

The following skills are the HMRS specific requirements that must be completed for the cumulative award of the Ranger First Class rating. (must hold a current GTM rating) Administrative requirements and physical fitness requirements are only listed for the R/1 level.

**Ranger 3rd class:**

1-Tie the following knots:  
Square knot, 2 half hitches and Tauntline Hitch

**Ranger 2nd Class**

1-Demonstrate the Safe Use of the following  
Folding Knife  
Sheath Knife  
Hatchet or Axe  
Machete

2-Build a Safe Personal Fire Using a Knife, Locally Gathered Wood, and 2 Matches

3-Discuss the Recognition, Treatment, and Prevention of the following Heat Exhaustion  
Heat Stroke  
Immersion Foot  
Sunburn  
Frostbite  
Insect Bites  
Dehydration  
Blisters  
Hypothermia  
Hyperventilation  
Poisonous & Non-Poisonous Snake Bites  
Explain Proper Field Sanitation  
Explain Proper Garbage Disposal

4-Demonstrate Patient Packaging  
5-Demonstrate Safe Lifting and Lowering of a Stretcher

6-Tie the following knots:  
Bowline, figure 8

7-Complete 5 mile hike with gear

## **Ranger First Class**

1-Tie The following knots:

Sheetbend, water knot, double fishermans, swiss seat, chest harness

2-Plot a 2 leg course on topographic map, give true and magnetic headings, and distance in marks

3-Show Point on a Topographic Map Given Latitude and Longitude

4-Determine Latitude and Longitude of Point on a Topographic Map.

5-Show Point on a Topographic Map Given UTM Grid Coordinates

6-Determine UTM Grid Coordinates of a Point on a Topographic Map

7-Use a Topographic Map to Triangulate Present Position

8-Specialized Equipment for R/1 level

PHYSICAL FITNESS REQUIREMENTS: (R/1)

3 pull ups

15 push ups

20 squat thrusts

1/2 mile run in 4 minutes

ADMINISTRATIVE REQUIREMENTS: (R/1)

CAPT 117

ICS 100

ICS 700

Achievement 5/Technician rating

Complete a Basic Winter School

Ranger Written test

First Aid Certification

CPR Certification

GTM3 or above