

MICHIGAN MILITIA CORPS WOLVERINES (MMCW)

GUNNER LEVEL 1

A Citizen's Guide to Individual Basic Readiness

Basic Equipment:

- 1) Semi-auto Rifle.
- 2) 500 rounds of ammunition for same rifle.
- 3) Water container, one quart minimum.
- 4) Cleaning kit for above rifle.
- 5) Suitable carrying gear to transport personal equipment.
- 6) Individual first-aid kit.
- 7) Combat or hiking boots.
- 8) Bayonet/Combat knife.
- 9) Flashlight.
- 10) FRS Radio.
- 11) Camouflage.
- 12) AO map.
- 13) Bug repellent.
- 14) Sunscreen.
- 15) Toilet paper.
- 16) Notepad and pencil.
- 17) Food.
- 18) Case of water.
- 19) Squad meal kit.

20) Copy of the US Constitution (the document, not the book) and Declaration of Independence.

21) You have 60 days from the time you start your qualification to complete it. Otherwise you must start over.

Basic Abilities:

A) Complete a two-mile hike with all basic equipment within 40 minutes.

B) Field strip weapon for cleaning.

C) Place 80 out of 100 shots into an IPSC target at 100 yards in 2 minutes.

D) Understand and explain Alert Levels.

E) Movement formation and techniques.

F) Basic Hand/Arm Signals.

G) Basic Radio Protocol.

H) Be First-Aid and C.P.R. trained.

I) Camouflage self and equipment.

J) Qualification is valid for a time period of one year, at which time one must requalify at their current level or advance to the next level.

K) You have 60 days from the time you start your qualification to complete it. Otherwise you must start over.

BASIC EQUIPMENT - A DETAILED LOOK

1) RIFLE: A semi-auto rifle that can accept high capacity magazines and drums. Ideally 90-100 round drums are preferred to eliminate having to swap magazines so often. A bipod is also advised.

Keep in mind that the most commonly available rounds are .223, 7.62X39, and .308 (7.62X51). Availability of ammo is an important consideration, and we know of some people who have purchased a weapon merely because they came across a good deal on some ammo for that weapon.

2) AMMUNITION: Your ammunition must be for your rifle.

500 rounds is an absolute minimum carried load. You must carry at least enough magazines and/or drums to carry 500 rounds in. You should make every effort to ensure that your ammo is easily accessible for quick and efficient reloading.

Armor piercing rounds, tracers, and such: These special purpose rounds are much more expensive than regular ball ammunition. If you can afford some, armor piercing rounds would be a bonus in the event that you are confronted by armor wearing foes. If you are a small unit leader, you may wish to consider tracer rounds to help direct your unit's fire.

Hollow point ammunition is not allowed in armed conflict under the Geneva Convention. It is, however, acceptable for training or hunting. Please be aware that recent policy statements made by The US Department of Defense seem to express the position that in certain instances, hollow point type ammo is acceptable. The Hague protocols seem to apply to armed conflict between regular uniformed armed forces of a nation, and not to anti-terrorist operations.

3) WATER CONTAINER: This must be a sealable, non-glass container to carry water in. It must be able to carry at least one quart of water. You must be able to carry it "hands-free", so some kind of carrying strap, belt, suspenders, or other means of transporting is necessary. An open pitcher of water will not fulfill this requirement. A military surplus or other type of outdoor type of canteen will be fine. A regular one-quart water bottle will work, if you have some way to carry it. Some people have started out with a plastic pop bottle carried in a shoulder bag, and that is acceptable. In the winter, however, it is much riskier to try to thaw frozen water in a plastic canteen than in a metal one. We have seen too many plastic canteens melt in an effort to thaw frozen water. If you can find a metal canteen to use, especially in the winter, get one.

4) WEAPON CLEANING KIT: This will vary, depending on the type of rifle that you carry, but should include a cloth of some sort, a cleaning rod or pull through cord, a bore brush, cleaning patches, a rag or two, and some kind of lubricant. The cans of spray lubricant that are available can serve as a quick fix in certain situations. You may also wish to include a tooth brush type of brush, pipe cleaners, and Q-tips, and whatever specific items required to maintain your weapon. These items are all available at the next gun show, at any local gun shop, or through "The Shotgun News", or other similar publications. It would make sense to buy a cleaning kit at the same time that you buy your rifle. Cleaning equipment is very inexpensive, and there can be NO EXCUSE for failing to have a basic cleaning kit.

As for types of lubricants, we will suggest Break Free CLP (cleaner, lubricant, protectant). It is what the military uses, it is commonly available, and relatively inexpensive. A small bottle will fit nicely in your cleaning kit. We realize that there are other, better (and more expensive), cleaning products available, but Break Free is a functional, general purpose item that will do the job. Regular military issue "Cleaning Compound, Rifle Bore" is available at gun shows, and cheap. You can buy it by the quart for \$8-9. It is just as good as the commercially sold bore cleaners in stores. Pour some into a small portable squirt bottle for field use, and you will never be tempted to contaminate your supply by dipping a dirty patch in it. As you learn more, you will

develop your own favorite cleaning routine, with your own favorite products. But for now, start with the basics.

5) CARRYING GEAR: Web gear, TA-50, vest, kit, LBE (load bearing equipment), rig, set-up, whatever you call it, some kind of carrying gear is necessary. The standard US military (and, consequently, many third-world allies) carrying gear consists of a web belt, suspenders, (we recommend "H"-type suspenders instead of the "Y"-type, as the "Y" suspenders may pinch and bind some of us in the neck and shoulder region. If you can find the older "H" suspenders, they will be inexpensive. The new manufactured "H" suspenders that are available through several mail order companies are somewhat more expensive. "Y" suspenders are fairly common place.), ammo pouches (2), canteens (1 or 2), and a butt-pack. The butt pack can hold your cleaning kit and first-aid kit, or you can have a separate attachment for them.

There are many new, high-speed vests and carrying mechanisms available through US Cavalry, or other mail-order companies, but they are all very expensive. Some new, high-tech rigs can run close to, or even over, \$200!! You would be much better off sticking with surplus military gear. If, however, you have your own unique way of carrying gear that works well for you, then stay with that.

There are many configurations of carrying gear at any militia training. Feel free to come and see, or look through the pictures in other units Field Reports to see what the folks are carrying. A lot of rigs are amalgamations of mixed gear from many countries.

If you want ideas or suggestions on how to carry your stuff, please attend any militia training session and ask the people there for assistance. They will be more than willing to offer advice.

It is also important, especially with older gear, to make sure that there are no shiny metal surfaces visible. You can tape or paint over them. Also make sure that any straps are not excessively worn, and that all necessary clips are present and functional.

6) INDIVIDUAL BASIC FIRST-AID KIT: This should be considered as an absolute, bare-bones minimum first-aid kit. After much discussion, we decided on these items. You are free to add whatever personal medication or other items that you feel is necessary. Some kind of pain-killer/analgesic, anti-diarrhea medication, anti-histamine or other allergy medicine, and maybe some cough drops are possible considerations, but they are not requirements. The required items are:

a) **BATTLE DRESSING.** This is, typically, a military-style compress dressing, with attached cloth "tie-downs" used to tie the dressing around a wound. The location of the item, usually on your non-firing shoulder, or in your upper left pocket, must be known to all of your team-mates. In a pinch, a feminine sanitary napkin or even an infant diaper may be used, along with a gauze roll.

b) **32" TRIANGULAR BANDAGE.** This is the type of bandage that can be tied around a wound, even a large, serious one. These may also be used as a sling. Any 32" triangular

bandage will be fine. In a pinch, you can even cut your own triangular bandage from a clean sheet. Keep the bandage in its package, or if you cut your own, in a baggie by itself.

c) TRIPLE ANTIBIOTIC. This is a good, general purpose ointment for minor cuts and scrapes. In a field environment, nobody can afford an infection. This ointment is available either with Lidocaine, a topical pain reliever, or without. This is available in small packets, and you need to carry one ounce or more in your first aid kit. If you want, you may also buy a large tube to carry with you. This is an item that is very useful to have even if you have no militia inclinations whatsoever, so go pick up a tube or box the next time that you are out.

d) 5 BAND-AIDS, minimum. These should be the regular size adhesive strips. You may wish to have more, and of different sizes, but you must have at least 5 regular band-aids. You may want to consider the waterproof/ sweat proof kind. Please avoid brightly-colored children's band-aids. You might want to add a handful of butterfly bandages as well, to help close more serious cuts.

e) 1 ROLL OF GAUZE. These are available by the box at any drug store. You must have at least one in your first-aid kit, and you should keep a box or two at home. These can also be used to wrap and/or tie around a wound.

f) 2 4"X4" GAUZE PAD. You may actually wish to obtain several of these, as they are not usually available in single packages. They must be secured to a wound in some fashion, such as tying with a bandage, or securing with surgical tape.

g) 2 PAIR OF LATEX GLOVES. These will be needed if you ever have to work on someone who is bleeding. It is important to avoid contact with anyone else's blood or other bodily fluids. These gloves take up almost no space, weigh next to nothing, and are usually available by the box at any drug store.

h) 1 ROLL MEDICAL TAPE. This is used for making a finger splint, securing 4x4 bandages, etc.

i) 5 ALCOHOL PADS. You must clean a wound before you place a band-aid or other bandage on it.

j) 20 PAIN RELIEVER PILLS. Choice of pills is up to you. Most of us carry aspirin because of its many uses and lack of allergic reactions.

k) 1 TOUNIQUET. This can be a life saving item in the right situation. Do not use the latex tourniquets that they use at doctors offices and hospitals for drawing your blood. Your tourniquet should be at least 2" wide. There are many styles out there. This is one of those things that you don't want to be skimpy on. Your life may depend on this item.

All of your first-aid gear should fit in a baggie. You can carry this in your butt-pack, or it will fit in an AR15 ammo pouch nicely. There are also some military first-aid

attachments for your web gear, available at a local surplus store, or through one of the several mail order companies.

It is important that your fellow militia members know where your first-aid kit is, so inform them verbally, and use black electrical tape to mark the location of your kit with a cross. You may wish to trail a small, dark red ribbon from your kit, to further help your team-mates in finding your gear, should you become incapacitated.

Your first-aid gear is for YOUR use. It should be maintained and updated on a regular basis. Do not allow your personal medication to expire, and check any sterile packaging periodically to make sure that it hasn't ruptured.

7) COMBAT OR HIKING BOOTS: We almost didn't make this a requirement, because some of us thought that everyone would automatically meet this requirement. An argument was made to the contrary, therefore, you must wear combat or hiking boots that fit your feet.

Any boot issued regularly by the US military would be a good choice. The Army spends millions of your tax dollars testing and refining footgear for our troops. They will not issue boots that will harm its soldier's feet.

Some other boots that are good are the very expensive Danner Ft. Lewis Gore-Tex boot. One individual owned a pair for over 10 years. They are expensive at around \$200, but well worth it.

Herman Survivors are also good boots, and they cost a bit less.

Jungle boots are very inexpensive, and they are excellent summer boots. When the weather turns cold, however, they are fairly useless. You should have a pair on hand, for the warm months.

Even with a good, all-purpose boots, you will still want to acquire additional winter boots. You can get winter boots with removable inserts, most of these seem to work well. The US issued Mickey Mouse boots are excellent if you expect to spend extended time in a static position in extremely cold weather. For the price, they are hard to beat.

Plan to buy your boots at the end of the day, after your feet have swollen just a bit from the day's activities.

Avoid steel toe boots, especially in winter. They can become quite uncomfortable and increase your chances of getting frost bite.

For a closer look at what many militia people consider to be good boots, just attend any training session, and ask around.

8) BAYONET/COMBAT KNIFE. Knife or bayonet with at least a four inch blade. This is pretty self explanatory. Many militia members carry a small work knife, and a separate

combat knife. One even suggests carrying a katana, which is not a bad idea if you are willing to learn how to use it. Knives are tools first, and weapons second. Make sure you have a knife that you are willing to use. Knife fighting is an entirely separate issue, but it is something you should consider looking into. If you have a bayonet that actually fits on your weapon, good. Again, this is something that you should at least get some minimal training with. Contact your local militia people for bayonet training.

9) FLASHLIGHT with red or blue lens cover. Cellophane works as such a lens cover. The smaller and lighter the flashlight, the better. Blue or red lens covers are harder to spot from a distance, and they don't compromise your night-vision. You may also wish to carry a small penlight as a back-up. Always check your flashlight's batteries BEFORE going out to the field, and keep extra batteries in your gear.

10) FRS RADIO. We all have them, and you should too. The cost of these radios is coming down all the time, and should not be considered prohibitive. The amount you spend on these, depending upon features and options, is up to you. Make sure it has a minimum 10-mile range (more is better). Check/replace your batteries before coming to the field and have extra batteries in your gear.

11) CAMOUFLAGE. Woodland or Multicam B.D.U. to include shirt, pants, and boonie hat. Face paint/face mask and gloves. A ghillie suit may be used in addition to the BDU/ACU, but does not replace it. Face paint is good, but messy (in actual combat, we don't care about how messy it is, we will CAKE that stuff on properly). There are many face coverings available especially in the hunting department of any store. Make sure that your paint is appropriate for the area you will be operating in (light and dark green should just about work everywhere), and appropriate for the season. Make sure that you can see through your facial covering. Always wear gloves or paint your hands. Faces and hands are among the most visible and easily spotted features of any person. In winter, any white cloth is good camo, but be sure to not put any white camo paint on your face or hands; you will not be able to spot frostbitten areas.

12) AO MAP. This includes both a state and county road map. We will give you one, if we have any on hand. You may wish to insure that your maps are current, by picking one up in a store or at a gas station. You can also get a Michigan state road map for free from www.michigan.gov (go to the state website for a link under the 'resources' tab). Roads are always being worked on and maps always change. No reason to not have a road map.

13) BUG REPELLANT. Army style bug repellent is the best but any bug repellent that is at least 30% DEET will do. Last thing you want is to be bitten up by bugs and be scratching all day while on patrol.

14) SUNSCREEN. Again military grade/style is best. Use unscented with an SPF of 30 or more.

15) TOILET PAPER. You never know for sure where a training may take place and you don't want to be guessing which plant leaves to use. Most of us carry between ¼ - ½ of a

roll, flatten it and put it into a zip lock bag so that it stays dry. Keep this in your cargo pants pocket so that it is readily available when you need it.

16) NOTEPAD AND PENCIL. You always find that you wish you had this to write something down. A pencil is preferred over a pen because it is more reliable. Pens dry up, freeze in cold weather, and can burst and make a big mess. Pencils on the other hand work in any temperature, can always be sharpened with a knife, and if it breaks then you now have two pencils.

17) FOOD. One full day worth of food. The average American consumes around 2000-3000 calories a day. At level one you should be able to last in the field about 12-24 hours.

18) CASE OF WATER. 24, or more, 16.9 oz, or bigger, bottles of water. This is not to be carried on your walk/run. You only need to show this for your qualification. This, along with your 'squad meal kit', is for the base camp when we are called up for action.

19) SQUAD MEAL KIT. Logistical Wizardry, and a trip to Gordon's Food Service, generates a low-cost meal package for 15 people, which cost a little over \$2 per meal. This will keep for a long time, and in a pinch, can be eaten without cooking.

The historical importance of this goes without saying. Keeping the team nourished in good times and bad is important. Keeping the meals simple and quick to prepare in any conditions is the challenge. What will be covered here are some ideas on what our brothers and sisters at Southeast Michigan Volunteer Militia (SMVM) use.

The boxes used are 13 inches x 13 inches x 13 inches. 1 - 6 lbs. can main course with meat, 1-6 lbs. can of vegetables, 1 - 6 lbs. can of diced potato's and some kind of fruit or fruit cocktail. You can choose what ever you like, just make sure what fits into the box. All canned foods are pre-cooked, this ways, if time does not permit, you can serve the meal cold.

With room left in the box, add 15 disposable food trays, disposable utensils, napkins, salt & pepper, mixing spoons, can opener, matches, and trash bags for clean up. (everything in this box is disposable, one box is totally self serving). Label box, list weight.

Next, to heat up, you may use a bar-b-que, campfire, Coleman stove or the engine block of your car. Everything you need to serve your team is included. One box serves 15 persons, if each member carried one box in their vehicle plus bottled water, together logistics will be improved. Remember, pick up your trash and properly dispose of it. Never leave a mess.

This also is not to be carried with you on your walk/run. You only need to show it for your qualification.

20) COPY OF THE US CONSTITUTION AND DECLARATION OF INDEPENDENCE: Neither of these grant us any rights. It is far beyond the scope of a written document to bestow (or remove) a naturally occurring right. Instead, they seek to

clarify and preserve our natural, fundamental human rights, none of which are dependent upon any mere document.

IT IS NOT NECESSARY TO CARRY THESE DOCUMENTS INTO THE FIELD, BUT MERELY TO HAVE THEM AVAILABLE TO YOU.

A thorough understanding of how the Constitution was designed only to limit the government will lead you to better grasp the nature of some of the threats that loom over our country today. We suggest that you become quite familiar with your Constitutions. There are many who would deny its validity: they are your enemy.

If, for some reason, you do not have a copy of these important documents available, please contact your nearest militia unit and they can furnish you with one. You can also contact your Congressman or Senator and request a copy.

This concludes the basic equipment list. We feel that these items will be relatively easy to acquire, and the total cost of "gearing up" will not be overwhelming. If you still have difficulty in finding some items, or if you need help selecting something, feel free to contact your local militia unit for assistance.

Please remember that this guide is only intended to serve as a starting point, and that there will always be some other items that you will discover to be necessary later on. We will publish guidelines for additional levels as we develop them. Your input on these further publications will be very much welcomed.

BASIC ABILITIES – A DETAILED LOOK

Having looked at the basic equipment, we will examine three simple abilities. We feel that, after demonstrating these abilities, you can be considered "able-bodied and capable of bearing arms".

A) COMPLETE A TWO-MILE HIKE WITH ALL BASIC EQUIPMENT WITHIN 40 MINUTES. You will also be required to carry any shooting aid that you intend to use in your rifle qualification.

It is important to be able to get around on foot. It is possible that, under any number of circumstances, travel by other means will be difficult or impossible. A short, two-mile hike at a slow to moderate pace is a good measure of your mobility.

Please do not be alarmed by the distance. Two miles is actually a very short walk. Most of us cover many more miles in our daily lives.

You will be given as many attempts as you need to complete this walk. If, for some reason, you do not succeed the first time, additional attempts will be allowed after a brief rest period of not less than 15 minutes. It is very possible that persons who do not make it the first time could easily make it if they merely pick up the pace a bit.

As there are few roads along which a militia hike would fail to attract unwanted attention, the hike will take place on a private road or trail.

The hike may occur in any weather or road condition.

Please do not attempt this hike if it may jeopardize your health.

B) FIELD STRIP YOUR WEAPON FOR CLEANING. Since there are many types of weapons available, this guide cannot possibly cover even a fraction of them.

There are several ways to learn how to break down your rifle. You can learn from the manual that will come with any new rifle. You can learn from instructions published in some other sources, such as certain issues of "Guns & Ammo", and the like. You can also ask someone who is already familiar with that type of firearm. Any gathering of friendly militia people is bound to be brimming over with firearms knowledge, and they will be more than willing to help you. Do not be embarrassed to ask someone for help- the only dumb question is the one that you don't ask.

You will need to break your weapon down so that the bore, bolt, and gas system (if it has one) may be properly cleaned. There will be additional items that it is possible to break down (buffer springs, extractor pins, hand guards, etc.), but for now, this simple field-stripping will suffice.

YOU WILL ALSO NEED TO PUT YOUR FIREARM BACK TOGETHER.

In many instances, there will be a special tool or device required to break down a certain piece or aspect of a particular firearm. If you are aware of this, it is very important that you obtain this special tool, preferably when you buy the firearm. Sometimes, however, the requirement of a special tool is a warning that you should not remove that certain part at all, so any time a tool is required, exercise extreme caution. Consult your manual, or someone who is thoroughly knowledgeable about your weapon before using any "special tools".

VERY IMPORTANT NOTE: NEVER ATTEMPT TO DO ANYTHING WITH A WEAPON UNLESS YOU UNLOAD AND CLEAR IT FIRST! NEVER, EVER POINT YOUR WEAPON AT ANYONE! ALWAYS BE SAFETY CONSCIOUS!

C) PLACE 80 OUT OF 100 SHOTS INTO AN IPSC TARGET AT 100 YARDS IN 2 MINUTES. From a prone position, using any item that you carried on your two-mile hike, place 80 out of 100 shots into an IPSC target at 100 yards in 2 minutes or less. No bench rests will be allowed, and there will be no coaching while you are firing your 100 round string. You will be required to complete this within 2 minutes. You may use a bipod, sleeping pad, rucksack, or whatever, as long as it was carried on your hike. You are not required to use anything. If time permits, you will be allowed to sight in prior to actual qualifying.

A total of three attempts will be allowed per training session. Following your first attempt, you are free to request a critique of your shooting.

D) UNDERSTAND AND EXPLAIN ALERT LEVELS. The alert levels are so that everyone knows what preparedness level that they should be at for themselves and their family. Various economic, worldly, and local conditions can have an effect on the level. You must show that you understand what it is that you need to do at each level and state the level that the MMCW is currently at.

E) MOVEMENT FORMATION AND TECHNIQUES. The standard formations for movement that we use are the file, wedge, line, and column formations. You must show that you know what each one is and the role of each person in those formations.

F) BASIC HAND/ARM SIGNALS. We use hand and arm signals to communicate silently. There are times when using a radio or verbally communicating can be detrimental.

G) BASIC RADIO PROTOCOL. Communications within and between small units is critical to mission success. It is important to understand some very basic rules and procedures for operating a radio or other piece of communication equipment.

H) BE FIRST_AID AND CPR TRAINED. This is to make sure we have our bases covered incase of an emergency. You do not have to have a current certification, you just have to have taken a class on it so that you know what to do in an emergency. Many people have been through a class for their job. We hold periodic medic trainings to refresh everyone on what to do in certain situations.

I) CAMOUFLAGE SELF AND EQUIPMENT. Considering your environment, use whatever camouflage material you have on hand, and also using local foliage, with the property owner's permission, you must camouflage yourself and equipment. You must attempt to break up the natural outlines of the human shape, and hide your face and hands, while blending in with your environment. Pay attention to any shiny or brightly colored gear that you may be wearing. Hide or cover this gear. Shiny metal surfaces should be painted or taped over. Your fellow militia persons will judge this. In combat, if you are visible, then your whole unit should be considered to be visible as well. Take this skill seriously.