

Session 3f

Follow Camp Routine and Discipline in the Field

(P.O.3, E.O.2)

List tips to stay clean and safe in the field:

- Wash yourself _____ as completely as possible with clean water and biodegradable soap.
- Wash your hands with biodegradable _____ after dirty work or using the restroom and always before cooking or eating.
- Keep your hair _____ and wash with soap or shampoo at least _____ a week.
- Brush your teeth and use floss at least _____ a day.
- Use _____ on your feet, underarms, groin, and any other area with skin on skin contact to avoid chaffing in warm weather.
- Use the restroom _____.
- Eat all your _____ as your body requires _____ for energy and fuel.
- Always treat _____ properly and immediately.

There are general rules that you need to remember and are expected to follow during any encampment with the Young Marines. These are called "Standard Operating Procedures" or SOP's. The SOP's for encampments are as follows:

- Maintain personal _____ standards.
- Do not go into water _____ without supervision and an approved personal floatation device.
- Use tools _____.
- Know the _____ of the group first aid kit, fire-fighting equipment, and your leader's shelter in case of an emergency. Always go to the nearest _____ in case of an emergency.
- Keep your shelter and surrounding area _____ and free from _____.
- Male and female Young Marines will not _____ the other's shelter.
- Inform your leader before _____ the campsite and never do so _____.
- Do not venture further than the head of a group by _____.