

C4 Schedule and Packing List

Schedule

- General
 - Wake-up at 0500 (but no one checks)
 - first muster between 0545-0650 depending on the day
 - Curfew: 2200 (but no one checks)

Day 1: Check-In, Gear Check-Out, Orientation

Day 2 - AM Day 4: ATLS

- 30-60 min lunch

PM Day 3-Day 5: TCCC

Day 6-8: C4 (Field Care Training)

- 3 Lanes: Point of Injury (POI), MASSCAL, and Role II
 - POI:
 - MASSCAL:
 - Role II: simulated high fidelity patients in a “hospital-like” setting
 - More capabilities like monitoring, lab, rads, etc.
 - Stabilize until patient can go to “OR”
- Crawl/walk/run (things get harder and more complex every day)
- End of the training (released evening of day 8 around 1700-1800)
 - Return gear
 - Clean living quarters and bathrooms
 - Awards and certificates (take pictures of your certificates as proof!!)
 - Book a hotel in downtown San Antonio to enjoy your last evening before flying out on Friday. Getting out of there can take awhile with ubers/lyft so plan accordingly. Otherwise, you will need to stay at the camp and leave VERY early Friday morning.
 - Do NOT book a flight earlier than 1930 that Thursday night.

Mandatory Packing List

- Student Welcome Letter and SIGNED Personal Standards and Conduct Memo
- Dog Tags
- Copies of Official Orders (ie DTS approval)
- Uniform (at least 2 pairs)
- Boots (preferably ones you don't mind getting dirty)
- Socks (enough for the whole training)
- Shirts (enough for the whole training)
- Belt
- PT uniform, shoes, PT belt (bring multiple pairs)
- Headlamp (both red and white needed for simulations, can purchase from Exchange upon arrival if in stock)
- Tactical gloves
- Watch
- Personal hygiene items
- Writing and note-taking material
- Water bottle (no one cares what this looks like)
- Backpack
- Cold weather gear (if applicable- PT things)
- Pillow
- Insect repellent
- Laundry detergent
- OTC meds
- GTC

Below are things that are encouraged to bring from prior C4 students:

Clothing:

- Bring some lounge clothing to wear in your hutments (only PT's are authorized, though no one checks)
- Underwear (obviously)
- Shower shoes

Bedding

- Twin fitted sheet/comforter/sleeping bag

Toiletries

- Hanging toiletry bag
- Sleeping mask
- Towel

- Ear plugs
- Sanitizing towels
- Melatonin
- Chapstick
- Hair dryer
- First-Aid items: band-aids, pain relief, allergy medications

Snacks

- Coffee!!! (ideal if you can bring canned/on-the-go coffee)

Other

- Extension cord/surge protector
- Bungee cord(s) to help hang things from the bunks
- GTCC
- Trash bags (can request trash bags from cadre)
- Laundry bag
- A small bag to carry things
- Insulated water bottle/Thermos?
- Things to do without internet
- Gum/mints/things to keep you awake
- Body wipes
- Air freshener
- Purell wipes
- Hand sanitizer
- Command hooks
- Cuticle creme
- Hand lotion

Other Tips/Tricks:

- The cell service is horrible
 - Wifi is **very** limited, so pre-download movies/books/study materials/etc before you get there
- Food
 - You will eat MREs for at least 1-2 of your 3 meals
 - Discuss with your hutment how you are going to disperse meals
 - Take extra snacks/condiments/fresh fruit during hot meals to supplement your MREs
- Exchange (ie convenience store) near the living quarters

- Has odd hours but has tons of snacks to purchase ~~as well as a Burger King~~ if you need food other than MREs
 - Burger King closed 1/27/23, will eventually be replaced with Jimmy Johns date TBD
- The bathroom situation...
 - Open stall toilets and showers (ew)
 - There are various port-a-pottys around to use if needed, otherwise use the gym bathroom (although its a hike)
- Gym
 - Has private bathrooms and showers
 - You should be able to ask for a key to go to the gym after hours
 - You must work out in your PT gear
- Laundry
 - There are washers and dryers in the bathrooms (debatable if the they work)
 - Bring some detergent pods if you plan to do any laundry
- In-processing/out-processing
 - You are able to wear civilian clothes

