

MICHIGAN MILITIA CORPS, WOLVERINES

MEDIC LEVEL 1

Equipment:

1. Handgun – in a military grade caliber.
2. 40 rounds of ammunition for handgun.
3. Cleaning kit for handgun.
4. Water container, one quart minimum.
5. Suitable carrying gear to transport personal equipment.
6. Individual first-aid kit.
7. Combat or hiking boots.
8. Flashlight.
9. FRS Radio.
10. Camouflage.
11. Bug repellent.
12. Sunscreen.
13. Toilet paper.
14. Notepad and pencil.
15. Food.
16. Case of water.
17. Squad meal kit.
18. Copy of the US Constitution (the document, not the book) and Declaration of Independence.
19. FIRE TEAM MEDICAL KIT – M-3 medical kit or “Light Load” Molle Medic System to include:
 - 1 x Pen flashlight
 - 1 x Thermometer
 - 1 x Hemostat
 - 1 x Tweezer
 - 1 x EMT/Trauma Scissors

2 x Adhesive tape
1 x Permanent marker
4 x Pr. Latex gloves
10 x Alcohol wipes
1 x 2 oz Hand sanitizer
4 x Sutures
1 x Bite kit
1 x Cold Pak
1 x Emergency space blanket
3 x Ammonia inhalant
50 x Aspirin
50 x Ibuprophen
50 x Acetaminophen
12 x Anti-diarrhea
12 x Antihistamine
1 x Airway kit
2 x Small battle dressings
1 x Medium battle dressings/abdominal bandage
2 x Triangular bandage
8 x 4x4 pads
1 x Chest seal
1 x Burn cream
1 x Triple antibiotic ointment, 1 oz.
1 x Celox
1 x SAM splint
1 x Ace bandage
1 x Coban bandage
1 x Kerlix bandage
Assorted Band-aids (to include butterfly bandages)

Physical Abilities:

1. COMBAT MEDICINE – Watch the full series of Combat Medicine by M.O.M.
2. Complete a two-mile hike with all basic equipment within 40 minutes.
3. Field strip weapon for cleaning.
4. Place 8 out of 10 shots into a 9" target at 10 yards.
5. Understand and explain Alert Levels.
6. Basic radio protocol.
7. Qualification is valid for a time period of one year, at which time one must requalify at their current level.

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

PREREQUISITES: 1 OF 2

- 1) **E.M.T. TRAINED** – passed E.M.T. course.
- 2) **MILITARY SERVICE** – held rate of Corpsman, Medic, or equivalent while in service.

EQUIPMENT - A DETAILED LOOK

1) **HANDGUN:** There are many to choose from. This must be in a military-grade caliber (9mm, .45, .40) and you will also need a holster. Handgun/sidearms are not long range weapons. They are for close quarter use or as a back-up.

There are pluses and minuses to the different calibers. For example the 9mm has less hitting power than the .45 but you can usually get bigger magazines for the 9mm which in turn means less reloading of magazines. Again this is a personal choice.

If you are uncertain which to choose, ask your fellow militia men and women. See if they will let you try theirs before you drop a few hundred dollars.

2) **40 ROUNDS OF AMMUNITION FOR SIDEARM.** These must be in magazines, speed loaders, etc. NO loose ammo.

3) **WEAPON CLEANING KIT:** This will vary, 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. 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. As you learn more, you will develop your own favorite cleaning routine, with your own favorite products. But for now, start with the basics.

4) **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.

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) 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.

9) 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.

10) 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.

11) 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.

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

13) TOILET PAPER. You never know for sure where a training may take place and you don't want to be guessing which plant leave 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.

14) 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.

15) 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.

16) 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.

17) 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 way, 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.

18) 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.

19) FIRE TEAM MEDIC KIT. This kit will support a fire team, a 4-person team.

ABILITIES - A DETAILED LOOK

1) COMBAT MEDICINE. A 5-disk DVD set put out by the Militia of Montana. You may attend the MMCW annual training on Combat Medicine or you may watch it on your own. Copies of the set are available for \$5 at any MMCW meeting or training.

2) 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.

3) FIELD STRIP WEAPON FOR CLEANING. You will need to do a complete breakdown for proper cleaning and reassemble your sidearm.

4) PLACE 8 OUT OF 10 SHOTS INTO A 9" TARGET AT 10 YARDS. With sidearm that you took on your walk/run place 8 out of 10 shots into a 9" target at 10 yards. No bench rests will be allowed, and there will be no coaching while you are firing your 10 round string. You will be required to complete this within 5 minutes.

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.

5) 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.

6) 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.