

As You Were = Cancel the previous command or go back to the last position you were at.

Bulkhead = Wall

Chow = Food. Can also be used in place of the words breakfast, lunch, or dinner.

Example: We will P.T. right after chow.

Deck = Floor

Evening Colors = Ceremony of lowering the flag at sundown

Fire watch = Person or individuals assigned the duty of maintaining order after lights out

Gear = Personal belongings, Issued equipment

Gung Ho = "Can Do!"

Head = Bathroom, washroom, or restroom

Mess Hall = Dining hall or dining room

Overhead = Ceiling

Pipe down = Quiet!

Police = To straighten up or tidy up

P.T. = Physical Training

Scuttlebutt = Gossip, or a water fountain

Semper Fidelis = Always Faithful (The Marine Corps Motto)

Square Away = To straighten, make ship shape, or to get settled

Starboard = Right Side

Swab = A mop

Uncover = To remove your headgear

Chapter 3 – Field Skills

PO. 3 – Field Skills

EO.1 – Select personal clothing and equipment for encampments and expeditions.

EO.2 – Follow camp routine and discipline in the field.

EO.1 – Select Personal Clothing and Equipment for Encampments and Expeditions

When preparing for outdoor activities of any kind, it is important to consider weather elements such as temperature and precipitation before selecting clothing and equipment, as they will have significant impact on your choices. You also need to consider how any changes in weather could affect your choices, so you'll also need to be able to adapt your clothing and equipment. Most outdoor accidents occur when people are ill-prepared for weather changes.

Before packing for an outdoor activity, make sure you consider:

- **Temperature:** The temperature during the day and night will first and foremost dictate what you pack for your activity. Make sure you choose proper clothing to protect from sun exposure or to provide enough layers for the cold.
- **Wind and wind chill:** Wind speed can be an issue especially in colder temperatures. Pack additional layers or windbreakers if high or cold winds are to be expected. You will also need to make sure to pack additional materials if you will need to secure any of your equipment that could be blown away by high winds.
- **Precipitation:** Precipitation also dictates what you pack. Rain or snow will require water-proof items as well as extra undergarments in case your clothes get wet.
- **Altitude:** Higher altitudes can sometimes result in colder temperatures while lower altitudes can

- equate to warmer temperatures. Make sure to consider the altitudes you will be experiencing.
- Humidity: Humidity can be a major factor in how hot or cold temperatures feel. If you will be in a humid environment in the summer, be sure to pack moisture-wicking clothing to keep you cool. If you're in a cold, humid environment, be sure to pack enough layers to stay warm.
- UV index: The UV index refers to the intensity of the sun's rays. Several factors influence how strong the sun will be including how close you are to the equator or how high in elevation you are. If you will be in an area with a high UV-index, be sure to pack clothing and equipment that can protect you from the sun.

After you consider the weather conditions you know you will for sure be facing, you also need to consider weather changes. It is important to pack additional clothing and equipment to deal with changes in temperature, potential precipitation, and changes in altitude, humidity, or an increase or decrease in the UV index (clouds moving in or out). Ask yourself these questions as you are packing to make sure you are prepared:

- What will I need if the temperature increases or decreases? How likely is this to happen?
- What will I need if it is windy? Will I just need a windbreaker or extra warm layers?
- What will I need if it rains? What about if it snows?
- Will I be moving between altitudes or staying in place? If I will be moving up or down a mountain, what will I need?
- What will I need if the humidity increases?
- What will I need if the sun comes out stronger or decreases?

You want to be prepared for any potential weather change, but you do not want to overpack as you are carrying everything you need. Be sure to be prepared, but also be realistic. For example, if your activity takes place in the summer, you probably do not need to prepare for snow or extremely cold temperatures. Carefully consider your environment and activity before making packing decisions.

Below you will find a list of clothing that you would wear for an outdoor activity that can protect you from most weather conditions:

- Hats: Wide brimmed hats with holes for ventilation offer sun and rain protection.
- Shell or Jacket: Your shell is your outermost layer. It will protect you from wind, rain, or snow and will act as protection for your inner layers (insulation layers).
- Insulation: Your insulation layer is where you need to consider the temperatures you are in. In colder temperatures, this acts as your warmest layer.
- Shirt: In warmer weather, long sleeve shirts will help protect you from the sun or insects. Moisture-wicking fabric can also help keep you cool even though the shirt has long sleeves.
- Undergarments: Choose an undershirt that also has moisture-wicking capabilities to keep you cool in warm temperatures and dry in the cold as well. Your other undergarments should be chosen for comfort and practicality.
- Pants: Choose pants that are full length (that go down to your shoes and cover your ankles) that have closures at the cuffs (in case you need to secure the bottoms) and an adjustable or comfortable waist. Be sure that they are not too snug or too loose to avoid blisters or chaffing from the fabric rubbing against your skin or skin to skin contact.
- Socks: Wear socks that provide the appropriate amount of insulation for your activity. Also, be sure that they fit correctly and will not rub against your feet or slide down in your shoes.
- Footwear: Make sure that both your shoes or boots and socks fit properly. Your toes should be able to move forward slightly but should not be sliding around as you walk. You also don't want your toes pressing up against the front of your shoes. Never wear brand new shoes to an expedition; be sure to break them in properly.

Overall, you want your clothing to be comfortable and not too snug. Try on each item before packing it to ensure fit and to make sure nothing is broken or damaged. You may also add mitts or gloves and warmer

headwear in colder climates. Be sure to keep your clothing as clean as possible and repair as needed. Remember the acronym "**COLD**" to make sure you are always prepared"

C: Clean Clothes - Clean clothes breathe and offer better insulation.

O: Overheating - Avoid overheating by utilizing clothing with built-in ventilation or cooling qualities.

L: Loose layers - Dress in loose layers for comfort.

D: Dry - Always stay dry. Choose moisture-wicking fabrics and pack extra clothes in case yours get wet and you have no way to dry them.

Personal Equipment

In addition to clothing items, there are certain pieces of equipment you should always carry with you:

- whistle (plastic)
- folding pocket knife with a larger (10cm) and small blade
- personal identification and medical insurance card and I.D. bracelet if necessary
- map and compass
- matches
- first aid kit
- lip balm
- insect repellent and sunscreen
- notepad and pen/pencil
- small flashlight

Below are some additional items you may need and should consider packing:

- stainless steel cup and knife, fork, spoon (KFS)
- a small tarp (at least 2m X 2m)
- small trowel for digging
- sewing kit
- survival kit
- hygiene products (as required/needed)
- extra water bottle or canteen

EO.2 – Follow Camp Routine and Discipline in the Field

When in the field on an encampment or expedition, certain routines and regulations are put in place to help keep you and fellow Young Marines safe.

Hygiene

One of the most important routines is personal hygiene. High standards of personal hygiene are always upheld because they help protect you and others from illness and promote good health. It is exceptionally important to keep yourself and your equipment clean and dry. To this extent, it is important to change your clothes regularly, especially your undergarments, taking extra care if you get dirty or wet. It is also important to bathe regularly and wash your clothes if you do not have extras to change in to.

Follow these tips to stay clean and safe:

- Wash yourself daily as completely as possible with clean water and biodegradable soap. This last point is especially important as animals and insects can be attracted to heavily scented soaps and conserving your environment should always be a top priority. See "Conservation" for more information.
- Wash your hands with biodegradable soap after dirty work or using the restroom and always before cooking or eating.
- Keep your hair neat and wash with soap or shampoo at least once a week while in the field.
- Brush your teeth and use floss at least twice a day.

- Use body powder on your feet, underarms, groin, and any other area with skin on skin contact to avoid chaffing in warm weather.
- Use the restroom regularly.
- Eat all your food as your body requires food for energy and fuel.
- Always treat injuries properly and immediately. Not doing so could result in infection. If you leave your wounds open or treat them incorrectly, they can become bright red and painful (infected) and will require medical attention that cannot be provided in the field.

Camp Regulations and Discipline

In addition to good hygiene, there are rules that need to be followed to ensure safety. There are general rules that you need to remember and are expected to follow during any encampment with the Young Marines. These are called "Standard Operating Procedures" or SOP's.

The SOP's for encampments are as follows:

- Maintain personal hygiene standards.
- Do not go into water above your knees without supervision and an approved personal floatation device. Water currents can be unknown and unexpected. You should treat all bodies of water as dangerous and proceed with caution and supervision.
- Use tools safely. Never handle a tool you are unsure about without help and listen to those in charge when handling them.
- Know the location of the group first aid kit, fire-fighting equipment, and your leader's shelter in case of an emergency. Always go to the nearest adult in case of an emergency.
- Keep your shelter and surrounding area tidy and free from hazards.
- Male and female Young Marines will not enter the other's shelter.
- Inform your leader before leaving the campsite and never do so alone.
- Do not venture further than the head of a group by yourself.

By following all of the expected hygiene and discipline regulations and staying aware of your surroundings, you will be able to do your best to protect yourself, your teammates, and your equipment from fire, animals, insects, heat and cold injuries, lightning, and dehydration.

Chapter 4 – Navigation

PO.4 – Maps

EO.1 – State the meaning of conventional signs found on a topographical map.

EO.1 – State the Meaning of Conventional Signs Found on a Topographical Map

A map is a representation of part of the earth. Topographical maps use colors and contour lines to show the shape of the earth in the map. Certain topographical maps can also show other features such as roads, railroads, and vegetation types. It is important to know what each color, symbol, and feature of a topographical map means before using them for navigation. The three important areas in map reading are the colors, geographical features, and marginal information.

Colors and Symbols

Colors and symbols show area features such as lakes, forests, and fields. Symbols are used to illustrate different objects or features that appear at points such as rivers. Symbols and colors are referred to as "conventional signs." The five basic colors of a topographical map are:

