

Survival and Evasion Fundamentals

Terrorism Awareness & Personal Protection Overseas



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Training

Survival and Evasion Fundamentals and Code of Conduct training are important if you become isolated in a non-permissive or hostile environment. Army personnel must complete the mandatory *Army Personnel Recovery (ARPR) 101- Personnel Recovery Concepts* course through the [Army Learning Management System](#) (ALMS) site.

A Personnel Recovery course, discussing the primary objectives of the DOD's personnel recovery system; roles and responsibilities related to personnel recovery; personnel recovery planning processes, procedures, and products; five personnel recovery tasks (2 hrs.) is also available on [DOCNET](#).

Additional Survival, Evasion, Resistance, & Escape (SERE) training is also strongly recommended, especially for personnel assigned or traveling outside of the United States.

It's important to note that while these on-line courses will provide you with basic knowledge about survival and evasion techniques, to master these skills you will have to get out into the field and practice.

The following SERE training courses are available on-line to personnel with a DOD CAC or a sponsored account:

[ALMS](#)

- Army SERE 102 - Level-A Part 1 of 2 - Survival and Evasion Fundamentals Course
- ARPR 101C, Army Level-A SERE part 2 of 2

[JKO](#)

- J3TA-US022 SERE 100.1 Level A Code of Conduct Training Course (FOUO) - (8 hrs)
- J3TA-US1282 SERE 100.1 Civilians Only Course (FOUO) - (3 hrs)

[Marine Net](#)

- SERE 100.1 Level A Code of Conduct Training (6 hours)

Interagency Aviation Training

The USFS has a 30-minute crash survival presentation on-line at:
<https://www.iat.gov/Training/modules/fs113/index.html>

Federal Aviation Administration

The Federal Aviation Administration has posted [Aircrew Survival Videos](#) to provide information to pilots and air crew on how to survive following a crash or disabled aircraft:

- Cold Land Survival (20:42 min)
- Hot Land Survival (24:26 min)
- Survival Kits: Rafts & Accessories (15:13)
- Survival Medicine (23:14 min)
- Surviving on Open Water (25:22 min)
- Survival Signaling (15:52 min)
- The Will To Survive (17:44 min)
- Tropical Survival (11:31 min)

Terrorism Awareness

Your training continues with the DOD annual training requirement *Level I Antiterrorism Awareness Training*. This two-hour course is available on [Joint Knowledge Online](#) (JKO), course number JS-US007-14.

To supplement the annual training requirement, it is also recommended that you complete FEMA [Surveillance Awareness](#) training (IS-914). This is a one-hour course intended to make critical infrastructure employees and service providers aware of actions they can take to detect and report suspicious activities associated with adversarial surveillance.

An article, [The Secrets of Countersurveillance](#), published by Stratfor Global Intelligence is worth reading to understand surveillance countermeasures. A [Travel Warning](#) published by the US Embassy, Bogota, Columbia 06/06/03 provides similar advice.

Although several years old, the U.S. Department of State's publication [Security Awareness Overseas – An Overview](#) still provides good general information. A similar State Department publication, [Personal Security Guidelines for the American Business Traveler Overseas](#), is also worth reading before traveling overseas.

As a guide to general preparedness the FEMA IS-22 course [Are You Ready? An In-depth Guide to Citizen Preparedness](#) is recommended. This course has been designed to help individuals learn how to protect themselves and their families against all types of hazards. It can be used as a reference source or as a step-by-step manual. The focus of the content is on how to develop, practice, and maintain emergency plans that reflect what must be done before, during, and after a disaster to protect people and their property. Also included is information on how to assemble a disaster supplies kit that contains the food, water, and other supplies in sufficient quantity for individuals and their families to survive.

First Aid

In addition to your survival and evasion training, all personnel should be trained in first aid. The Self-Aid/Buddy-Aid Course (AMEDD MD 081-IS0877) available through [ALMS](#) [also available through [USAF ADLS](#)] is a good introduction. After completing the Self-Aid/Buddy-Aid Course, it is recommended that you complete the following additional first aid courses available through [ALMS](#):

- Evacuation In The Field (081-MD0001)
- Treating Wounds In The Field (081-MD0554)
- Treating Fractures In The Field (081-MD0533)
- Communicable Diseases & Field Sanitation (081-MD0535)

To improve your first aid skills, the Combat Lifesaver program is highly recommended. [MarineNet](#) offers the *Combat Lifesaver Primer Curriculum* consisting of ten sequenced courses and three examinations. The curriculum is designed to provide easily accessible sustainment training within the CLS program. The first two courses provide foundational instruction in medical fundamentals and an overview of TCCC. Courses three through seven outline the treatment of specific injuries and conditions. The final three courses cover general patient management skills. All ten courses focus on measures authorized for a Combat Lifesaver in both the Care Under Fire (CUF) and Tactical Field Care (TFC) phases.

Land Navigation

The *Land Navigation 2011 Course* available through [ALMS](#) will improve your ability to move and evade in unfamiliar terrain. The [Esee Izula Gear Navigation Card Set](#) is a useful tool to add to your land navigation kit.

Finally, to further develop your ability to navigate in a non-permissive or hostile area, the *USMC Combat Hunter Curriculum* (MTESD0CHC1) is recommended. The Combat Hunter Computer-based Training (CH-CBT) [available through [MarineNet](#)] system is a 7-10 hour training support package designed as an introduction to Combat Hunter and the basic tenets that comprise the program. This curriculum includes three (3) courses: Combat Awareness, Combat Profiling, and Combat Tracking. Each course features visually rich content as well as interactive activities that give learners an opportunity to practice reading the human terrain, analyzing baseline information, and interpreting critical cues to inform decisions.

Foreign Travel Information

As Robert Young Pelton said in his book [The World's Most Dangerous Places](#): “What you don’t know can kill you... The ugly truth about traveling to dangerous places is that you are solely responsible for your own safety.

Before traveling out of the country it is important to have some idea of what the situation is like at your intended destination. The U.S. Department of State provides Country Specific Information for every country of the world. You will find the location of the U.S. embassy and any consular offices, information about whether you need a visa, crime and security information, health and medical considerations, drug penalties, localized hot spots and more. This is a good place to start learning about where you are going.

Country Information: <http://travel.state.gov/content/passports/english/country.html>

It is important to check the **State Department’s Alerts & Warnings** page at: <http://travel.state.gov/content/passports/english/alertswarnings.html>

The [CIA World Factbook](#) also provides general information about every country in the world.

The **Center for Disease Control & Prevention (CDC)** provides traveler health information on their web-page at: <http://wwwnc.cdc.gov/travel>

Smart Traveler Enrollment Program - It is also recommended that you enroll in the Smart Traveler Enrollment Program - <https://step.state.gov/step/>. The Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens and nationals traveling abroad to enroll their trip with the nearest U.S. Embassy or Consulate. The benefits of enrolling in STEP include:

- Receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans.
- Help the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency.
- Help family and friends get in touch with you in an emergency.

[GOV UK](#) publishes travel advice for 225 countries territories. Country entry and travel requirements are for citizens of the UK. Other information is applicable to all travelers.

DOD Foreign Clearance Guide - DOD personnel traveling overseas should look at the requirements in the [DoD Electronic Foreign Clearance Guide](#). The Guide lists requirements, restrictions, and provides general information for DOD personnel traveling overseas, both for official duties and during unofficial travel (such as while on leave).

Foreign Travel Briefing - DOD personnel may be required to receive a foreign travel briefing from their security manager or anti-terrorism officer, but in many cases that briefing will consist of little more than a cut and paste of information from the above web-sites... which you should have already read for yourself anyway.

The security manager or anti-terrorism/force protection office will prepare an [Individual Anti-Terrorism / Force Protection Travel Plan](#) with the traveler as part of the foreign travel brief. [An example of this type of plan is posted to the Tri-Care web-site.](#) Tri-Care eligible personnel should also make note of the [International SOS](#) contact information for the country / countries to which they will be traveling.

The Defense Language Institute Foreign Language Center (DLIFLC) provides [Field Support Modules](#) for many countries of interest to the Department of Defense. DLIFLC also provides [Language Headstart](#) and the [Global Language Online Support System \(GLOSS\)](#) to support personnel living and working in foreign (non-English speaking) countries. GLOSS lessons are developed for independent learners to provide them with the learning/teaching tools for improving their foreign language skills. Reading and listening lessons are based on authentic materials (articles, TV reports, radio broadcasts, etc.) and consist of 4 to 6 activities. In-depth Feedback accompanies all motivating tasks, providing learners with thorough explanations and tutoring just like an attentive and experienced teacher would do. GLOSS Certificates provide documentation of work accomplished. With more than 7,000 lessons, GLOSS is a valuable resource in maintaining and improving language ability and proficiency.

SERE Gear



[Dog Tag Deluxe Survival Knife](#)



[Para-Cord Survival Bracelet](#)



[Universal Handcuff Key - Concealable](#)



[Suunto Clipper Compass](#)



[Boker Plus Vox Access Tool](#)



[Leatherman Brewzer Pocket Multi-tool](#)



[Blocklite Compact 9V Battery Flashlight](#)



[Mini CREE Led Flashlight](#)



[Urban Escape and Evasion - Tools and Kits](#)



[DeLorme inReach SE 2-Way Satellite Communicator](#)

The inReach SE from DeLorme is the satellite communicator that allows you to type, send and receive, track and SOS all from the palm of your hand. The inReach SE allows you to both send and receive text messages at the ends of the earth and everywhere in between with the handy color screen and virtual keyboard. When off the grid and out of cell phone range, you can quickly and easily share your journey with family and friends, let them ping and message you, and will always receive a delivery confirmation that your message was sent, thanks to the Iridium satellite network with 100% global coverage. In the event of an emergency, you can trigger an SOS, receive delivery confirmation, and then have a two-way text conversation with the search and rescue monitoring center until help arrives. Intuitive LED indicator for satellite availability. Audible message notifications. Long-lasting internal rechargeable lithium battery for ultimate convenience and portability. Post to social media.



[ACR Electronics Military-Spec Strobe Light](#)



The World Travel kit contains the supplies you need when traveling to remote locations where medical assistance may be hours or days away. Recommended for travel to developing nations, international relief work, or adventure travel involving high-risk activities, the World Travel provides you with a full complement of wound care supplies as well as medications to treat common travel ailments including stomach upset, dehydration, pain, and allergies.

[Adventure World Travel Medical Kit](#)



The Travel Medic is sized to fit in your carry-on bag so you always have basic first aid supplies with you. Contains blister supplies to keep you on your feet, medications to treat stomach upset, pain, and fever, and bandages to treat minor injuries. Packed in a durable, reusable, and lightweight pouch - this is your take-it-everywhere kit. Recommended Uses: Briefcase / Purse / Backpack Everyday Use Trips in Developed Countries Features: Antiseptic wipes, ointment, and bandages take the sting out of everyday injuries.

Compact size fits in carry-ons, backpacks, and purses. A wide array of medications to treat pain, inflammation, and common allergies. A wide array of medications to treat stomach ailments - the most common travel ailment. Die-cut Moleskin and GlacierGel hydrogel bandages to protect against the hiker's #1 injury, blisters.

[Adventure Travel Medic First Aid Kit](#)



[Tool Logic Folding 1/2 Serrated Knife With LED Flashlight, Magnesium Fire Starter and Signal Whistle](#)

VHF/GMRS Two-Way Marine Radio



Operates on all US, Canadian and International VHF channels, and 15 GMRS UHF/FM channels

US, Canadian & International Channels

1w, 3w Or 5w Adjustable Output Power

Provides access to all 10 NOAA channels for 24-hour weather and hazard information

Fully submersible to JIS7 standards, and backed by a manufacturer's 3-year warranty

Comes with a desktop charger with adapters for home and vehicle, a wrist strap, and a spring-loaded swiveling belt clip

[Cobra MR HH425LI VP 15-Channel VHF/GMRS Two-Way Marine Radio](#)

Emergency Rescue and Medical Evacuation Services



[Air Rescue Card](#)



[Global Rescue](#)

References and Resources

[FAA Basic Survival Skills for Aviation](#)

[National Wildfire Coordinating Group – Basic Land Navigation](#)

[Multi-Service Tactics, Techniques, and Procedures for Survival, Evasion and Recovery](#)

{FM 3-50.3; NTTP 3-50.3; AFTTP(I) 3-2.26} (20 March 2007)

Alternate Link: <http://eseeknives.com/SERE.Manual.pdf>

[FM 3-05.70 \(FM 21-76\) \(May 2002\) Survival](#)

[Survival, Evasion, and Recovery - Tactics, Techniques, and Procedures \(GTA 80-01-003\)](#)

[Equipped to Survive](#)

[SAS Survival Secrets - Behind Enemy Lines \(YouTube Videos Episodes 1-5\)](#)