# UNITED STATES MARINE CORPS

FIELD MEDICAL TRAINING BATTALION
Camp Lejeune, NC 28542-0042

FMST 109

## INDIVIDUAL COMBAT EQUIPMENT

## TERMINAL LEARNING OBJECTIVE(S)

1. Given a MARPAT reversible tarpaulin or two-man tent, in an operating environment, and while wearing individual field equipment, construct field expedient shelters to protect against the effects of weather. (HSS-MCCS-1021)

## ENABLING LEARNING OBJECTIVE(S)

1. With the aid of reference, **given a MARPAT reversible tarpaulin and other materials, construct a field expedient shelter** to protect against the effects of weather in accordance with MCRP 3-02H. (HSS-MCCS-2023a)

2. With the aid of reference, **given a two-man tent, construct a field expedient shelter** to protect against the effects of weather in accordance with MCRP 3-02H. (HSS-MCCS-2023b)

1. **<u>Family of Load Bearing Equipment (FILBE)</u> -** FILBE is a Modular Load-Bearing system designed to enhance the survivability and lethality of the modern Marine. FILBE is a replacement for the ILBE system and components of the Integrated Individual Fighting system including the Improved Load Bearing Equipment (ILBE). The FILBE issue you receive at FMTB-W will consist of the following items:

(1) <u>USMC New Pack</u> – the USMC new pack is a modular system that can be configured into two different torso length patterns: the Normal and Long. It has a large main pouch that can be closed to allow for a sleeping system compartment and a radio pouch. It has a draw string close top. The lid is has a water resistant zipper at the base to allow access to the radio pouch. Two other zippers allow access to the storage compartments in the lid, it also has buckles that allow the day pack to be attached to the top. The pack is equiped with Pouch Attachment Ladder System (PALS).

(2) <u>Patrol Pack</u> – Utilized to sustain an individual for 24-48 hour periods. Has buckles to attach it to the top of the pack. Also has Pouch Attachment Ladder System (PALS) for the attachment of external pouches.

(4) Load Bearing Vest – Sizeable Vest with MOLLE webbing used to configure ammunition pouches, grenade pouches, IFAK, and other items so that the individual may design load out for specific purposes. Can be adjusted to fit all sizes of Marines and Sailors.

(5) Improved Modular Tactical Vest – A scaleable vest that offers protection to the front, back, flanks with the insertion of ESAPI plates and also has neck and groin protection. Has MOLLE webbing used to configure ammunition pouches, grenade pouches, IFAK, and other items so that the individual may design load out for specific purposes. Can be used with the LBV or without.

(6) Lightweight Helmet with cover – Improved fit over old helmet with more comfortable pads as well as chin strap. Cover is a reversable MARPAT cover that will be changed in accordance with what uniform is being worn at the time. Can be used with a NVG mounting plate.

(7) Three-Sleeping System - It comes in two sizes, one that fits Marines up to 6 feet tall and another for taller Marines. The top of the new bag can be pulled tight around the face and features two snaps that cover the chin for better protection against the cold and wind. The waterproof bivy can be pulled over the head for added warmth and is designed with a flexible wire to keep the bag off of the face. The sleeping bag weighs only 2.4 pounds and offers protection down to 10 degrees provided Marines layer their clothes properly.

(a) The 5 layer sleeping strategy is a set way of layering clothing in order to protect you from the environment while keeping you from overheating. Each layer has its own set of suggested clothing as well as the temperature that it should be used during.

1. Layer 1: 40+ degrees, T-shirt and shorts

2. Layer 2: 30-40 degrees, silk-weight top and bottom, socks and microfleece cap.

3. Layer 3: 20-45 degrees, mid-weight top and bottom and glove liners, over layer 2.

4. Layer 4: 15-25 degrees, poncho liner and balaclava, over layer 3.

5. Layer 5: 10 degrees, extreme cold weather suit, over layer 3.

(8) Additional Equipment:

(a) ISO Mat - A foam padding used to support the sleeping system.

(b) Compression Sack – Black sack with limiting straps to tighten down sleeping systems and be able to store them in packs while using the least amount of space.

(c) Sustainment Pouch - Attached to outside of the pack as needed for additional load capability.

(d) Hydration bladder – Can hold 70 oz. of water. Used to drink on the move.

(e) Canteen w/ Cover – The canteen covers are used to carry the plastic water canteens and metal cup. The covers have two small pockets attached for carrying water purification tablets

(f) Repair Kit – Utilized to repair the equipment as needed.

(g) Gortex top/bottom – MARPAT water proof gear issued for inclement weather.

(h) Poly pro top/bottom – warming layers issued and worn under the MARPAT uniform.

(i) Tan fleece – Tan warming layer to be used under MARPAT blouse.

(j) Cap fleece – Warming garment to be used to cover head during cold hours. Not usually worn during the day.

(k) Water proofing bag – Improved water proof storage bags to be used in conjunction with WP bag.

(l) 2 point sling – Also known as a vickers or patrol sling. Used to secure weapon to body during a multitude of activities.

(m) Parade sling – Green sling used for Parades and shooting on the rifle range.

(n) Ess glasses/goggles – Eye protection issued to every Marine and sailor to be used at all times during training as well as any time forward deployed.

(o) E-tool w/ carrier – Standard folding entrenching tool. Used to dig fighting holes.

(p) Tarp – A waterproof tarp to cover gear or to make a field expediant shelter or field expediant bed roll.

(q) Poncho Liner – Lightweight blanket that will supplement sleeping system or be used in a field expediant bed roll.

(r) Magazine Pouches – MOLLE adaptable pouches to store magazines in place so that the shooter can manipulate the weapon to achieve maximum lethality.

(s) Gloves – Issued to all Marines and Sailors to protect hands.

2. **CARE AND MAINTENANCE OF COMBAT EQUIPMENT.**

a. Scrape dirt and dust from the item using a brush that will not cut the fabric

b. Hose or wash the item in a pail of water. Rinse thourghly with clean water

c. Do not use chlorine bleach, yellow soap, cleaning fluids, or solvents that will discolor or deteriorate the item

d. Dry the item in the shade or indoors. Do not dry in direct sunlight, direct heat or open flame

e. Do not launder or dry item in home or commercial washers and dryers. Do not attempt to dye or repair. Turn in for repair or replacement

f. Remember, extremely dirty or damaged equipment can eventually fail to perform its intended function

3. **FIELD EXPEDIENT SHELTER.**

a. **Shelter Site Selection**

(1) When you are in a survival situation and realize that shelter is a high priority, start looking for shelter as soon as possible. As you do so, remember what you will need at the site. Two requisites are:

(a) It must contain material to make the type of shelter you need.

(b) It must be large enough and level enough for you to lie down comfortably.

(c) When you consider these requisites, however, you cannot ignore your tactical situation or your safety. You must also consider whether the site—

1. Provides concealment from enemy observation.

2. Has camouflaged escape routes.

3. Is suitable for signaling, if necessary.

4. Provides protection against wild animals and rocks and dead trees that might fall.

5. Is free from insects, reptiles, and poisonous plants.

(d) You must also remember the problems that could arise in your environment. For instance:

1. Avoid flash flood areas in foothills.

2. Avoid avalanche or rockslide areas in mountainous terrain.

3. Avoid sites near bodies of water that are below the high water mark.

(e) In some areas, the season of the year has a strong bearing on the site you select. Ideal sites for a shelter differ in winter and summer. During cold winter months you will want a site that will protect you from the cold and wind, but will have a source of fuel and water. During summer months in the same area you will want a source of water, but you will want the site to be almost insect free.

(f) When considering shelter site selection, use the word BLISS as a guide.

1. B - Blend in with the surroundings.

2. L - Low silhouette.

3. I - Irregular shape.

4. S - Small.

5. S - Secluded location.

b. **Tarp Lean-To**

(1) It takes only a short time and minimal equipment to build this lean-to. You need a tarp, 2 to 3 meters of rope or parachute suspension line, three stakes about 30 centimeters long, and two trees or two poles 2 to 3 meters apart. Before selecting the trees you will use or the location

of your poles, check the wind direction. Ensure that the back of your lean-to will be into the wind. To make the lean-to:

(a) Cut the rope in half. On one long side of the poncho, tie half of the rope to the corner grommet. Tie the other half to the other corner grommet.

(b) Option: Attach a drip stick to each rope about 2 inches from the grommet. These drip sticks will keep rainwater from running down the ropes into the lean-to.

(c) Tie the ropes about waist high on the trees (uprights). Use a round turn and two half hitches with a quick-release knot.

(d) Spread the tarp and anchor it to the ground, putting sharpened sticks through the grommets and into the ground.

(e) If you plan to use the lean-to for more than one night, or you expect rain, make a center support for the lean-to. Place a stick upright under the center of the lean-to. This method will restrict your space and movements in the shelter.

(f) For additional protection from wind and rain, place some brush, your rucksack, or other equipment at the sides of the lean-to.

(g) To reduce heat loss to the ground, place some type of insulating material, such as leaves or pine needles, inside your lean-to. Note: When at rest, you lose as much as 80 percent of your body heat to the ground.

(h) To increase your security from enemy observation, lower the lean-to's silhouette by making two changes. First, secure the support lines to the trees at knee height (not at waist height) using two knee-high sticks in the two center grommets (sides of lean-to). Second, angle the poncho to the ground, securing it with sharpened sticks, as above.

c. **Tarp Tent**

(1) This tent provides a low silhouette. It also protects you from the elements on two sides. It has, however, less usable space and observation area than a lean-to, decreasing your reaction time to enemy detection. To make this tent, you need a tarp, two 4 to 5-meter ropes, six sharpened sticks about 12 inches long, and two trees 2 to 3 meters apart. To make the tent:

(a) Cut the rope into equal halves

(b) Tie a 2-meter rope to the center grommet on each side of the tarp.

(c) Tie the other ends of these ropes at about knee height to two trees 2 to 3 meters apart and stretch the tarp tight.

(d) Draw one side of the tarp tight and secure it to the ground pushing sharpened sticks through the grommets.

(e) Follow the same procedure on the other side.

(f) If you need a center support, use the same methods as for the tarp lean-to. Another center support is an A-frame set outside but over the center of the tent. Use two 90- to 120-centimeter-long sticks, one with a forked end, to form the A-frame.

4. **Two Man Tent**

a. A two-man, three-season, free standing, double wall tent. The tent has a vapor permeable tent body with a fully water proof reversible rain fly. All tent floor and rain fly seams are factory taped for water fastness

(1) Ventilation for use in arid desert and humid conditions to minimize build up of condensation

(2) Rain fly prevents escape of light and provides protection against visual and infrared detection

(3) Rain fly can be used in conjunction with tent or separate as a “hooch”

(4) Set up by one or two people in under 5 minutes