzle is always pointing up and out in your direction of walk or attack. And at the same time relaxes the weapon's weight, while still maintaining your guard and alertness.

What you need is your weapon's sling and some strong string, preferably the nylon "parachute cord".

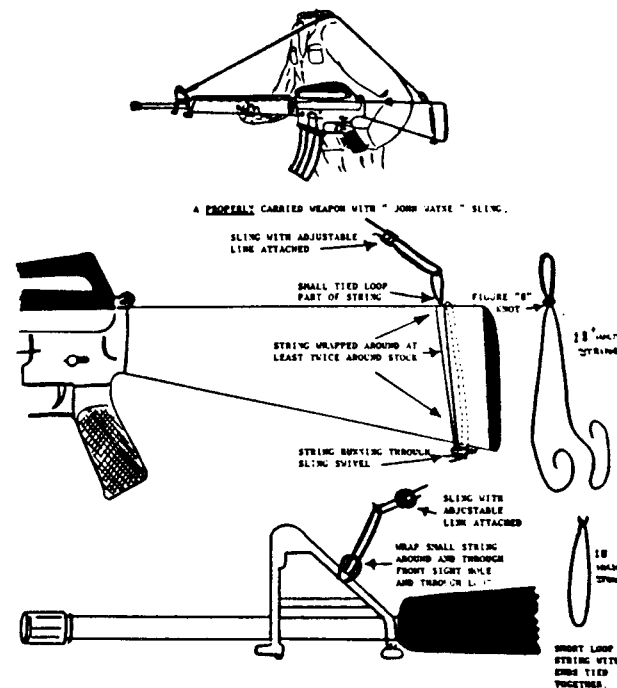
First, remove the sling entirely from the weapon. Next take approx a 15 inch piece of parachute cord and run it through the weapon's front sight once or twice. Making sure it does not block the front sight entirely. DON'T take a short-cut by tying it to the barrel, the string will melt or burn when the barrel gets hot from firing. The string should not be too long, even if you double it, but must extend above the front sight a minimum of 6 to 12 inches. It should be tied in a loop type knot, so you can remove the string at ease without having to untie the knots.

Next, take a long 36 inch cord and measure it to the half (1/2) way point. Make a loop and tie a knot there, leaving the open loop - OPEN, a figure "8" knot tied here will do just great. Place the knot on the top rear portion of the stock and run the ends over the left and right sides. Now run the ends through the rear sling swivel (both ends) and around the stock in opposite directions, TWICE. There should be plenty of string left to tie off the ends. BUT WAIT! - Ensure you pull very HARD and TIGHT the running ends, no loose slack at all left in the string. Now you can tie the running ends off either at the top by the loop or the bottom at the weapon sling swivel. Make a good strong knot.

Now you can attach and run the weapon sling through the string loops located at the weapon butt stock and front sight, like you would on the sling swivels. And then attach the two adjustable metal sling links and run the sling through the links. Now all that is left to do, is to try it on and make adjustments.

The length and distance for the weapon to be properly positioned while being slung over one of your shoulders, is between the upper waist and armpit. With enough slack in the sling so you can easily slide or move the weapon to the shoulder pocket for rapid aiming and firing. If the sling is too tight, your weapon will be too difficult to remove when the time comes when it must come off (such as an emergency). Drapping the weapon sling over the outer shoulder or inner shoulder will depend on how comfortably you feel with it (or if you are carrying a heavy or light rucksack).

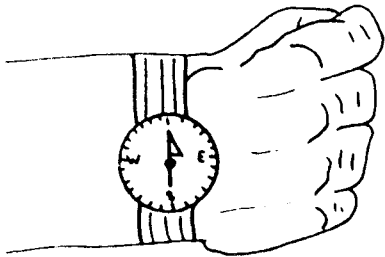
* CAUTION: Never tie the string around the small narrow portion of the weapon's butt stock (M16). It may be easier to place there, but then when you have to pull the charging handle to the rear, the string will either obstruct the charging handle from being pulled back. Or may even get entangled with the string when you release the charging handle. Due to this delayed action, you could find yourself in a deadly situation.



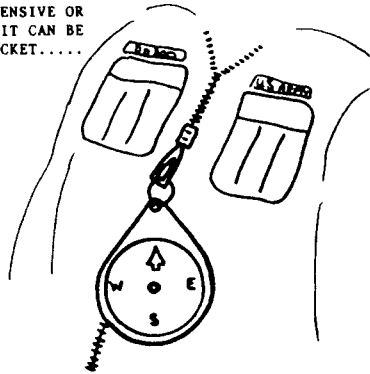
CARRY A COMPASS, ALWAYS!

In today's US Military Services, the only individuals who are issued compasses are leaders. You may not think you need a compass - but you are dead wrong! If you are always going to depend on someone else to get you from point "A" to point "B" during an actual fire fight. Or at an unexpected moment of panic and confusion. You may find yourself running deeper into trouble or in the wrong direction unexpectedly. Which could mean deeper into enemy control territory or deeper into woods. If you are willing to place your life into someone else's hands, then don't bother to read the rest of this page. Just stop here and turn to the next page. If you want a better than 50-50 chance of surviving and knowing where you are heading most of the time, BUY A COMPASS! It doesn't matter how expensive or fancy the compass is, just one that you can determine the four (4) general directions. Any cheap compass will do, the perfect type of compass for a soldier in a "non-leadership" position is a zipper, or wrist compass. These types of compasses are not extremely accurate for fine degree readings, but very useful in reading simple directions. Such as locating your position in the dark or knowing in which direction friendly lines are located.

IT DOESN'T HAVE TO BE EXPENSIVE OR A WELL KNOWN BRAND NAME. IT CAN BE EITHER CARRIED IN YOUR POCKET.....



WORN ON THE WRIST OR ATTACHED TO YOUR WATCH.....



AND EVEN WORN ON YOUR CLOTHES, SUCH AS ATTACHED TO YOUR ZIPPER OR BOTTOM OF YOUR SHIRT/JACKET.

GET IT RIGHT AND PAY THE PRICE, KNOWING WHICH WAY IS OUT-COULD SAVE YOUR LIFE.

AUTHOR'S COMMENTARY

I would like to congratulate all of you men and women who have participated in the invasion of Panama, Operation "JUST CAUSE." And as I write this today, the operation of "DESERT SHIELD / DESERT STORM" is under way in full swing. (God Bless All Of You)

I sincerely hope that the books that I have written and put together were of some military value to you on these operations and past deployments. And I pray that the information in these books will continue to help you to survive all the hardships you may encounter in your military service. And I mean this from the bottom of my heart from one service member to another.

Now down to business...

I am now on my last leg of my military career in the U.S. Army and I would like to see some changes in the way the Department of the Army selects individuals for advancement. I am referring to the way DA selects NCOs for career progression assignments and promotions, particularly those in the rank of E-6/SSG through E-8/MSG. If I cannot convince those senior leaders in the ranks of E-9/Command Sergeant Major and O-6/Colonel and above to consider making changes to the system. The least I do is make others aware of these prolonged problems and hopefully inspire them to push for changes. You will see my point as you read on.....

RESTRICTED FICHE: As I mentioned in my previous books, the individual restricted fiche is still not a mandatory requirement to be looked at by selection board members who sit on promotion and career progression boards. Although since the last time I reported this, there has been a slight change to this policy that was announced not long ago by the Army. And the change was "restricted fiches would be available or left up to board members to view in helping them to decide who is the best qualified soldier," or words to this affect. Great news? No way!

It's "not mandatory" or "required" for board members to view, only that it is left up to them to decide if an indepth look is really necessary or needed. What determines a board member to decide to look at an NCO's restricted fiche? Wouldn't it be easier and fairer to look at everyone's restricted fiche? This to me would make more sense then to only look at a few certain individual's fiche. This way every NCO is looked at fair and equally across the table, and not just a few who board members just "sporadically" want to check out. As those sporadic checks will only let some less deserving NCOs get selected over those who are more deserving. I say "let's weed them all out!"

The restricted fiche is quite often abused and used as a "hide away file" for those who have screwed up and or have a need to hide something. This gives a wrongdoer or "screw-up" a competing chance in



advancement against those who have done nothing wrong nor anything to hide.

For if a DA Selection Board viewed everyone's restricted fiche, there would be a little less competing and deciding who is the BEST qualified NCO.

It's sort of like electing a politician to office who is crusading against drugs and drunk drivers. When in his own police record he has several minor convictions for drug abuse and drunk driving. Only that his police record was not available during the election campaign, but he still got elected to office.

Commanders continue to repeatedly make the mistake of helping wrongdoers by choosing to place UCMJ disciplinary actions in an individual's restricted fiche. They do this in order to not hurt the individual's future chances of career progression, especially promotions. They don't fully realize the impact it has on ALL the NCOs in the Army, as he only sees this one so-call "good NCO" standing before him. If he is such good NCO, then he should not have screwed up.

Unit commanders who place UCMJ disciplinary action in a restricted fiche, may be helping one of their NCOs. But they are "screwing the rest of the Army NCO Corp," particularly those who have done nothing wrong or anything to hide in their record.

I am aware they are not the only guilty leaders in wrongly placing disciplinary actions there. Not without the advice, encouragement or pressure of other senior NCOs and Officers in his unit as well.

Anyone who disagrees with this, obviously must also have something to hid and or wishes to progress over others who have done nothing wrong nor anything to hid.

OVERSEAS ASSIGNMENTS: This is another area that selection boards do not take into consideration. I still do not know how in the hell some senior NCOs are so fortunate enough to be selected to the top three (3) ranks and yet were never selected for an overseas assignment. Maybe luck??? For the majority of NCOs...no way!

Some top three (3) senior NCOs have remained in CONUS since they were privates, and some at the same base! How can some be selected to the top three NCO ranks stationed in one location and yet were never selected for an overseas assignment? Mind puzzling isn't it? A good example of this is Fort Bragg-North Carolina and Fort Benning, Georgia. Anyone who has ever done a tour there would know what I am talking about, and there's no telling how many other CONUS bases have these old timers hanging around.

The final conclusion is promotion/selection boards do not take into consideration the "weight sharing" of overseas assignments. Let's face it, the average soldier does not really want to go overseas. But there is no reason why some should have to be selected several times over to do an overseas assignment while others have not done one. And



yet they are repeatedly selected over and over again to the top three (3) NCO ranks. It is not only unfair to other NCOs, but it is also not fair to the families of these NCOs as well.

But, if an NCO has several consecutive overseas tours listed on his DA 201 during promotion / selection time, they will be looked at as an overseas "homesteader." Which is looked upon differently than a CONUS homesteader, as you are given the cold shoulder or frowned upon.

CONTINUOUS OR SPORADIC ALCOHOL ABUSE, FINANCIAL PROBLEMS AND FAMILY ABUSE: NCO's who are known to have these prolonged problems should have it annotated in a special block on their NCO Evaluation Report (NCOER). Yet these known problems are not counted against an individual unless a commander takes action by placing a letter of reprimand in the individual's Official DA 201 file and "NOT" in the restricted fiche.

Commanders and other senior NCOs must take the proper first step in eliminating or slowing down the career progression of these NCOs in the military. Instead of playing the "nice guy" and overlooking these problems. They basically know how to correct it by the book, but they either do not have the courage to correct the problem, or they do not want to hurt or damage that NCO's career. So it is overlooked and hoped the problem will resolve itself. Is this really setting the right example for others to follow?

This explains why we still see these problem NCOs everyday at our daily place of duty, and everyone down to the private knows about their problems. But let that lower enlisted have the same problem and you will see all sorts of counseling and denial for promotion all the way up the chain of command. They will want to "burn" him and then kick him out of the Army. So why the double standards?

MILITARY ACCOMPLISHMENTS VERSES CIVILIAN EDUCATION: This is a very touchy area in which I am not going to try to challenge the importance of both. But to stress a point in understanding how this affects you and how selection boards are abusing this, I will give you a few examples.

If you are a young E-5 or E-6 squad leader with four or more years in service and you have just a high school education. A private/E-1 with one (1) or more years of college will more than likely progress to one of the top three (3) NCO ranks before you. Regardless if you have excellent NCOERs, high MOS and PT scores and commendation awards out the butt.

Why? He's got an education, and DA selection boards like this because they automatically assume he is smarter. It's not important if he received minimum passing grades to get that college credit, and this is a fact!

Another example.... Let's say there are two (2) E-7, SPCs being reviewed and considered for promotion.

Soldier "A" has excellent write ups on all his past and present NCOEPs, repeatedly qualifies Expert Rifleman, Scores 290 or better on all his APFT and passes his yearly MOS test in the top 20% of the A-. There are no UCHJ



disciplinary actions in his record, but he only has a 12th grade education.

Soldier "B" has mostly satisfactory/meets the standards on all his NCOEPs, qualifies Marksman and sometimes Sharpshooter, passes his APMT and MOS test with average scores. He has one (1) UCMJ disciplinary action in his restricted fiche (of course...), but he also has one (1) and a half (1.2) years of college credit education. Who do you really think the DA board will select? It sure the hell ain't gonna be Soldier "A."

Over the past few years or more, previous selection boards have stressed more emphasis on looking more closely at "self improvements" in such areas as civilian education and improving GI scores. Rather than looking at the NCO as a whole on what he or she has done or accomplished for the military.

SELECTION BOARD PROBLEMS: DA selection board members are randomly selected by MOS, duty position and other nice requirements. They do not make up the promotion board selection standards or requirements, another group of senior NCOs and Officers decide these. But only under the guidance and approval of the Secretary of the Army.

The final outcome is for the board members to select individuals who fall within a certain date of rank (DOR) and to choose only those who meet or exceed the board standards and requirements. There is a cut-off for the number of selectees they can pick which varies from year to year. If they go over the allocated amount, they must go back through and eliminate some of the individuals until they come up with the authorized amount and no more.

One other severe problem that plague selection boards, and that there is simply not enough adequate time for the members to fully review an individual's record. They only have about three (3) minutes (give or take a minute) to review and decide who is the best qualified. Combine this with approx 50 board members who must review thousands of eligible NCOs over a thirty (30) day selection period, and you will also no doubt be convinced that there is "not enough time." So why in the hell hasn't anyone (of these senior leaders) taken the initiative to get it corrected if they know it's wrong?

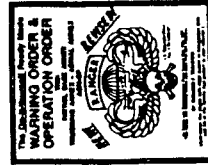
I am not directly attacking any single individual NCO, and if I offend anyone... Tough Shit! I am determined to inform and inspire other leaders to encourage changes to the selection system at all levels. It will not happen overnight I'm sure, but if you truly care about your future progression in the military. You should express your concern with your unit Commander or Command Sergeant Major, they are the ones who get to sit on future DA selection boards. Or you can take some time to write a letter to the Secretary of the Army, the Command Sergeant Major of the Army or your congressman.

Or to make it easier for you, Xerox off a copy of this commentary and send it to anyone you wish. The final outcome is something has to be changed, and as the reduction in forces continues over the next few years, your chances of competing up and other jobs for progression in the Army will be very limited. And the best way to eliminate those less deserving NCOs is by asking your concerns now.

Thank you very much for your support and time.

Rick E. Tucker

SATISFACTION GUARANTEED OR YOUR MONEY BACK



A preprinted operation order book that is organized and designed for almost any type of a combat patrol or mission. With already prepared operation orders in Ammunition, Fuel, Personnel Movement-to Patrol bases, Vehicle assignments on Patrol bases, Vehicle locations, Airborne & Airmobile operations, and more. Just cover the pages with a clear plastic sheet and fill in the blank spaces that pertain to your mission with an alcohol or water basin pen. Wipe away clean when your finished and your ready for that next operation. Saves 80¢ or more of the time it would normally take to successfully prepare and write from scratch. It has been professionally used at most of the well known elite schools and units such as Reconco, Recon, Special Forces and the 8th Airborne and many other elite units. It can also be used as an S-1 for all elite units. It will be particularly useful for elite leaders who find themselves leading a fire team, squad, patrol, or platoon size element. Impress your superiors as well as your men on that next operation or Leadership school exam. Improve your chances of advancement in the military.



This is a soldier's field Bible in learning the tricks-of-the-trade on surviving military field exercises. It contains information and tips on subjects such as how to take a field dump, things to pack in your ruck, how to make a light-weight field jacket or sleeping bag, heating and improving MRE meals, making a poncho shelter, how to make field ammo or a blank adaper. And most of all, how to improve and modify military issued equipment. Why be a miserable and little soldier in the field when you can learn how to be more comfortable and yet still be tactical at the same time. Covers subjects not normally taught in any military school or heard in any manual, so you can be kind of a S-1 yourself. You hold, if you go out to the field on a regular basis, then no doubt this is the book for you. Extremely useful in teaching others a better way of doing things more simple in the military service.

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This is a continuation of the first edition of the Ranger Digest series. A field soldier's manual on learning how to be more comfortable not only in the field, but also in garrison. Inside you will find a lot of tips and tricks on an assortment of subjects that is not normally brought up in the military. Such as how to invest your hard earned money, commercial products to buy for the field, leadership tips, survival tips, improving military equipment, individual recommendations & tips from other soldiers, stories, to mention. Information too low years for a high school leader to learn all the ins and outs and know-how that experience soldiers have learned. But with the help of the Ranger Digest II, it closes that gap of knowledge that would normally take a long time to learn. New soldiers as well as the experienced leaders will find the Ranger Digest series very valuable and extremely useful. Not only for themselves, but for their men as well.

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ABOUT THE AUTHOR...

Richard F. Tscherne is a member of the United States Army who attended and graduated from the U.S. Army Ranger School, the French Army Commando School and also the Belgium Army Commando School. His past experiences include duties as a Rifleman, Recon Scout, Machine Gunner, RTO, Small Arms Repairman, Fire Team and Squad Leader. Other duties include Anti-Tank Section Leader, Platoon Sergeant, Drill Instructor and Battalion S-3 Ast Operation Sergeant.

His Awards include the U.S. Army Ranger Tab, Master Parachutist Wings, DI Badge, Expert Rifleman Badge, French Army Commando Badge, Belgium Army Commando Patch, Belgium Army Parachutist Wings and the Italian Army Parachutist Wings. Other awards include (2) MEMPs, (1) ARDOM, (4) ANMs, (4) OSRs and (6) AGOM.

And he is still currently serving on Active Duty stationed overseas, having served in the following units;

1st Bn 87th Inf. (Mech) Germany
1st Bn 509th ABCT (Abn) Italy
1st Bn 75th Inf. (Rangers) USA

1st Bn 31st Inf. (Mech) Korea
3rd Bn 325th Inf. (Abn) USA
Drill Instructor (Ft. Dix) USA

