## A PARENTS GUIDE TO SURVIVING MARINE CORPS BOOT CAMP

# RECHUITING STATION DENTED

## OUTLAWS

### Words of Encouragement

Well, your "baby" has gone and done it; they have signed up for the United States Marine Corps! One minute you're bursting with pride, the next you are bursting with tears as they are about to depart. Time to be tough, future Marine Mom or Dad - your recruit will need to see your strength in the coming weeks and months. Surround yourself with your new mantra... "I may look harmless, but I raised a U.S. Marine."

The following are some tips and information from those of us who have survived the ordeal and now embrace you in your new way of life as the parent of a future Marine. Most of us read anything we can find about boot camp, the Corps, and what our recruits will be enduring at the Marine Corps Recruit Depot. Talk to other Marine Parents, read books, track down other Marines, hangout at the recruiters' office, follow cars with Marine stickers on them. Just do whatever you need to do to keep your sanity EXCEPT:

#### \*Call or write to the DI's (Drill Instructors.

\*Park yourself in front of the mailbox- it will be an effort in futility. Sundays recruits may have a few moments when they normally write home, meaning you will usually receive the letter on Thursdays. \*Be afraid to leave the phone for fear you will miss "The Call." Phone calls are rare, they will never happen before the third week. They are used as rewards for exemplary conduct.

\*Go out and buy lots of top-of-the-line toiletries and underwear. It will be disposed of within the first two hours at MCRD. The Marine Corps policy is to strip them of everything they have and are, and build you up from there. The Marine Corps will supply everything including socks, razors, soap and clothes. As soon as they step foot on MCRD property, they cease to be individuals. They will all be treated the same, and they will have the same possessions.



Here are some things you CAN do:

\*Before your recruit leaves for recruit training, put together self-addressed stamped envelopes, so all they have to do is put the letter in the envelope and send it.

\*Also make an address book with important names, addresses and phone number. This list should include doctors and dentists in case some medical information is required.

\*Be sure to send them off with a farewell letter to read on the plane about how much you love him/her and how proud you are. Include a family picture they can put up in their footlocker.

### Words of Encouragement

The day your child leaves for recruit training, they will be officially sworn in and sign the "dotted line." Family is allowed to attend and take pictures and videotape the ceremony. This is a life-altering event, so take lots of pictures. Your new recruit will be done around noon when it is time to say goodbye. They will then report to the airport to board a plane to MCRD, San Diego or Parris Island, S.C. THEY WILL NOT TAKE ANYTHING WITH THEM BUT PAPERWORK AND THE CLOTHES ON THEIR BACK. No watch, jewelry, books, food or makeup.

They will not arrive until late that night at MCRD and will not be able to rest for the next 36 hours. The object of the first weeks are MCRD is to strip them away of all their civilian tendencies. They will refer to each other as, these recruits, that recruit, and this recruit. They will no longer refer to themselves in the first person. The drill instructor is there to help institute this change in your recruit. They will demand discipline, hard work, integrity, and the core values, Honor, Courage and Commitment. During this time you will most likely not here from your recruit until the third week. You should receive a letter with their mailing address, which will be sent out the first two weeks after reporting to MCRD.

Your mission, from the day the plane pulls out for MCRD until the week of graduation is to write letters. It is important and encouraging to receive a letter during recruit training. It boosts morale, and allows them to work towards the goal of graduation. Do not let them down, send mail as often as you can. In your letters talk about weather, current events, uplifting things. It is important to never talk about anything negative or life changing or altering. Never send bad news in a letter to your recruit. If anything like a family death, or family emergency arises please contact your local Red Cross with your recruits social secruity number and they will contact them from there.

In the beginning of recruit training the letters coming from your recruit will be negative sometimes. They will be discouraged, exhausted, broken and needing their parents. As time goes on they will become more excited, positive, goal oriented. You will notice a change in your recruit. If a letter comes to you that is negative or hard for you to understand, take it to the recruiting office. They will sit down with you and explain what your recruit is going through at that moment in training so you can understand.

Their ultimate goal is graduation day. Standing on the parade deck as a brand new Marine in the United States Marine Corps ready to walk to you, very proud of the past 13 weeks they have just endured.

### MARINES THE FEW. THE PROUD.



Mom & Dad Smith 123 Jolly St Denver, CO 80293



Recruit Jane Smith 4th Recruit Training Battalion N Company, Platoon 4001 Box 14001 MCRD Parris Island, S.C. 29905-4001

Recruit John Smith 1st Recruit Training Battalion A Company, Platoon 1002 36001 Midway Avenue San Diego, California 92140

During the first two weeks of recruit training, recruits will send home a letter stating they have made it to Marine Corps Recruit Depot San Diego or Parris Island, S.C. and will provide an address for which to receive mail.



**EMERGENCY:**If a message is required to notify a recruit of an emergency situation at any time during recruit training, please contact your local Red Cross to have an official message sent to MCRD, San Diego or Parris Island, S.C. In order to process the message quickly, please provide the recruits name, social security number, company and platoon.



### DESCRIPTION OF RECRUIT TRAINING

Marine Corps Recruit Depot, San Diego and MCRD, Parris Island, S.C., are the birthplaces of basically trained Marines. It is here where America's finest young men and woman are transformed into Marines. We believe that Marines are forged in a furnace or shared hardship and tough training. This intense experience creates bonds of camaraderie and standards or conduct so strong that Marines will let nothing stand in their way.

Marine Corps recruits are trained not only physically and mentally, but morally as well, which forms the bedrock of any Marines character. Honor, Courage, and Commitment, are the Corps Values that are incorporated into recruit training, which creates Marines who are morally conscious young Americans who are doing their duty to serve this country.

#### TAKING UP THE CHALLENGE

It has been said time and time again by former Marines that Marine Corps Recruit training was the most difficult thing they ever had to do. In order to train the world's most elite fighting force, it has to be that way. Upon arrival at the Recruit Depot, a new recruit begins a virtually non-stop journey, the end of which results in the transformation of a civilian to a Marine.

#### RECRUIT RECEIVING

The first stop is Receiving, where new recruits spend the first days of their recruit training experience. Here they receive their first haircut and their initial gear issue, including uniforms, toiletries and letter writing supplies. During this time recruits are given full medical and dental screenings, and take the Initial Strength Test.

### DESCRIPTION OF Recruit training

#### Forming

Forming begins when recruits are taken to their training companies and meet their drill instructors for the first time. During the 3-5 day forming span, recruits learn the basics of how to march, how to wear their uniform, and how to secure their weapon.

#### DRILL

Drill is the basic way in which platoons, march and move from place to place. At first, recruits will practice staying in step with the rest of the platoon and the drill instructor. However, as training continues, the platoon becomes a well-oiled machine in preforming synchronous, complex drill movements.

#### PHYSICAL TRAINING

Physical Training comes in many forms aboard MCRD. Recruit training uses a progressive physical training program, which builds up recruits to Marine Corps standards.

#### ACADEMIC TRAINING

Recruits exercise their minds through academic training in subjects ranging from Marine Corps history, Marine customs and courtesies, to basic lifesaving procedures.

#### Core Values

The Corps' Core Values are Honor, Courage, Commitment. These values make up the bedrock of a Marine's character. During recruit training, recruits are taught these Core Values and numerous others such as, integrity, discipline, teamwork, duty and esprit de Corps. Drill instructors, recruit training officers and Navy chaplains teach specific Core Value classes, but drill instructors also talk one-on-one with recruits after training events to see what values were learned and how they affect the recruits.

#### MARINE CORPS MARTIAL ARTS PROGRAM

Our 32nd Commandant, General James L. Jones envisioned a program to enable every marine to realize their full potential as a warrior. Drawing upon our rich legacy of leadership and heritage of innovation, the Marine Corps developed the Marine Corps Martial Arts Program.

#### CONFIDENCE COURSE

The Confidence Course is an 11 station obstacle course that helps recruits build confidence as well as upperbody strength.

### DESCRIPTION OF RECRUIT TRAINING

#### Combat Water Survival

Combat Water Survival develops confidence in the water. All recruits must pass the minimum requirement level of Combat Water Survival-4, which requires recruits to perform a variety of techniques. If a recruit meets the CWS-4 requirements, they may upgrade to a higher level.

#### Field Training

Field Training introduces recruits to field living conditions. During field training, recruits will learn basic field skills from setting up a tent to field sanitation and camouflage. During this training recruits go through the gas chamber.

#### MARKSMANSHIP TRAINING

Marksmanship Training teaches recruits the fundamentals of marksmanship with the M-16A2 service rifle or the M-4. This training lasts two weeks, the first of which is called Grass Week. During this week, recruits are taught four shotting positions by a Primary Marksmanship Instructor. The PMI shows recruits how to fire, adjust their sights, take into account the effects of the weather, etc. During the second week of marksmanship training recruits fire a known-distance course with ranges of 200, 300 and 500 yards.

#### The Crucible

The Crucible is a test every recruit must go through to become a Marine. It tests every recruit physically, mentally and morally and is a defining moment in recruit training. The Crucible takes place over 54-hours and includes food and sleep deprivation and approximately 40 miles of marching. The entire Crucible event pits teams of recruits again a barrage of day and night events requiring every recruit to work together solving problems. The obstacles they face range from long marches, combat assault courses, problem solving reaction course, and team-building Warrior Stations. The Crucible is a rite of passage that, through shared sacrifice, recruits will never forget.

#### TRANSITION PHASE

The last four weeks of training are filled with final requirements such as the Practical Examination, Physical Fitness Test, Battalion Commander's Inspection and Company Drill. This is also the period in which the recruits begin to transition from the role of recruit to Marine. The culmination of this is the presentation of the Eagle, Globe and Anchor, signifying the new Marines successful completion of recruit training.

#### Fourth Phase

Fourth Phase of boot camp is the last two weeks following the Crucible. During this time the new Marines look to their drill instructors as mentors. They start to familiarize themselves with the brotherhood that all Mairnes have. They receive special guidance on how to adjust to the fleet and how to do things on their own.

#### FAMILY DAY & GRADUATION

Family Day and Graduation take place on the last two days. Family Day occurs Thursday and gives new Marines a chance to see family and friends for the first time during on-base liberty. Graduation is conducted Friday in a formal ceremony and parade, attended by family and friends.

	RUIT       TRAINING         Image: state s
	RECEIVING WEEK
1	NUMBER       F4       FUND TO CONTROLLED       TI       NUMBER
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7	GRASS WEEK
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CREATED BY OFFICE OF COMMUNICATION MCRD SAN DIEGO, CA

#### 5/22/2018

#### RECRUIT TRAINING MATRIX

NVIZ.	MON	TUES	WED	THUR	FRI	C A T	CUN
WK P	MON	IUES	WED	P1	F KI Initial Strength Test P2	SAT pick-up F1	SUN F2
ſ		Receiving			Initial Strength Test T2	Forming	Forming
1	F3 Forming	T1 Academic Classes Close Order Drill	T2 Physical Training Academic Classes	T3 Physical Training Academic Classes	T4 Academic Classes Martial Arts Close Order Drill	T5 Physical Training Academic Classes Close Order Drill	S1 Religious Services Academics Classes Core Values Discussion
2	T6 Pugil Sticks I Core Values Discussion	T7 Physical Training Martial Arts Close Order Drill	T8 Physical Training Academic Classes	T9 Physical Training Academic Classes	T10 Academic Classes Close Order Drill	T11 5k Hike Close Order Drill Martial Arts	S2 Religious Services Academics Core Values Discussion
3	T12 Confidence Course I Obstacle Course I	T13 Gas Chamber Rappel Tower	T14 Confidence Course I Pugil Sticks II	T15 Obstacle Course Martial Arts Endurance Course Close Order Drill	T16 Martial Arts Endurance Course Pugil Sticks II Academic Classes	T17 8k Hike Academic Classes Series Commander Inspection	S3 Core Values Discussion Religious Services
4	T18 Initial Drill Martial Arts	T19 Physical Training Martial Arts	T20 Physical Training	T21 Close Order Drill	T22 Combat Fitness Test I Close Order Drill	T23 Martial Arts Endurance Course Martial Arts Testing	S4 Core Values Discussion Religious Services
		Swim Week					Military Blood Drive
5	T24 Bayonet Assault Course Close Order Drill	T25 Close Order Drill	T26 Uniform Fittings Individual Photos Inoculations	T27 Uniform Fittings Individual Photos Inoculations	T28 Written Testing Close Order Drill	T29 10 K Hike Core Values Discussion Close Order Drill	S5 Core Values Discussion Religious Services
6	T30 Physical Training Close Order Drill	T31 Final Drill Marksmanship Classes	T32 Marksmanship Classes	T33 Marksmanship Classes	T34 Marksmanship Classes	T35 Physical Fitness Test Marksmanship Classes	S6 Core Values Discussion Religious Services
7	T36	T37	T38	T39 Rifle Qualification (Table One)	T40 Obstacle Course	T41 12 K Hike Museum Visit	S7 Core Values Discussion Religious Services
		Table One	Firing Week				
8	T42	T43	T44	T45	T46	T47	S8
	Physical Training	Basic Warrior Training	Basic Warrior Training Table Two - Basic	Table Two Firing	Rifle Qualification (Table Two)	Combat Endurance Course Academic Classes	Core Values Discussion Religious Services
9	T48 Physical Training Academic Classes Uniform Fittings	T49 Physical Training Academic Classes Uniform Fittings	T50 Final Combat Fitness Test Academic Classes	T51 Final Combat Fitness Test Academic Classes	T52 Academic Classes	T53 Physical Training Company Commander Inspection	S9 Core Values Discussion Religious Services
	Testing Week						
10	T54	T55	T56	T57	T58	Ml	S10
	Final Testing	Final Physical Fitness Test				15K Hike Emblem Ceremony Warrior Breakfast	Base Liberty
		Testing Week			Crucible		
11	M2	M3 Force Fitness #1	M4 Force Fitness #2	M5 Force Fitness #3	M6 Force Fitness #4	M7	S11
	Squad Leadership Discussions	Marine Panels Platoon Photos	Platoon Leadership Discussions	Equipment De-Issue Personal Effects Travel Makeup	MCCS Resources / Navy Marine Corps Relief Society / Red Cross Brief Battalion Commanders Inspection	Force Fitness #5 - Field Meet Base Liberty	Core Values Discussion
12	M8 Weapons De-Issue Orders Pick up Pay Bills	M9 Force Fitness #6 Pay Bills Sharing the Legacy Speakers Graduation/Family Day Practice Core Values Discussion	M10 Molly Marine Ceremony Pay Bills Graduation Practice Core Values Discussion SOL/MCT Brief	M11 Motivation Run Family Day Graduation Practice Core Values Discussion	M12 GRADUATION	Outpost	Outpost Updated: 180401























Graduation Meet

MCRD PARRIS ISLAND

When coming to Parris Island for graduation please be aware that in order to enter the base you need a valid drivers license, proof of registration and insurance. All vehicles coming aboard the Depot are subject to search by military polices. For more information please call 1-800-826-7503 or (843) 228-3650.

#### GRADUATION INFORMATION

Recruit training comes to a long-awaited end during the graduation ceremony when new Marines receive their dismissal from Parris Island. Usually, graduation is held Friday mornings at 10 a.m. on the Depots Peatross Parade Deck and lasts about 45 minutes. In the event of inclement weather, graduation ceremonies will be held in two or three indoor locations, which will be announced on the morning of graduation at the Visitors Center.

#### FAMILY DAY

Recruits' families and friends are invited to visit Parris Island on Family Day, normally held the day before graduation at 1 p.m on the parade deck, Family and friends will be able to see their new Marines during their liberty. Visitors can also see many displays and demonstrations during this time. Visitors are requested to stop by the Douglas Visitors Center upon arrival to check in. In order to all time to identify which recruits have family or visitors waiting to see them, please sign in before 12:30 p.m. on Family Day. Depot bus tours are also available on first-come, first-served basis for visitors on Family Day at p a.m., 10 a.m and 11 a.m. The Emblem Ceremony will be held at 1:00 p.m. Recruit liberty begins immediately after the ceremony and ends at 7 p.m.

#### Morning Colors Ceremony

The Morning Colors Ceremony (flag-raising) with musical accompaniment by the Parris Island Marine Band is held Fridays at 7:45 a.m. in front of Barrow Hall.



Mcrd San Diego

Thursday and Friday all personal vehicles MUST enter through Gate 4 (Old Town exit off I-5) or Gate 5 (Washington street exit off I-5). Vehicle inspections and ID checks will take place at each gate. All packages, handbags and luggage are subject to search prior to being admitted to the Depot. For quicker entry, please keep those items at a minimum. Leave luggage and other bags at your hotel. Shuttles from hotels and motels MUST use Gate 5 only. Shuttles will be inspected each time they enter the depot, you should be prepared to show a photo ID when entering. Keep your ID with you at all times. Shuttles will drop guests off at the Depot Museum each day, and pick up guests in front of the Depot Theater.

Due to possible long lines at Gates 4 and 5, it is recommended that you arrive early to the Depot. While on base casual clothing and comfortable footwear are recommended. Do not forget cameras, film, sun visors, and sunscreen. Marines in training are not permitted to use to tobacco, alcohol products, demonstrate any of the physical training courses and are required to stay in uniform during liberty. There may be changes in the levels of security alert that may alter scheduled events. Gates 4 and 5 are open for visitors at 6:30 a.m. Do not walk across the Parade Deck please walk around it.

Thursday at MCRD San Diego

9:00 a.m.- information briefing at the Museum Courtyard.

9:30 a.m. - 10:00 a.m - Motivational Run. A major event in your Recruit's final training days is the "Motivational Run", the finale run for the company of Marines. You can observe the company's run at the visitors area near the museum's courtyard.

10:00 a.m. - 10:30 a.m. - walk to nearby Depot Theater.

10:30 a.m. - 11:15 a.m - Welcome Orientation in Depot Theater. Includes short movie, LINKS briefing, D.I. Introductions.

11:15 a.m. - 11:30 a.m. - short walk to reviewing stand.

11:30 a.m. - 12:00 p.m. - Emblem Ceremony

12:00 p.m - 5:00 p.m. Liberty Starts. You may walk around the Depot or take a shuttle. Certain recruit training areas are restricted to visitors. Recruits may not leave the Depot.

Graduating Marines must be in their barracks by 5:00 p.m. Hotel shuttle pick-up point for Thursday evening is the Depot Theatre (Guests must leave the Depot no later than 5:30 p.m.).

#### MORNING COLORS

Morning Colors is at Building 31 at 8:00 a.m with musical accompaniment by the San Diego Marine Corps Band

#### FRIDAY MORNING

Graduation Ceremony - 10:00 a.m. Reviewing stands are located on Shepard Field (Parade Deck) Please be in your seats between 9:30-9:45 a.m. After graduation, you may stay and visit the Depot. Hotel shuttle pick-up location is the Depot Theatre. For additional information, please contact MCCS Marketing (619) 725-6400.



### How to get to Parris Island

#### DRIVING FROM THE NORTH

Take 1-95 until you reach South Carolina Exit 33. This will take you to Route 21 South. Take 21 South toward Beaufort and continue to Route 280 (You will pass the Marine Corps Air Station Beaufort along the way.) Take a right turn onto 280 shortly after passing the Marine Corps Air Station and continue traveling for approximately 6 miles. Route 280 eventually turns into Route 802. You will see a sign for Parris Island. The off-ramp to Parris Island is on the right side of the road and it will take you to the front gate.

Driving from the South (savanah, ga.)

From I-95, merge onto US-278 E via exit number 8 toward SUN CITY/ BLUFFTON/ BEAUFORT/ HILTON HEAD IS. (approx. 5 miles) Turn left onto SC-141 (almost 4 miles). Turn left onto SC-170 N/ OKATIE HWY. (not even a mile away) Turn right onto SC-170/ OKATIE HWY. Continue to follow SC-170 N. (about 10 miles) Turn Right onto SAVANNAH HWY/ SC-802. Continue following SC-802, bearing to the right, (about 4 miles) You will see the off-ramp for Parris Island on your right-hand side and it will take you to the front gate.

AIRPORTS

The nearest major airport to Parris Island is the Savannah International Airport. The next closest airport is the Charleston International Airport. Transportation from these airports is not provided; both airports have rental car agencies.

#### MORNING COLORS CEREMONY

The Morning Colors Ceremony (flag-raising) with musical accompaniment by the Parris Island Marine Band is held Fridays at 7:45 a.m. in front of Barrow Hall.

### How to get to san Diego

### DRIVING TO THE DEPOT

From North East of San Diego, you will want to get to I-15 and make your way south toward Los Angeles. Stay on I-15 until you get into San Diego. Merge from the I-15 to the I-8 west and follow to I-5 South. From the Pacific Northwest, make your way to the I-5. Follow all the way into San Diego. From east of San Diego, follow I-8, I-10 or I-40 west into California. I-8 takes you to the I-5 south merge, I-10 and I-40 will take you to I-15. The exists in San Diego are Washington and Old Town.

AIRPORTS

The nearest major airport is the San Diego International Airport. Depending on your approach, you can look our your window and see MCRD, San Diego.

## RECRUITING SUB-STATION

RSS CASPER 601 SE WYOMING BLVD, SUITE 1338 CASPER WY, 82609 307-237-4332

RSS Cheyenne 1400 Dell Range Blvd, Suite 33 Cheyenne, Wy. 82009 307-772-2022

RSS Fort Collins 132 W Troutman Pkwy, Suite E Loveland, CO 80521 970-330-4411

RSS GRAND JUNCTION 2502 Highway 6 & 50, Suite 600C Grand Junction, Co 81505 970-243-5071

RSS Metro East 14177 E Exposition Ave Aurora, Co 80012 303-456-5043

RSS METRO WEST 7355 W 88TH AVE, SUITE G WESTMINSTER, CO 80031 303-456-5043

RSS METRO NORTH 550 E THORNTON PARKWAY THORNTON, CO 80229 303-444-0280 RSS METRO NORTH 8996 W BOWLES AVE, SUITE 5 LITTLETON, CO 80123 303-972-2259

RSS Parker 11280 Twenty Mile Road, Suite 109 Parker, CO 80134 303-996-6808

RSS PUEBLO 4104 Outlook Blvd, Suite 126B Pueblo, CO 81008 719-545-4581

RSS RAPID CITY 2200 N MAPLE AVE, SUITE 120B RAPID CITY, SD 57701

RSS COLORADO SPRINGS NORTH 5721 N ACADEMY BLVD COLORADO SPRINGS CO 80918 719-592-9597

RSS Colorado Springs South 750 Citadel Drive East, Suite 3072 Colorado Springs, Co 80909 719-638-1729

#### Marine Corps Lingo Semper FI- Short for Semper Fidelis, Latin for "Always Faithful" OORAH!- MOTIVATIONAL STATEMENT IN ACKNOWLEDGEMENT OR AGREEMENT MCRD- MARINE CORPS RECRUIT DEPOT ALSO CALLED "THE DEPOT" PI- PARRIS ISLAND (MCRD PI) SD- SAN DIEGO (MCRD SD) RTB- RECRUIT TRAINING BATTALION PLT- PLATOON DI- DRILL INSTRUCTOR SDI- SENIOR DRILL INSTRUCTOR CO- COMMANDING OFFICER CG- COMMANDING GENERAL CMC- COMMANDANT OF THE MARINE CORPS MRP- Medical Rehabilitation Platoon PCP- Physical Conditioning Platoon PARADE DECK- GRADUATION: CEREMONIES TAKE PLACE ON THE PARADE DECK. DO NOT WALK ACROSS THE PARADE DECK. MOTO RUN- GRADUATION: THE LAST BATTALION RUN TAKE TOGETHER ON THURSDAY MORNING PRIOR TO FAMILY DAY. VIEWING STANDS- GRADUATION: THE BLEACHERS FOR FAMILIES TO SIT ON DURING CEREMONIES IST INITAIL STRENGTH TEST PFT- PHYSICAL FITNESS TEST PT- PHYSICAL TRAINING IT- BOOTCAMP TERM, EXTRA ATTENTION AND EXTRA PT QUARTER DECK- THIS IS WHERE YOU GET IT'D INK STICK- PEN FAD STICK- PENCI KNOWLEDGE- SCHOOL BOOK/NOTEBOOK Guidon- Platoon Flag GUIDE- IN CHARGE OF THE ENTIRE PLATOON, CARRIES THE GUIDON Squad Leader- In Charge of the squad SCRIBE- THE RECRUIT WHO KEEPS NOTES AND RECORDS FOR THE DI House Mouse- Makes sure the cleaning supplies are pute up and the "Duty Hut" is clean AS YOU WERE- RESUME WHAT YOU WERE DOING; CORRECTION AYE, AYE- A TERM USED BY A SUBORDINATE TO A SENIOR IN ACKNOWLEDGEMENT OF AN ORDER. CARRY ON- AN ORDER TO RESUME PREVIOUS ACTIVITY AFTER INTERRUPTION WEAPON-M-16A4 OR M-4 CANTEEN- WATER BOTTLE Moon Bean- Flashlight COVER- UNIFORM HEADGEAR BLOUSE- ANY SHIRT THAT IS PART OF THE MARINE CORPS UNIFORM TROUSERS-PANTS Go Fasters- Running Shoes Chow- Meal Time

