

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