

Welcome to NSCC Field Medicine 2013! Our staff looks forward to providing you an outstanding training experience. As the Division Officer of this course, I ask that you please read this letter in its entirety. It will contain valuable information to help you prepare before your arrival to our training site.

You have chosen to take part in one of the NSCC's medical trainings, and I can assure you that the training you receive here will be top-notch. That being said, I want **only highly motivated and squared away cadets**. You will be asked to perform under stressful conditions throughout the week, and neither you nor your shipmates can afford to slack. We will be conducting PT daily. Sleeping conditions will be in an austere environment while in general purpose (GP) medium tents, during the hottest time of the year. Days will be long, you will be exhausted from carrying multiple pounds of gear and filthy from the field, and you will be taking knowledge exams daily. But, this training is designed to teach the true rigors and stressors our military medical team faces on a day to day basis and again, I can promise you won't find another medical training to this caliber.

Things that will help you to succeed in this training:

- Be ready to study. My staff and I will be teaching you many complex concepts and situations that medical providers often face. You will be taught both conventional and field medicine, ranging from basic treatments to critical care. If you'd like to see a glimpse of what we're teaching, research this link: <https://www.youtube.com/watch?v=n2eMCvFwH8w>
- Get in shape if you aren't already. You'll be carrying a minimum of twenty pounds of gear and will often be carrying stretchers, shipmates, and their gear. Moving in field gear (at times in gas masks) while hauling all this weight can easily exhaust even the most athletic of people.

\*NOTE: Please contact the COTC IMMEDIATELY if you have any sort of sudden or ongoing injury that may prevent you from performing in the field. I will do my best to find a way to accommodate to you if I know well before our training, but I will also look to send you home if you lie or do not report your injury. This is a huge safety violation and could get you permanently injured, or could severely hurt someone around you. I take this matter extremely serious!

- Break in your boots. I'll say it again...**BREAK IN YOUR BOOTS**. New boots that aren't worn in could be a quick ticket back home for you. The staff and your shipmates will not be able to wait on you because you can barely walk from having destroyed your feet. Bring plenty of boot socks, as you'll be changing them often and doubling them up to avoid foot problems. Foot care is everything in the field.
- Protective gear is a must while we're in the field. Black frame with black lens sunglasses, good tactical working gloves (don't skimp on price), and sunscreen will make your life much easier. Knee pads will be issued as well, and are highly encouraged to be worn. Camelbaks will also be issued during field training. Feel free to bring any extra safety equipment (as long as it will fit in your sea bag). Your safety is my first and absolute priority.
- Acclimate yourself to the heat. Florida frequently sees a heat index of well over 100 degrees during the summer months and as the Medical Officer, I treat cadet heat casualties daily (some of which are serious) during training. GET USED TO HYDRATING OFTEN. Making it a habit now will lead to good habits in the field and will make you successful. Don't become a statistic this year because you weren't ready for hot weather.
- **UOD (Uniform of the Day) will be BDU's**. We will not be using NWU's in the field, as they are very expensive and are much harder to replace. Parents: our team will do the absolute best it can to keep from

staining or ruining uniforms, but I cannot guarantee this. I understand they're expensive, as I too must buy my own gear as a Navy officer and Sea Cadet leader. But, please understand that in order to give our cadets the best, most life-like, and rewarding training experience, they will be coming in contact with quite a bit of fake blood and moulage that may stain clothing. **BRING TWO SETS!** Please let the COTC know if you're having problems obtaining these uniforms or items such as patches, ranks, name tapes, etc.

**\*NOTE: TAN BOOTS ARE NOT AUTHORIZED**, and furthermore, are not authorized within the United States Naval Sea Cadet Corps per current regulations. **BLACK BOOTS ARE REQUIRED.**

- Understand that you will be exposed to extensive trauma and casualty scenarios. That being said, **if you have a problem with blood, needle-sticks, or physical contact with your peers, this training may not be for you.** There will be many graphic images related to injuries and treatments, and you will be training hands on in treating both your peers and mock wounds. Combat is not glamorous and again, I hope to show you as realistically as possible what our medical team often encounters. This is also why the price of training is higher than most currently listed.
- Recommended items are highly encouraged and suggested. These items have helped myself and my shipmates during field training, and will certainly help you too. If you're buying a flashlight, I suggest an "L-shaped angle" flashlight that runs on D-Cell batteries. These are the easiest to maintain, are rugged, and are easy to carry with field gear. Headlamps also work very well, but do not skimp on price if you're looking in to these. I carry a pair of tactical gloves from Voodoo, and they worked extremely well in the field and spared my hands from getting destroyed. Duct tape and paracord (550 cord) are always useful in the field, and are often used. Plenty of socks, underwear, and PT gear will be go a long way in keeping you more comfortable during this training.
- Required items are just that; *required*. They're not a suggestion, they're mandatory pieces of equipment that you need with really any NSCC training, and not having this gear could reflect negatively on you. Again, don't find the leadership team a reason to send you home. **\*NOTE: MALES WILL HAVE A SHAVE KIT**, and will be expected to shave daily if deemed necessary by myself and/or the COTC. Cadet facial hair is NOT AUTHORIZED within the USNSCC.

Again, the most important thing I must stress is **please do not attend this training if you're looking for something slack and/or comfortable**. Nothing in critical care or field medicine is this way, and this is what we'll be learning. **BE PREPARED!** You will have a lot of fun, you will work hard with your team, and you will learn an incredible amount of knowledge during this training. The entire week is tailored from the practices of various special forces commands and medical units from around the country and is highly demanding, so see you in the field and be ready to rock and roll!

LTJG Williams, NC, USN