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Defend what's yours when catastrophe strikes with expert tips that go beyond food and water storage. Should a national disaster occur, how will you respond? What will occur when critical societal services cease to function? As a prepper, you will likely be ready to hole up and live off of your stored supplies, at least for a while. But what do you do during that time? What are your next steps? And how do you defend yourself against others who have not prepared for such a disaster? After the Crash covers all the situations that you may face when the lack of governmental infrastructure leads to social upheaval and chaos. Since most of the population is unprepared for a disaster of any kind, this book gives both the trained and untrained prepper valuable information needed to have any chance of survival in a world where organized government assistance may not be available. Importantly, he details the crucial steps you need to take in addition to doing everything other survival manuals advise. These critical tips go beyond stockpiling food, water, and weapons. Offering battle-proven advice, Steve Mattoon explores what it takes to survive alone versus in groups, each approach presenting its own advantages and challenges. Discover how best to defend yourself, what to use, and how to most effectively use the tools you have at your disposal. Whether you find yourself in a rural area or an urban jungle, Steve Mattoon's After the Crash will prove an essential addition to any prepper's bug-out bag.

Modern combat is chaotic, intense, and shockingly destructive. A soldier will experience confusing and often terrifying sights, sounds, smells, and dangers—and he must learn to survive and win despite them. This field manual, containing the essential combat skills the U.S. Army teaches its soldiers, is the Army's most recent edition, which has been completely updated for Lyons Press by the soldier who wrote the manual for the army: Sergeant First Class Matt Larsen. Distributed to all soldiers, this is the must-have guide for those who want to know how U.S. Army soldiers are trained to prepare for—and perform during—combat. It includes photos, illustrations, and diagrams throughout depicting weaponry, combat maneuvers, warrior drills, survival techniques, fighting positions, camouflage, and basic field medicine.

The U.S. Department of the Army is headquartered at the Pentagon in Arlington, Virginia, and authors The Soldier's Guide, The Complete Guide to Edible Wild Plants, U.S. Army Ranger Handbook, U.S. Army Hand-to-Hand Combat, U.S. Army First Aid Manual, U.S. Army Weapons Systems, U.S. Army Special Forces Handbook, U.S. Army Guide to Boobytraps, U.S. Army Explosives and Demolitions Handbook, U.S. Army Special Forces Guide to Unconventional Warfare, and U.S. Army Special Forces Medical Handbook. Skyhorse Publishing is proud to publish a range of books for readers interested in military tactics and skills. We publish content provided by or of interest to the U.S. Army, Army Rangers, the U.S. Navy, Navy SEALs, the U.S. Air Force, the U.S. Marine Corps, and the Department of Defense. Our books cover topics such as survival, emergency medicine, weapons, guns, weapons systems, hand-to-hand combat, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

100% of this book's proceeds will be donated to two military charities: the Special Operation Warrior Foundation and the Sua Sponte Foundation. The US Army Rangers are the world's premier light infantry fighting force. This book contains all of the materials of the official Ranger handbook carried by all Ranger school students. This is a large desk-top/bookshelf (8.5x11") sized copy. Unlike other versions of this book for sale (check their feedback), this book is properly formatted with text large enough to actually read!

This handbook reveals the techniques and tactics that make the U.S. Army Special Forces some of the most elite and highly skilled soldiers in the world. Trained to succeed in specialized operations such as reconnaissance, unconventional warfare, and counter-terrorism, these soldiers undergo a rigorous selection process and operate under the principles of self-sufficiency, stealth, speed, and teamwork. Here readers will discover how guerrilla forces differ from special forces and how unconventional warfare relates to both; how to conduct a raid; how to improvise explosive devices; and how special forces carry out air operations.

The history of the American Ranger is a long and colorful saga of courage, daring, and outstanding leadership. It is a story of men whose skills in the art of fighting have seldom been surpassed. The United States Army Rangers are an elite military formation that has existed, in some form or another, since the American Revolution. A group of highly-trained and well-organized

soldiers, US Army Rangers must be prepared to handle any number of dangerous, life-threatening situations at a moment's notice—and they must do so calmly and decisively. This is their handbook. Packed with down-to-earth, practical information, The Ranger Handbook contains chapters on Ranger leadership, battle drills, survival, and first aid, as well as sections on military mountaineering, aviation, waterborne missions, demolition, reconnaissance and communications. If you want to be prepared for anything, this is the book for you.

The latest version of the "stranded behind enemy lines" manual included in the survival kits of all branches of the U.S. military. A distillation of the information contained in the survival "bible," the USAF's enormous tome on Survival Training, AFR 64-4 and updated from the previous version which contained a significant amount of outmoded information. Now a multiservice publication used by all branches of the U.S. military (FM 21-76-1, MCRP 3-02H, NWP 3-50.3, AFTTP(I) 3-2-2.6).

A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

This Leavenworth Paper is a critical reconstruction of World War II Ranger operations conducted at or near Djebel el Ank, Tunisia; Porto Empedocle, Sicily; Cisterna, Italy; Zerf, Germany; and Cabanatuan in the Philippines. It is not intended to be a comprehensive account of World War II Ranger operations, for such a study would have to include numerous minor actions that are too poorly documented to be studied to advantage. It is, however, representative for it examines several types of operations conducted against the troops of three enemy nations in a variety of physical and tactical environments. As such, it draws a wide range of lessons useful to combat leaders who may have to conduct such operations or be on guard against them in the future. Many factors determined the outcomes of the operations featured in this Leavenworth Paper, and of these there are four that are important enough to merit special emphasis. These are surprise, the quality of opposing forces, the success of friendly forces with which the Rangers were cooperating, and popular support.

A former Army Ranger offers advice for survival and self-defense after a "national disaster ... leads to social upheaval and chaos." Historically in warfare, the majority of all combat deaths have occurred prior to a casualty ever receiving advanced trauma management. The execution of the Ranger mission profile in the Global War on Terrorism and our legacy tasks undoubtedly will increase the number of lethal wounds. Ranger leaders can significantly reduce the number of Rangers who die of wounds sustained in combat by simply targeting optimal medical capability in close proximity to the point of wounding. Directing casualty response management and evacuation is a Ranger leader task; ensuring technical medical competence is a Ranger Medic task. A solid foundation has been built for Ranger leaders and medics to be successful in managing casualties in a combat environment. The true success of the Ranger Medical Team will be defined by its ability to complete the mission and greatly reduce preventable combat death. Rangers value honor and reputation more than their lives, and as such will attempt to lay down their own lives in defense of their comrades. The Ranger Medic will do no less.

For decades the U.S. Army has produced the most knowledge-filled and practical guides to wilderness survival. Now, this pocket edition, based on current Army doctrine, has been thoroughly reedited, reformatted, its illustrations remastered, and improved in every way so that you the reader can have the information you need with you when you need it.

Think and act like a Navy SEAL, and you can survive anything. The world is a dangerous place. You can live scared-or be prepared.

This survival manual is organized as follows: Chapter 1. Introduction Survival Actions Pattern for Survival Chapter 2. Psychology of Survival A Look at Stress Natural Reactions Preparing Yourself Chapter 3. Survival Planning and Survival Kits Importance of Planning Survival Kits Chapter 4. Basic Survival Medicine Requirements for Maintenance of Health Medical Emergencies Lifesaving Steps Bone and Joint Injury Bites and Stings Wounds Environmental Injuries Herbal Medicines Chapter 5. Shelters Shelter Site Selection Types of Shelters Chapter 6. Water Procurement Water Sources Still Construction Water Purification Water Filtration Devices Chapter 7. Firecraft Basic Fire Principles Site Selection and Preparation Fire Material Selection How to Build a Fire How to Light a Fire Chapter 8. Food Procurement Animals for Food Traps and Snares Killing Devices Fishing Devices Preparation of Fish and Game for Cooking and Storage Chapter 9. Survival Use of Plants Edibility of Plants Plants for Medicine Miscellaneous Uses of Plants Chapter 10. Poisonous Plants How Plants Poison All About Plants Rules for Avoiding Poisonous Plants Contact Dermatitis Ingestion

Poisoning Chapter 11. Dangerous Animals Insects and Arachnids Leeches Bats Poisonous Snakes Dangerous Lizards Dangers in Rivers Dangers in Bays and Estuaries Saltwater Dangers Chapter 12. Field-Expedient Weapons, Tools, and Equipment Clubs Edged Weapons Other Expedient Weapons Lashing and Cordage Rucksack Construction Clothing and Insulation Cooking and Eating Utensils Chapter 13. Desert Survival Terrain Environmental Factors Need for Water Heat Casualties Precautions Desert Hazards Chapter 14. Tropical Survival Tropical Weather Jungle Types Travel Through Jungle Areas Immediate Considerations Water Procurement Food Poisonous Plants Chapter 15. Cold Weather Survival Cold Regions and Locations Windchill Basic Principles of Cold Weather Survival Hygiene Medical Aspects Cold Injuries Shelters Fire Water Food Travel Weather Signs Chapter 16. Sea Survival The Open Sea Seashores Chapter 17. Expedient Water Crossings Rivers and Streams Rapids Rafts Flotation Devices Other Water Obstacles Vegetation Obstacles Chapter 18. Field-Expedient Direction Finding Using the Sun and Shadows Using the Moon Using the Stars Making Improvised Compasses Other Means of Determining Direction Chapter 19. Signaling Techniques Application Means for Signaling Codes and Signals Aircraft Vectoring Procedures Chapter 20. Survival Movement in Hostile Areas Phases of Planning Execution Return to Friendly Control Chapter 21. Camouflage Personal Camouflage Methods of Stalking Chapter 22. Contact With People Contact With Local People The Survivor's Behavior Changes to Political Allegiance Chapter 23. Survival in Man-Made Hazards The Nuclear Environment Biological Environments Chemical Environments

Why don't babies come with a how to manual?" Wouldn't it be nice to have a pediatrician there with you so you could remember what was said in those well visits and to ask simple questions to? Finally a parenting book that is organized around your baby's well visits, isn't written like a text book and meant to calm you down rather than scare you about all the very rare possibilities. Dr. Cliff James is a board certified Pediatrician in private practice for the last 15 years. His goal was to write a book that could both inform and entertain a new parent. With the help of his own baby, Kaden, you get a look at parenting from a pediatrician point of view as well as the mind of a baby/toddler/evil genius. This book covers: *Choosing a pediatrician *Feeding your baby *Pee, Poop, Puke and Snot *Vaccines *What happens in the hospital *Chapters for each well visit *Developmental milestones *Illnesses *Injuries This book is designed to bring a little lightheartedness to parenthood with cartoons, jokes, and plenty of Dr. James' own disaster stories as a parent. "To often we as pediatricians and parents spend too much time emphasizing how much work it is to be a parent and lose sight of the fact children are hilarious and a great source of joy."

With nuclear war looming on the horizon, this new book is a must have for every home. Should a nuclear strike or other calamity happen today, do you have a plan in place to protect your family? Where would you go? What would you eat? How would you survive? "The Survival Guide" is composed of excerpts from military survival experts.

This is the official US Army guide to surviving all manner of extreme, life-threatening situations. Field-tested and time-honored, the strategies and techniques within have been recorded by the US Army and are used regularly for official training. Topics covered include: * Psychology of Survival * Survival Planning and Preparation * Basic Medicine * Shelters and Firecraft * Procurement of Food and Water * Edible and Medicinal Plants * Poisonous Plants and Dangerous Animals * Weapons and Tools * Water Crossings and Obstacles * Direction Finding and Signaling * Survival and Escape of Hostile Areas This guide also contains chapters on survival in specific climates like the desert, tropics, cold weather, and the sea, and dangerous man-made conditions including nuclear, chemical, and biological hazards. This is important information for soldiers, hikers, backpackers, hunters, and climbers. If you want to be prepared when things get real, this is the book you need.

From the US Department of Defense, the Skills, Tactics, and Traits of the Most Highly Skilled Soldiers in the World—Army Rangers. This handbook offers the techniques and tactics that make U.S. Army Rangers the best soldiers in the world. These highly trained, easily deployable, and widely skilled infantrymen specialize in airborne assault, raids, recovery of personnel and equipment, and airfield seizure, among other difficult and dangerous missions. Now, in this recently revised edition of the U.S. Army Ranger Handbook, you can get the latest info on everything from understanding the basics of Army operations and tactics to discovering what makes a soldier with good leadership qualities and character. Although primarily written for Rangers and other light infantry units, it serves as a handy reference for all military units, covering

how infantry squad- and platoon-sized elements conduct combat operations in varied terrains. Drawing from over two centuries of lessons learned in special operations combat, this guide provides modern soldiers with best training possible. It effectively combines the lessons of the past with important insights for the future to help make army leaders the absolute best they can be. In straightforward, no-frills language, it covers deception, stealth, communications, escape and evasion, ambush operations, perimeter defense, counterintelligence, and much more. This book is the ultimate resource for anyone who wants to know how Rangers think and function.

A guide to outdoor survival, exploring the psychology of survival, with coverage of survival medicine, water and food procurement, firecraft, direction finding, signaling techniques, and other topics; and discussion of the special considerations of different environments.

The history of the American Ranger is a long and colorful saga of courage, daring, and outstanding leadership. It is a story of men whose skills in the art of fighting have seldom been surpassed. The United States Army Rangers are an elite military formation that has existed, in some form or another, since the American Revolution. A group of highly-trained and well-organized soldiers, US Army Rangers must be prepared to handle any number of dangerous, life-threatening situations at a moment's notice—and they must do so calmly and decisively. This is their handbook. Packed with down-to-earth, practical information, The Ranger Handbook contains chapters on Ranger leadership, battle drills, survival, and first aid, as well as sections on military mountaineering, aviation, waterborne missions, demolition, reconnaissance and communications. If you want to be prepared for anything, this is the book for you. Readers interested in related titles from The U.S. Army will also want to see: Army Guerrilla Warfare Handbook (ISBN: 9781626542730) Army Guide to Boobytraps (ISBN: 9781626544703) Army Improvised Munitions Handbook (ISBN: 9781626542679) Army Leadership Field Manual FM 22-100 (ISBN: 9781626544291) Army M-1 Garand Technical Manual (ISBN: 9781626543300) Army Physical Readiness Training with Change FM 7-22 (ISBN: 9781626544017) Army Special Forces Guide to Unconventional Warfare (ISBN: 9781626542709) Army Survival Manual FM 21-76 (ISBN: 9781626544413) Army/Marine Corps Counterinsurgency Field Manual (ISBN: 9781626544246) Map Reading and Land Navigation FM 3-25.26 (ISBN: 9781626542983) Rigging Techniques, Procedures, and Applications FM 5-125 (ISBN: 9781626544338) Special Forces Sniper Training and Employment FM 3-05.222 (ISBN: 9781626544482) The Infantry Rifle Platoon and Squad FM 3-21.8 / 7-8 (ISBN: 9781626544277) Understanding Rigging (ISBN: 9781626544673)

This handbook offers the techniques and tactics that make Army Rangers the best soldiers in the world. These highly-trained, easily-deployable, and widely-skilled infantrymen specialize in airborne assault, raids, recovery of personnel and equipment, and airfield seizure, among other difficult and dangerous missions. Drawing from over two centuries of bloody lessons learned in special operations combat, this guide gives modern soldiers the best advice possible. In straightforward language and a no-frills style, it covers deception, stealth, communications, escape and evasion, ambush operations, perimeter defense, counterintelligence, and much more. Handy and concise, this manual was designed so Rangers could easily carry it into the field. Now it is the ultimate resource for anyone who wants to know how Rangers think and work.

Soldier physical readiness is acquired through a precise, progressive, and integrated physical training program. A well-conceived plan of military physical readiness training must be an integral part of every unit training program. This field manual prescribes doctrine for the execution of the Army Physical Readiness Training System. Physical readiness training prepares soldiers and units for the physical challenges of fulfilling the mission in the face of a wide range of threats, in complex operational environments, and with emerging technologies. This field manual: Provides soldiers and leaders with the doctrine of Army physical readiness training. Reflects on lessons learned in battles past and present; time-tested theories; and principles and emerging trends in physical culture. Helps ensure the continuity of our nation's strength and security. Prepares soldiers physically for the full spectrum of operations. Explains training requirements and objectives. Provides instructions, required resources, and reasons why physical fitness is a directed mandatory training requirement. Guides leaders in the progressive conditioning of soldier strength, endurance, and mobility. Provides a variety of physical readiness training activities that enhance military skills needed for effective combat and duty performance. For soldiers, athletes, adventurers, and gym-rats alike, this is the definitive guide to military-level training for physical fitness. For related U.S. Army manuals, see: US Army Survival Manual FM 21-76, Ranger Handbook SH 21-76 (Revised), and Map Reading and Land Navigation. Readers interested in related titles from The U.S. Army will also want to see: Army Guerrilla Warfare Handbook (ISBN: 9781626542730) Army Guide to Boobytraps (ISBN: 9781626544703) Army Improvised Munitions Handbook (ISBN: 9781626542679) Army Leadership Field Manual FM 22-100 (ISBN: 9781626544291) Army M-1 Garand Technical Manual (ISBN: 9781626543300) Army Special Forces

Guide to Unconventional Warfare (ISBN: 9781626542709) Army Survival Manual FM 21-76 (ISBN: 9781626544413) Army/Marine Corps Counterinsurgency Field Manual (ISBN: 9781626544246) Map Reading and Land Navigation FM 3-25.26 (ISBN: 9781626542983) Ranger Handbook SH 21-76 (ISBN: 9781626545199) Rigging Techniques, Procedures, and Applications FM 5-125 (ISBN: 9781626544338) Special Forces Sniper Training and Employment FM 3-05.222 (ISBN: 9781626544482) The Infantry Rifle Platoon and Squad FM 3-21.8 / 7-8 (ISBN: 9781626544277) Understanding Rigging (ISBN: 9781626544673) Based on the book our men and women in uniform commit to memory, The Army Ranger Survival Guide 2009 provides a year's worth of practical, real-life information on how to handle any situation. This is the perfect, comprehensive guide for adventurers, outdoorsmen, or those serving our country.* Learn how to purify water.* Determine the best way to navigate the area.* Discover the best way to pitch a tent.* Find out the safe way to build a fire.* Avoid conflict.* Survive!

Today's society is one in which we, as individuals, are constantly barraged by the threat of domestic terrorism. The ever-present fear for your safety and the safety of those we love can overwhelm you if you aren't sure how to protect yourself. Luckily, distinguished combat veteran Brian M. Morris's Green Beret Survival Guide is here to help ease your fears. Using his firsthand knowledge from the field as a Green Beret, Morris concisely outlines the steps that are necessary towards increasing one's personal safety. Over the course of several chapters, Morris describes the importance of situational awareness, meaning staying alert, being aware of your surroundings, and understanding the reality of threats that you may face in any given situation. An individual with good situational awareness never takes anything for granted and makes security a part of his or her daily routine. By being observant and practicing several different methods of observation, one can avoid falling prey to terrorist, thieves, and other criminals. Using situational awareness as the cornerstone of a personal safety plan, The Green Beret Survival Guide delivers expert advice on preparing you and your loved ones for the worst case scenario.

You don't need to be a trained soldier to fully appreciate this edition of the U.S. Army Improvised Munitions Handbook (TM 31-210). Originally created for soldiers in guerilla warfare situations, this handbook demonstrates the techniques for constructing weapons that are highly effective in the most harrowing of circumstances. Straightforward and incredibly user-friendly, it provides insightful information and step-by-step instructions on how to assemble weapons and explosives from common and readily available materials. Over 600 illustrations complement elaborate explanations of how to improvise any number of munitions from easily accessible resources. Whether you're a highly trained soldier or simply a civilian looking to be prepared, the U.S. Army Improvised Munitions Handbook is an invaluable addition to your library. The U.S. Department of the Army is headquartered at the Pentagon in Arlington, Virginia, and authors The Soldier's Guide, The Complete Guide to Edible Wild Plants, U.S. Army Ranger Handbook, U.S. Army Hand-to-Hand Combat, U.S. Army First Aid Manual, U.S. Army Weapons Systems, U.S. Army Special Forces Handbook, U.S. Army Guide to Boobytraps, U.S. Army Explosives and Demolitions Handbook, U.S. Army Special Forces Guide to Unconventional Warfare, and U.S. Army Special Forces Medical Handbook.

Training Circular (TC) 3-21.76 uses joint terms where applicable. Selected joint and Army terms and definitions appear in both the glossary and the text. Terms for which TC 3-21.76 is the proponent publication (the authority) are italicized in the text and are marked with an asterisk (*) in the glossary. Terms and definitions for which TC 3-21.76 is the proponent publication are boldfaced in the text. For other definitions shown in the text, the term is italicized and the number of the proponent publication follows the definition. The principal audience for TC 3-21.76 are U.S. Army Rangers and combat arms units. Commanders and staffs of Army headquarters serving as joint task force or multinational headquarters should also refer to applicable joint or multinational doctrine concerning the range of military operations and joint or multinational forces. Trainers and educators throughout the Army will also use this publication.

The Ultimate Wilderness Survival Guide "If you are serious about survival, this book is required reading." —Alan Kay, winner of Alone, season 1 (History Channel) and coauthor of Decline and Decay: Strategies for Surviving the Coming Unpleasantness #1 Bestseller in Caving & Spelunking and Hiking & Camping Instructional Former Special Forces Operator and Instructor, Joshua Enyart, provides essential skills and a step-by-step wilderness survival strategy in his debut bushcraft book, Surviving the Wild. A bushcraft survival and field guide. If you found yourself suddenly thrust into the wild without any modern conveniences like electricity, running water, wi-fi, or Google—would you know what to do? In a pandemic induced post-apocalypse, do you know what your first priority should be? If your caving, camping, or hiking adventure goes haywire, how would you ensure your survival? Written by a former Army Ranger and Green Beret, this survival book provides crucial information alongside a logical, systems-based approach to survival and preparedness. Navigation, tools, first aid, and other survival

strategies for the outdoors. Consider this your essential survival guidebook to making it in the wild. With it you'll learn how to outmaneuver immediate threats, find shelter and nutrition, and navigate to where you want to go. Part first aid book, part survival handbook, Surviving the Wild contains chapters of information on making the most of minimal supplies, finding safe water, and above all—survival! Look inside and you'll find: • A foreword from bestselling bushcraft author Dave Canterbury • Survival medicine and edible plant identification • Instructions on how to build a fire, catch game, make a shelter, and more! If you enjoyed survival books like Bushcraft 101, SAS Survival Handbook, How to Stay Alive in the Woods, or The Prepper's Medical Handbook, then you'll love Surviving the Wild.

Ideal for fans of History Alive United States books Survivalist handbook with pieces of Air Force history Essential piece of any aircraft survival kit This Air Force handbook was written to help pilots who find themselves in hostile environments. While it is designed for use in formal Air Force training, it is also useful for the general reader seeking a comprehensive and complete manual of outdoor survival techniques. Any US Army survival kit would also benefit from this handbook. Among other pieces of professional and expert advice, the US Air Force Survival Handbook tells readers about: Finding your way without a map First aid for illness and injury Finding food and water Building a fire Concealment techniques Using ropes and tying knots Survival at sea Signaling for help Animal tracking Predicting the weather Building shelters Released on the 70th anniversary of the US Air Force, this book outlines specific survival threats found in many different types of terrain and how to survive them. It is invaluable to all who enjoy the outdoors and anyone who seeks insight into the training tactics of the US Air Force.

A comprehensive manual of proven outdoor survival techniques. REVISED & EXPANDED SECOND EDITION This manual is the result of a detailed consideration of a societal collapse and the civil shift and aftermath that would impact individuals and families who are intent on survival. The purpose of this manual is to provide information to enhance the security, tactics, and survival skills of law-abiding citizens who are faced with civil disorder, lawlessness, violence, and physical threat in a post-collapse environment. The information in this manual is derived from training and experience gained from service with special operations forces (SOF) and subsequent employment as a security contractor in Iraq and Afghanistan. It is a distillation of tactics, techniques and procedures (TTPs) adapted to the threat and environment anticipated in this type of scenario, in order to provide the knowledge needed to survive in a world turned upside down. It is no longer just survival of the fittest but survival of those prepared. The manual will take you from self-defense as an individual, team and family, and on to tactics, techniques, procedures and training that can be used by tactical teams that you may need to form in order to survive or to resist tyranny. In a serious post-event scenario, one of total collapse with several months or years before recovery, families, groups and communities may be forced to create such tactical defense forces to protect personnel, loved ones and resources against hostile forces. There is something in this manual for both the tactical newbie and the military veteran. Authors Website: maxvelocitytactical.com Author's blog: maxvelocitytactical.com/blog Authors note on choosing Contact or Rapid Fire: Contact and Rapid Fire are not designed as sequels, but are aimed at different audiences. There is an amount of material, the main bulk of the tactical stuff, which is common to both books. It is not intended that you buy both, just one or the other depending on your requirements.

This handbook describes the techniques used by US Army Ranger Medics. This book is the ultimate resource for anyone who wants to know how Ranger Medics function. Formatted to 7.5 x 9.25 handbook. Both Page size and the content were made larger to make it easier to read.. Not too big. Not too small. The Ranger Medic Handbook covers: Trauma Assessment Airway Management Hemorrhage Management Thoracic Trauma Management Hypovolemic Shock Management Head Injuries Seizures Spinal Cord Injuries Orthopedic Trauma Burns Hyperthermia Heat Injuries Routine Medical Problems Often Seen Equipment Lists and Much More. The Ranger Medic Code 1. I will always remember that these are the finest Infantry on this earth, and that as such they deserve the finest health care. 2. No Ranger or Ranger dependent who comes to me for health care will ever be turned away without their needs being addressed, even if their paperwork/administrative requirements are not in order. 3. I will never let slip my mind the fact that in chaos of battle, I am all that stands between that bleeding, wounded Ranger and the finality of death. I will perform my job with such skill that the grim reaper will walk away empty-handed. 4. I will always remember that I must not only treat wounded Rangers, I must also carry them sometimes. I will maintain the physical conditioning necessary to accomplish this. 5. I will always remember that uniforms, weapons and supplies can all be DX'd but that each Ranger only comes with one body. I will never jeopardize the safety and/or recovery of that body by performing medical tasks beyond my skill and training. 6. I will always be cognizant of the fact that people do not suddenly get well after 1700 hours and on weekends, and that as such, I will willingly provide or coordinate for health care 24 hours a day, 7 days a week. 7. I will never do anything stupid because "they" or "regulations"

require it to be so. I will find a way to accomplish my mission and serve the Rangers of this Regiment. 8. I will always remember that everything I use is paid for by US citizens. I will remember those tax dollars are collected from the American people and given to the Rangers because those people believe that in exchange for that money they will be kept safe from the tyrants of the world. 9. I will never forget that this is an Infantry unit supported by a medical team; not a medical team supported by a plethora of Infantry. 10. I will never forget that when the tyrants of the earth look towards the USA and plot mischief, they see a wall of cold

steel backed up by determined men wearing Tan Berets; and then they plot their mischief somewhere else. The extent to which I support that wall is the extent to which I have a right to consume oxygen. BUY YOUR COPY TODAY!

A Comprehensive Guide for Increasing and Maintaining Physical, Cognitive, and Emotional Fitness and Health Soldiers are the most sophisticated and complex Army weapon system. As members of the Profession of Arms, Soldiers must be ready to defend our nation with optimal performance. Soldiers must be ready physically, cognitively, and emotionally. Soldiers, like professional athletes, must perform at very high levels every day. For Soldiers, more is

on the line than winning or losing a game. The safety and security of an entire nation is at stake. Status as a Professional Soldier Athlete is achieved through a combination of physical, emotional, and cognitive prowess, optimal performance during sustained operations, the establishment of a strong and healthy social, family, and spiritual support network, and maintenance of all of these areas for sustained Soldier readiness and resilience. The Performance Triad (Sleep, Activity, and Nutrition) provides Soldiers with the tools and knowledge to achieve high levels of performance as a Professional Soldier Athlete.