

HAWK MOUNTAIN

RANGER TRAINING SCHOOL

10-18 July 2010

6 day course July 13-18 w/travel day of July 13

Apply send complete CAPF 31 to PAWG HQ



Hawk Mt Ranger School invites you to attend the National Ranger Command & General Staff Course. This course provides National, Region and Wing Commanders and their designated members an orientation & overview of the Ranger program. Providing attendees with personal knowledge through hands-on experience of the training required for ground based SAR, as well as the HMRS curriculum and operations.

The training received at HMRS is different from that of any other school in CAP. ICS structure and principles are adhered to in every facet. While the majority of training at most schools takes place in classrooms, here you will learn by doing all of the tasks under mission conditions. You will participate

in a 24 hr overnight field training exercise testing all acquired skills along with endurance.

Ranger Command and General Staff Course is offered to all National Staff, Region and Wing Commanders, Operation Directors, and/or Ground Operation Directors. The Course addresses the Planning, Management, Administrative, Legal, Finance, Operations, Logistics, Publications, and Training necessary to develop the operational concepts behind a successful School and program. The PAWG Ranger Program has a long history of maintaining a high level of integrity and core values with an emphasis on developing future leaders. This is obvious by the level of leadership and commitment seen in our staff.

Billeting for this course is primarily in RV trailers except during the overnight field exercise. A \$200.00 fee covers the 6 day course July 13-18 with travel day of July 13 (meals included.) For a more in-depth experience we suggest the 9 day Overhead Team Management or Team Commanders Courses (www.pawingcap.com/hawk for course information.)

Typical Daily Schedule:

0530 - Reveille
0545 - PT/OC/Calisthenics/ Run
0730 - Breakfast
0830 - Classes
1145 - Formation & Lunch
1300 - Class
1800 - Retreat Formation, Class
1830 - Dinner
1950 - Classes
2120 - Area Time
2230 - Lights Out

www.pawingcap.com/hawk
Col Herb Cahalen
HMRS Commander
301-775-5265



Equipment that will be needed if attending the school (This is a modified equipment list if you plan on attending the 6 day course) If you plan on attending the entire 9 day course please follow the packing list for the course on HMRS Website www.pawingcap.com/hawk

PUT YOUR LAST NAME ON ALL ITEMS - Consider a duffel bag or large heavy duty plastic container.

Uniforms - Folded and waterproof packed

- ___ 3 pair or more BDU shirt and pants, insignia (CAPM 39-1)
- ___ 2 pair uniform boots with good insoles - (1 pair may be hiking boots, permitted for field ex)
- ___ Wallet with VALID CAP MEMBERSHIP CARD and Photo I.D. card
- ___ Money
- ___ Pocket knife (pack in your checked baggage if flying)
- ___ Small orienteering or lensatic type compass on lanyard
- ___ Eating Utensils - Plastic works best
- ___ Pencils and pens, and a small notebook in zip lock bag
- ___ Disposable lighter (pack in your checked baggage)
- ___ Several blousing bands and extra black boot laces
- ___ Glasses? - have a strap for them too
- ___ Medications? - in pharmacy container w/name, dosage & physician (inhalers, bee sting kits, etc.)
- ___ Non-aspirin pain relievers
- ___ Orange Hat (baseball type) **This will be provided to you in your course package**
- ___ Orange safety vest **This will be provided to you in your package**
- ___ Orange hard hat, with elastic chin strap or nape strap **Will be provided in your package**



Other Clothing items - waterproof packed - zip lock bags are good

- ___ 1 extra pairs BDU trousers (for PT sweat pants may be worn)
- ___ T-shirts brown, white, green, olive drab, orange ONLY!
Do Not Bring Black, these are to be worn by our expert staff only!
- ___ Underwear & socks
- ___ Wool or fleece sweater, sweat shirt, or jacket
- ___ Swimsuit or gym shorts

Personal Hygiene items – packed in a shower bag.

- ___ 1-2 bath towels & wash clothes
- ___ Personal hygiene supplies - shampoo, deodorant, brush, toothbrush & paste, shaving supplies or feminine hygiene items, soap etc.
- ___ Box of moist towelettes or baby wipes
- ___ Foot powder
- ___ Bag for dirty clothes

Food - Will be provided with your course; however you might consider bringing snacks. Snacks, Soda, Juice will be available at the BX nominal cost.



If you have a laptop computer, you may wish to bring it for use during the school.



Day Gear - waterproof packed

- ___ Rugged day pack
- ___ Snack food
- ___ 2 canteens / water bottles / camel back
- ___ Sierra cup, or canteen cup
- ___ 1 rain suit and 1 poncho
- ___ Leather work gloves
- ___ 2 pr examination gloves latex or similar
- ___ Eye protection (goggles/safety glasses)
- ___ Personal 1st aid kit: (a small one, about 2" x 3") Band-Aids, gauze pads, tape, first aid cream, moleskin, cough drops, personal medication, alcohol preps, waterless soap.
- ___ Flashlight and spare batteries & bulbs
- ___ Insect repellent (DEET is effective on ticks)
- ___ Sunscreen
- ___ Handkerchief
- ___ Roll of paper in waterproof container
- ___ Pencils, pens, protractor, mm. rule



Field Equipment - waterproof packed

- ___ Back Pack
- ___ Sleeping bag
- ___ Closed cell sleeping pad (optional)
- ___ Tent with all poles, stakes, and lines (Optional if you want to sleep in one)
- ___ Optional extra field jacket with liner or other cold weather jacket
- ___ Extra flashlight or headlamp, 2 sets extra batteries, extra bulb

****Please note: There are several mandatory uniform items. These items are included in your package that you will receive during check-in. They include – Orange Hard Hat, Orange Baseball Hat, and Orange Vest.***

Make sure you Pick Orange or bright colors for SAR equipment. Some items are available for purchase at the school. Check our BX page <http://pawingcap.com/hawk/hawkbx.htm>.

A camera is recommended. You may want to remember your stay at the Mountain.

If you need to ship your food and any other equipment prior to the school, it can be shipped via UPS, FedEx or US Postal Service to:

Hawk Mountain Ranger School
Attn: Your Name and CAPID #
218 Pine Swamp Road
Kempton, PA 19529
610-756-4170

****NOTE**** You must advise whichever shipping company you are using that your packages must be delivered on or after July 9, 2010. No one will be available to sign for your packages before July 9th.

We can only accept packages; we have no means of shipping equipment back after the School. You will need to take all your equipment home with you at the end of the school.