

MICHIGAN MILITIA CORPS WOLVERINES (MMCW)

LEVEL 1 MEDICAL SUPPORT

A CITIZENS GUIDE TO READINESS IN A MEDICAL SUPPORT POSITION

Behind every successful militia outfit, team, or operation, there invariably must be a support element in place. Whether lugging an extra crate of medical supplies, operating a video camera, or grilling some burgers or brats, these support folks make the difference between a decent training event and an excellent training event. Without such fine support teams, membership would be down, and morale would not be as stellar as it is today.

By no means should support persons be considered "second-line" or anything of the sort. Neither should there be any truly defined line between support crews and line elements. Level One or higher qualified people can (and do) easily step in and perform critical support functions. By the same token, support persons can (and do) step in to regular training and assume leadership roles.

In an actual emergency, it is likely that support functions, such as medical duties, communications, and transport duties, and other fun logistical efforts will be the true measure of militia effectiveness.

Basic Equipment:

- 1) Vehicle.
- 2) Suitable carrying gear to transport personal equipment.
- 3) Sidearm.
- 4) 40 rounds of ammunition for sidearm.
- 5) Water container, one quart minimum.
- 6) FRS Radio.
- 7) Combat knife.
- 8) Flashlight.

Gear in Vehicle:

- 9) Cleaning kit for firearm.
- 10) 6 wool blankets.
- 11) Stretcher.

- 12) 3 cots.
- 13) 10-12 man tent.
- 14) 3 Squad meal kits.
- 15) 3 Cases of water.
- 16) 5 gallons of water.
- 17) Water purification tablets/filter.
- 18) AO maps.
- 19) Compass.
- 20) 3 8'x8' tarps.
- 21) Binoculars.
- 22) Notepad and pencil.
- 23) 40-channel CB radio.
- 24) Vehicle maintenance kit.
- 25) 10 gallons of gas in gas cans.
- 26) Medical kit.
- 27) Metal pot/pan.
- 28) Cook stove or burner.
- 29) Small propane heater.
- 30) 20 1-lb Propane cylinders.

Basic Abilities:

- A) Place 8 out of 10 shots into a 9" target at 10 yards with your sidearm. You get 3 attempts for this shoot.
- B) Field strip weapon for cleaning and reassemble.
- C) Be First-Aid and C.P.R. trained.
- D) E.M.T., L.P.N. or higher medical education.

- E) Qualification is valid for a time period of one year, at which time one must requalify at their current level, advance to the next level or downgrade to a lower level.
- F) You have 60 days from the time you start your qualification to complete it. Otherwise you must start over.

Detailed look at Level 1 Support Equipment:

1. VEHICLE. A Medical Support Vehicle should be able to transport a two-three man medical team and gear plus First Aid supplies, food, water, etc. SUV's, Pick-up's, Van's (Mini & Full sized) are what should be considered. If you happen to have a Deuce and a Half, even better.

Vehicles should never have less than a half tank of fuel at any time. Read the owners manual and comply with the maintenance schedule except for oil and lube intervals. Get your oil change and lubrication every 2,000-2,500 miles. Equip your vehicle with first-quality all-weather all-terrain tires and the largest battery you can get (don't need to run out of gas, have your battery die or your engine seize in the middle of an OP.) Consider carrying a small hydraulic floor jack and a large four-way lug wrench along with the usual emergency equipment (flares, spare tire, tire repair kit, flashlight, fire extinguisher, tow strap, jumper cables, tools, compressor).

Team members should be able to enter and exit the vehicle with ease while wearing their gear. Weapons and ammo should be stored in compliance with state laws (until the balloon goes up). Extra ammo, food, water and Medical Kit will also need to be stored and quickly accessible. Do not over burden your vehicle by exceeding its load capacity; bring what is needed to complete your OP. All other supplies and gear may be left at your base camp.

Vehicle must also have proper communication gear for the OP as well as emergency situations. FRS, CB, HAM or CELL PHONE with optional DC power adapter for the vehicle. A strobe light for emergency location and a portable spotlight (Million candle) for needed occasions.

Parked in the woods, a simple light weight camo net or parachute may be used for concealment.

Your vehicle may be used as an Ambulance; it must have the ability to lay injured personnel down while being transported. This gives you room to work on them while getting to better medical facilities. Always have a designated ambulance at any event, ready to go with maps and locations, and hours of operation of closest medical facility.

2. CARRYING GEAR. 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.

3. SIDEARM. 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.

4. 40 ROUNDS OF AMMUNITION FOR SIDEARM. These must be in magazines and no loose ammo.

5. 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.

6. 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.

7. 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.

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. CLEANING KIT FOR FIREARM. Whether you prefer a bore-snake or rod with patches, you need to be able to clean your gun in the field.

10. 6 WOOL BLANKETS. 100% wool is ideal but at least 70% wool is required. Wool retains body heat even when wet.

11. STRETCHER. You should have a stretcher available for casualty removal, but more so for a stiff backing for immobilizing movement of some injuries. Deer drags can be used for quick transporting of less injured from the OP area to the emergency pick-up point using only one to two team members for transporting. The faster you can get the injured to the vehicle, the faster we can get them to the proper medical facilities.

Safety and a good driving ability should always be a must. This isn't MOTHER, JUGS AND SPEED. The team, as well as the injured, would like to get home alive as well. Drive safely, being aware of the weather conditions of your environment. It's good for team morale knowing that you will get from point A to point B safely, they can now relax.

12. 3 COTS. Used as tables for patients. It allows you to work on multiple people at one time without them lying on the ground. Being elevated makes it much easier to work/operate on them.

13. 10-12 MAN TENT. This gives you a designated area to work with less chance of contamination from the elements. Also helps to conceal you in the field at night when you have lights on. A 10-12 man tent gives enough room to work on 3-4 people and still have room to work.

14. 3 SQUAD MEAL KITS. 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 potatoes 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.

15. 3 CASES OF WATER. These goes with the squad meal kit.

16. 5 GALLONS OF WATER. This can be used to sterilize utensils, water out wounds, wet towels, bandages, etc.

17. WATER PURIFICATION TABLETS/FILTER. Whether you get a filter or chemical treatment, such as iodine, water purification is an important component of long-term field operations. Check your iodine tablets, if they are reddish orange (sort of a rust color), then they are no longer good. We have been told that "Polar Pure" crystal purification system works well, as do some of the other portable filter systems. One of the best filter systems is a "KATADYN" water filter. Ceramic filters may work very well, but may also break. In a pinch, you can simply bring your water to a rolling boil for no less than FIVE minutes, preferably longer.

18. 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.

19. COMPASS. Non-electric, with degree markings. The cost on these will vary widely.

20. 3 8'x8' TARP. This is a minimum size, larger is also good. A shelter from the sun or rain does not have to be complicated, a simple tarp between a couple of trees or off the side of your vehicle will do. This provides an area for rendering of first aid un-impeded by the elements when your tent is not suitable or full.

Also to be used under patients to contain fluids.

21. BINOCULARS. You can only see so far with the naked eye. These come in a variety of magnifications so try to get the best magnification you can find, and afford.

22. 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.

23. 40-CHANNEL CB RADIO. CB radios have a much longer range than the FRS radios and they save on your batteries.

24. VEHICLE MAINTENANCE KIT. This will vary depending on your vehicle but you should have extra oil, coolant, transmission fluid, brake fluid, various fuses, zip ties, 4-way, FULL size spare (no "donuts"), electrical tape, etc.

25. 10 GALLONS OF GAS IN GAS CANS. Metal jerry cans are the best but even the red plastic ones will work, just spray paint them. Again this is a minimum; you can also carry more gas cans if you wish especially if your vehicle has a small tank or is poor on gas mileage.

26. MEDICAL KIT. To include:

1 x Pen flashlight

1 x Thermometer with sleeves

- 1 x Surgical kit
- 1 x EMT/Trama scissors
- 5 x Adhesive tape
- 1 x Permanent marker
- 1 x 50 count or more of latex gloves
- 50 x Alcohol wipes
- 1 x 16oz. bottle rubbing alcohol (70% or higher)
- 1 x 16oz. bottle hydrogen peroxide
- 1 x 8 oz Hand sanitizer
- 2 x 12 count boxes of sutures
- 1 x Bite kit
- 4 x Cold Pak
- 6 x Emergency space blanket
- 6 x Ammonia inhalant
- 100 x Aspirin
- 100 x Ibuprophen
- 100 x Acetaminophen
- 12 x Anti-diarrhea
- 12 x Antihistamine
- 1 x Airway kit
- 4 x Small battle dressings
- 2 x Medium battle dressings/abdominal bandage
- 4 x Triangular bandage
- 100 x 4x4 pads
- 2 x Chest seal
- 1 x Burn cream
- 2 x Triple antibiotic ointment, 1 oz. tubes
- 2 x Celox
- 4 x SAM splint
- 4 x Ace bandage
- 6 x Coban bandage
- 6 x Kerlix bandage
- Assorted Band-aids (to include butterfly bandages)
- 1 x Cervical collar
- 1 x finger SAM splint
- 1 x Burn dressing
- 1 x Blood pressure cuff
- 1 x Stethoscope
- 12 x face masks

27. METAL POT/PAN. Used to sterilize operating utensils or heat water in.

28. COOK STOVE OR BURNER. For use with metal pot/pan to sterilize operating utensils or to heat water.

29 SMALL PROPANE HEATER. A heater that is safe for use in a tent during cold months. A couple examples of approved heaters would be the 'Mr. Heater Little Buddy' or the 'Coleman SportCat PerfectTemp Catalytic Heater'. The choice of propane heaters vs. regular fuel is ease of refilling. It is much less messy swapping a cylinder vs. filling a tank with liquid fuel.

30. 20 1-LB PROPANE CYLINDERS. Most cylinders will only last 5-10 hrs depending on your specific heater so you need to have enough 1 lb. cylinders to run your heater for an extended period of time (couple be multiple days) continuously in extremely cold conditions.

Support Abilities:

A. Hit 8 OUT OF 10 SHOTS ON A 9” TARGET AT 10 YARDS WITH SIDEARM. 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.

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 firearm. You can learn from the manual that will come with any new firearm. 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 ALSO NEED TO PUT YOUR FIREARM BACK TOGETHER.

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. 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.

D. E.M.T., L.P.N. OR HIGHER MEDICAL EDUCATION. Medical training in the use of the items is required. We need to know that the person administering the medical attention is trained.