



U.S. NAVAL SEA CADET CORPS
U.S. NAVY LEAGUE CADET CORPS
FIELD MEDICAL TRAINING BATTALION-WEST
CAMP PENDLETON, CA

MEMORANDUM

From: Officers-in-Charge, NSCC/NLCC Field Medical Training
To: Field Medical Training Cadets

Subj: FIELD MEDICAL TRAINING BATTALION-WEST (FMTB-W) WELCOME
ABOARD PACKAGE

Encl: (1) Sea Bag List
(2) Blister Awareness/Boot Preparation Notice
(3) FOCA Code of Conduct
(4) Hydration Policy
(5) Contact Information
(6) Reporting Instructions
(7) Travel Itinerary

1. On behalf of the Commanding Officer for the Region 11 Summer Training Command 2012, we would like to extend a heartfelt welcome to NSCC/NLCC Winter Field Medical training. During the 8 days you will be spending with us from 29DEC12 - 05JAN13, you will be exposed to a myriad of classroom and hands-on evolutions. This training will be demanding both mentally and physically, but above all, FUN! For cadets traveling by air, please be sure to reference Encl. (7) and arrive the day before training begins (28DEC12).
2. As with every evolution we learn from our mistakes and then apply those lessons learned toward future trainings. The enclosed paperwork is a compilation of those lessons learned and is not meant to discourage you, but instead to aid you in being fully prepared and ready to succeed and above all, have as much fun as possible at YOUR advanced training. Please review each page CAREFULLY and COMPLETELY before moving on.
3. We are looking forward to training with you this winter, on behalf of our staff and our selves, WELCOME ABOARD!

A.J. Temple
ENS NSCC
NLCC FMTB-W OIC

A.L. Weber
ENS NSCC
NSCC FMTB-W OIC

Field Medical Training Battalion-West Welcome Aboard Package

FIELD MEDICAL SEA BAG LIST

FIELD CLOTHING

- Blouse, Woodland BDU - 2
 - Nametape, Green - 1 Ea.
 - USNSCC/USNLCC Branch Tape, Green - 1 Ea.
 - Shoulder Flash, USNSCC, Green - 1 Pr. Ea.
 - Shoulder Flash, USNLCC, Green - 1 Ea.
 - Rank, Collar, Green - 1 Ea. (E-4 and above only)
- Trousers, Woodland BDU - 2
 - Nametape, Green - 1 Ea.
- Cap, 8-Point, Woodland - 1
 - USNSCC/USNLCC Flash, Cover, Green - 1 Ea.
- Shirt, Brown - 6
- Straps, Blousing - 2 pr.
- Boot Socks, OD Green/Black - 10 pr
- Boots, Black - 1
- Belt, Nylon, Black - 1
- Buckle, Belt, Open-Face, Black - 1
- Watch Cap, Navy Blue/Black (Beanie) - 1
- Shirt, PT, Yellow - 2
- Shorts, PT Navy Blue/Black - 2
- Socks, White Athletic - 10 pr
- Shoes, Athletic - 1 pr. (**NO** Slip-Ons or Deck Shoes)
- Sweatshirt, Navy Blue - 1
- Sweatpants, Navy Blue - 1
- Underwear - 10
- Bra, Sport/Athletic - 2 (Females Only)

DRESS UNIFORM

- Dress Blues with flashes (Sea Cadets)
 - White crew neck t-shirts - 2
 - Black Neckerchief or Neck Tab - 1
 - White Dixie cup Cover (males) - 1
 - Combo Cover with NSCC Device (Females) - 1
- Winter Dress with flash (League Cadets)
 - White crew neck t-shirts - 2
 - Black Tie or Neck Tab - 1
 - White Dixie cup Cover (males) - 1
 - Black Garrison Cover with NLCC Device (Females) - 1
- Black Dress Shoes - 1 pr
 - Black dress socks - 2 pr

Field Medical Training Battalion-West Welcome Aboard Package

EQUIPMENT

- NSCC ID Card
- Sea Bag - 1
- Backpack, Black, OD Green, Tan or Woodland - 1
- Water System - 1
 - o Belt, Web - 1
 - o Cover, Canteen - 2
 - o Canteen - 2
- or-
- o Camelback, Field Appropriate Color - 1
- Flashlight with Red or Blue Lenses - 1
- Notebook, 4"x6" (No smaller) - 1
- Watch, Wrist - 1
- Lock, Pad with 2 Keys - 1
- Chain, Neck - 1
- Sleeping Bag
- Pillow w/pillow case (white)

TOILETRIES

- Deodorant, Stick (No Aerosol Cans) - 1
- Shampoo - 1
- Conditioner - 1
- Soap, Body - 1
- Toothpaste - 1
- Toothbrush - 1
- Cream, Shaving - 1
- Razor, Shaving - 1
- Brush/Comb, Hair - 1
- Towel, Hand - 2
- Towel, Bath - 2
- Shoes, Shower - 1
- Bag, Laundry - 1
- Powder, Foot - 1
- Sunscreen, SPF 30 or greater - 1
- Chapstick - 1
- Towels, Moist - 1 Small Tub (AKA: Baby Wipes)
- Ties/Pins, Hair (Females Only)
- Feminine Hygiene Supplies (Females Only)

ALL ITEMS LISTED ABOVE ARE *MANDATORY!!!*

OPTIONAL ITEMS

- Religious Materials
- Poncho, Rain, Woodland or Olive Drab Green - 1
- Gloves, Tactical, Field Appropriate Color - 1

FIELD MEDICAL TRAINING BATTALION-WEST WELCOME ABOARD PACKAGE

BLISTER AWARENESS/BOOT PREPARATION NOTICE

Having an enjoyable time at NSCC/NLCC Field Medical Training is highly dependent on proper foot care. This begins with adequately breaking in your footwear. Black leather boots are not tennis shoes, you must break-in your boots, or you will get blisters.

Parent/Cadet Agreement:

Should poor foot care result in blisters that have such a detrimental impact on my ability to continue with the Field Operations curriculum, I may be dismissed from training at my expense. Dismissal from training will be based on the professional opinions of NSCC Medical Staff and/or observations made by members of the FMTB-W Training Staff.

By signing below I signify that that I am aware that poor foot care may ultimately result in dismissal from training at my expense.

Cadet: _____ (Print, Sign and Date)

Parent: _____ (Print, Sign and Date)

FIELD MEDICAL TRAINING BATTALION-WEST WELCOME ABOARD PACKAGE

FIELD MEDICAL TRAINING BATTALION-WEST
CODE OF CONDUCT

In order to work, learn and become a team, certain rules must be established and enforced to enable cadets to grow and work together. By order of the NSCC/NLCC Field Medical Training Battalion-West Officers-in-Charge, the following Code of Conduct is immediately established. This policy is in effect for all FMTB-W personnel:

1. All Personnel will conduct themselves in a manner so as to bring credit upon their self, the United States Naval Sea Cadet Corps and the United States Navy.
2. No Personnel will use vulgar, obscene, profane, humiliating, racial or ethnically slanted language.
3. No personnel will threaten, or attempt to harm another member.
4. No personnel will take or withhold the property (to include money) of another member.
5. No personnel will be in the possession of dangerous and/or illicit substances or paraphernalia.
6. Cadets will not use tobacco products or consume alcoholic beverages of any kind.
7. Adults will abide by all applicable laws and regulations concerning the use of alcohol and tobacco products.
8. No personnel will engage in the collection, solicitation or distribution of funds in any way except as authorized by the FOCA OIC and/or COTC.
9. No personnel will willfully damage or destroy any government or personal property.
10. Male and female members will refrain from physical contact, passing notes, romantic interludes (in any way shape or form) or any other behavior deemed inappropriate by NSCC standards.
11. No personnel will speak to or about another member in a disrespectful manner. There will **ZERO-TOLERANCE** of arguing, gossiping, backbiting, teasing, putdowns, or other language deemed not acceptable. The words "**Shut up**" will not be used in a disrespectful or derogatory manner.

Failure to abide by the above rules can result in disciplinary action up to and including dismissal from training and/or the U.S. Naval Sea Cadet Corps.

FIELD MEDICAL TRAINING BATTALION-WEST
Hydration Policy

Heat Stress/Casualty

Due to the nature of Field Medical Training, ensuring that all hands are properly hydrated is a priority for both the COTC and OICs.

Heat and a operating tempo's are leading contributors to becoming a heat casualty and can quickly become a reality if personnel do not drink appropriate amounts of water. Avoiding becoming a heat casualty is surprisingly easy though; by drinking at least 8-10 quarts of water a day you significantly lower your chances of becoming a heat casualty. The following are some tips and tricks to avoid becoming a heat casualty:

1. Begin drinking water 24-48 hours before training begins.
2. Avoid Caffeinated drinks.
3. Avoid soda/energy drinks.
4. Sip ambient (room) temperature water slowly, this gives the body time to absorb the water.
5. Drink early and often.

Becoming a heat casualty can be life threatening, as such, FMTB-W Staff members will afford you every opportunity to ensure you stay properly hydrated. Remember, we are here to have fun, not to get hurt.

FIELD MEDICAL TRAINING BATTALION-WEST WELCOME ABOARD PACKAGE

FIELD MEDICAL TRAINING BATTALION-WEST

CONTACT INFORMATION

ENS Temple, Alex NSCC (**Contact first for NLCC**)
Officer-in-Charge, NLCC Field Medical Training
P: (331)442-4657
E: alexander.j.temple@gmail.com

ENS Weber, Angela NSCC (**Unavailable until 1 week prior**)
Officer-in-Charge, NSCC Field Medical Training
P: (805)835-5659
E: All email will run through ENS Temple or LCDR Franklin prior to start of training.

LCDR Franklin, Melissa NSCC (**Contact ONLY as a last resort**)
Commanding Officer Training Contingent
P: (760)212-6859
E: magicmel@sbcglobal.net

FIELD MEDICAL TRAINING BATTALION-WEST WELCOME ABOARD PACKAGE

FIELD MEDICAL TRAINING BATTALION-WEST
TRAVEL INSTRUCTIONS

ALL CADETS and Instructors attending Field Medical Training need to register their travel plans through the NSCC Region 11 site at www.nscpcsw.org/travel

Personnel traveling via air should travel through the San Diego International Airport (AIRPORT CODE = SAN). There is a \$30/one way shuttle fee (\$60.00 roundtrip)

Personnel traveling via train should travel through the Oceanside Amtrak Station.

We recommend refundable tickets as military locations can change with little or no notice.

Arrivals via Air/Train must be scheduled for
Friday 28 DEC 2012 between 1400 - 2000

Departures via Air/Train must be scheduled for
Saturday 05 JAN 2013 after 1300

FIELD MEDICAL TRAINING BATTALION-WEST WELCOME ABOARD PACKAGE

FIELD MEDICAL TRAINING BATTALION-WEST
REPORTING INSTRUCTIONS

Cadets attending NSCC/NLCC Field Medical Training at Camp Pendleton are to report to the Field Medical Training Battalion-West Quarterdeck, 33 Area, Camp Pendleton, CA. Check-in will be conducted from 0800-1200 in Dress Uniform.

Cadets shall furnish the following items at check-in:

1. Current NSCC ID Card
2. Service Record
3. Welcome Aboard Package (Signed and Completed)
4. Medications (Including over the counter medications). All medication must be in original prescription bottle or container in a zip lock bag clearly marked with the cadet name and accompanied with a copy of their NSCTNG025.

There will be a Sea Bag inspection prior to the beginning of training. Any unauthorized material will be confiscated. FMTB West is not responsible for any confiscated items, in addition confiscated items will not be returned.

**33 AREA – CAMP MARGARITA
CAMP PENDLETON, CA**



PARADE DECK-ENTER OFF "G" STREET

PARKING LOT

FLAGPOLE

STAGECOACH RD

"FORK IN THE ROAD"

AREA 24 AIRFIELD/RUNWAY

IF YOU GET LOST, PLEASE CALL OUR FLAGSHIP
OPERATIONS LINE AT (760) 212.6859
WE WILL HELP YOU GET "UN-LOST"

VANDERGRIFT ROAD

©2012 Google

IF COMING FROM VENTURA/L.A./ORANGE COUNTY

1. TAKE THE 5 SOUTH (OR 405 SOUTH TO 5 SOUTH)
2. FROM THE 4/405 JUNCTION, TRAVEL APPROX. 27 MILES TO BASILONE ROAD EXIT.
3. MAKE A LEFT ON BASILONE RD. TO THE CAMP PENDLETON GATE.
4. ONCE ON BASE, TRAVEL APPROX 20 MILES ON BASILONE RD. TO STAGECOACH RD. (SIGN ON RIGHT WILL SAY, "33 AREA-CAMP MARGARITA").
5. MAKE A RIGHT TURN ON STAGECOACH, STAYING TO THE RIGHT AT THE FIRST FORK IN ROAD.
6. GO DOWN THE HILL AND BACK UP UNTIL YOU COME TO THE FLAGPOLE. FOLLOW SIGNS TO CHECK-IN

IF COMING FROM SAN DIEGO

1. TAKE THE 5 NORTH AND EXIT "CAMP PENDLETON"
2. PROCEED TO THE MAIN GATE (VANDERGRIFT RD.)
3. ONCE ON BASE, TRAVEL APPROX 10 MILES ON VANDERGRIFT RD. TO BASILONE ROAD (3RD LIGHT PAST MCDONALDS)
4. MAKE A LEFT ON BASILONE RD. AND GO TO STAGECOACH RD (1ST LEFT HAND TURN – SIGN ON LEFT WILL SAY "33 AREA-CAMP MARGARITA")
5. MAKE A LEFT TURN ON STAGECOACH, STAYING TO THE RIGHT AT THE FIRST FORK IN ROAD.
6. GO DOWN THE HILL AND BACK UP UNTIL YOU COME TO THE FLAGPOLE. FOLLOW SIGNS TO CHECK-IN