

- 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

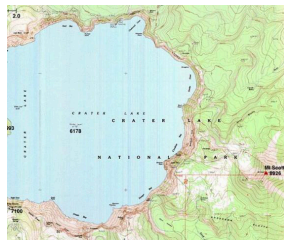
EO.1 – State the meaning of conventional signs found on a topographical map.

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:



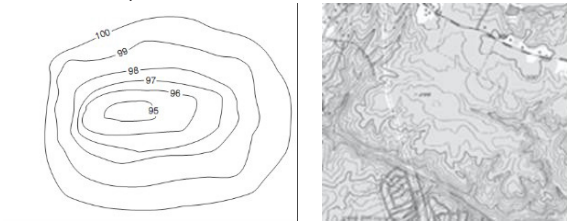
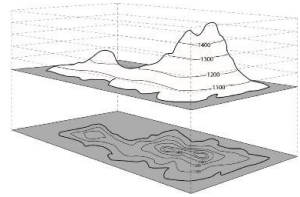
- Red - used for paved roads, highway numbers, and areas of urban development such as cities
- Brown - used for contour lines, contour elevation, spot elevations, sand, cliffs, and other geological features
- Blue - used for water or permanent ice features (rivers, lakes, swamps, ice fields, etc.), names of water features, and grid lines
- Green - used for vegetation features like woods, orchards, and vineyards
- Black - used for cultural features (buildings, railways, transmission lines, etc.), names of places, some symbols, and precise elevations

Using the map above, identify the various area features using the color and symbol description above.

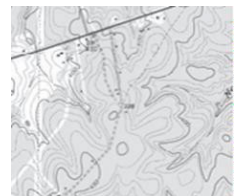
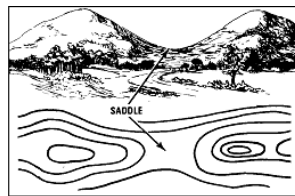
Geographical Features

Topographical maps are used primarily because they identify geographical features of a region. The following terms can be used to describe the features you may find on a topographical map:

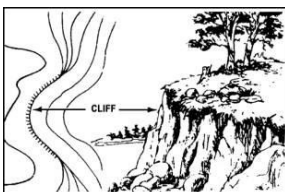
- Contour line - A contour line is a line on the map joining points of equal elevation above sea level. Contour lines are used on maps to give you a three-dimensional view of the ground.
- Hill - A hill is a point or small area of high ground. When you are relocated on a hill, the ground around you slopes down in all directions. To show the same thing on a map, closed or circular contour lines are used to show the different elevations and points on the hill.



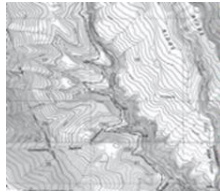
- Saddle - A saddle is the low ridge between two peaks. It looks like a blank space between the circular contour lines of the two hills or mountains.



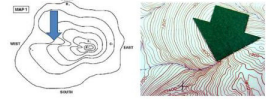
- Cliff - A cliff will be shown on a map by the close contour lines that touch or have tick marks on them. Cliffs are near vertical slopes, and the closer the lines are to each other, the steeper the slope. The tick marks that identify the cliff will point towards the lower ground or the edge of the cliff before the drop off.



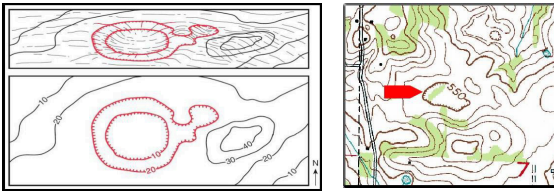
- Valley - A valley is level ground bordered on the sides by higher ground. Contour lines that indicate a valley are somewhat U-shaped.



- V's in contour lines show valleys
- V's point uphill or upstream.
 - The stream or river flows in the opposite direction.
 - The width of the V shows the width of the valley



- Depression - A depression is a low point or hole in the ground surrounded by higher ground. Circles of contour lines are also used to show depressions, but they will have tick marks on them as well, similar to cliffs, that point into the lower ground.



Marginal Information

It is always important to examine the margins of your map because it contains important information that will help you interpret the map's features, colors, and symbols. Some important information that could be included along your map's margins are:

- Name of the map - The name of the map is usually the name of the community, district, or area the map covers. This can be found at the bottom center or bottom right corner of the map margin.
- Number of the map sheet and index of adjoining maps - If your map is one of a series of maps for a large area, the center block of the index identifies your map plus the number of maps surrounding it. You can find this information in the bottom right corner.
- Date of map data - This is important because it can help indicate if any changes may have occurred since the map has been printed. This information is printed in the copyright information in the bottom left and right corners. Be sure to choose the most up-to-date map possible.
- Map scale - The ratio scale for the map tells you how many units on land are equal to one unit on the map, e.g. "Scale of 1:50,000." This can be found under the map name in the bottom center of the map.
- Scale bars - Scale bars are used to help measure distance on the map. The left end of the scale bars are divided into tenths for measuring accurate distances. Scale bars are located under the map scale in the bottom center of the map.
- Contour interval - These indicate the distance between the contour lines and can be described in feet or meters. Be sure to check the bottom margin next to the scale bars for this information.
- Legend of conventional signs - Legends help you to interpret the conventional signs used on the map. This can be found both in the bottom margin and on the back of the map.

Chapter 5 – Drug Resistance

PO.5 – DDR Knowledge

EO.1 – Identify drugs, alcohol, and tobacco.

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A key pillar in the Young Marines program is DDR or Drug Demand Reduction. This means that we focus our efforts on educating Young Marines about the dangers of drugs and alcohol and give them the tools