

UNITED STATES MARINE CORPS



RECONNAISSANCE





MARINE CORPS RECONNAISSANCE



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PULL TO REMOVE CARD

Basic Reconnaissance Course Card

For more information

Entry level: Talk to your local Marine Corps Recruiter about Active and Reserve entry level reconnaissance contracts.

Active Duty: Talk to your Career Planner about available opportunities.

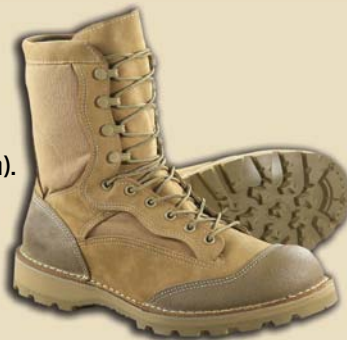
Reconnaissance units are the Marine Corps' eyes and ears on the frontline. They are a highly trained six-man team capable of conducting specific missions in enemy territory. The varying types of missions a reconnaissance team conducts depends on how deep into the battlefield they are operating.



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RECOMMENDED GEAR AND FACILITIES

- Military-style pack capable of holding 45 lbs. Do not use your water source to count towards the 45 pound pack weight.
- Water source for use during PT (Physical Training) events (Bottle, canteen, etc.).
- An area where you can run 400m intervals (track, lightly trafficked road or PT field).
- Pull up bar
- Running shorts
- T-shirt
- 1 set of utilities or equivalent (for swimming, hiking and PT)
- 1 pair of running shoes
- 1 pair of USMC regulation combat boots or equivalent (broken in).
- Boot socks (experiment with different hiking, trekking, and backpacking socks; wool socks are highly recommended).
- Swim goggles
- Digital watch for keeping time
- Journal for logging progress



FOOT CARE

Hiking for long distance and speed in new boots and shoes could seriously affect your performance and hurt your feet. Preventing blisters starts with a good fitting shoe or boot. However, if your hiking boot fits, but causes some hot spots (an area where the skin gets hot due to friction from the boot rubbing on it) on uphill climbs, you should consider using hiking boot inserts. Hiking socks are designed with moisture wicking material which draws moisture away from the foot. Sock liners are personal preference and may be worn in addition to the hiking sock. Sock liners which are made of polypropylene remove perspiration from your foot and transfer it to your hiking sock. Make sure your hiking boot is properly laced. A hiking boot that is not laced tight enough can cause your foot to move around quite a bit whereas a hiking boot that is laced too tight will cause your foot to swell, which can become very painful.

Foot care kit should contain at minimum the following:

- Mole skin
- Foot powder
- Petroleum based ointment (Vaseline, bag balm, skin lube, body glide, etc.).
- Band aids

**Contact your local health care provider or an athletic trainer to receive further foot care education.*



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Common missions include, but are not limited to:

- Reconnaissance
 - * *Reconnaissance patrols*
 - * *Route reconnaissance*
 - * *Bridge reconnaissance*
 - * *Landing zone reconnaissance*
 - * *Confirmatory beach reconnaissance*
- Patrolling
- Land navigation
- Radio and satellite communication
- Demolitions
- First aid
- Hand-to-hand combat
- Controlling artillery/aircraft/naval gun fire
- Water operations and scuba river operations
 - * *Submarine insertions*
- Airborne insertion/extraction operations consist of:
 - * *Parachute jumps/Halo*
 - * *Rappelling*
 - * *SPIE rigging*
 - * *Fast roping*
- Special Operations consisting of direct action operations:
 - * *Embassy takeovers*
 - * *Hostage situations*
 - * *Rescue operations*
 - * *Ship takeovers*
 - * *Partisan link-up*



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Where it begins

BASIC RECONNAISSANCE COURSE (BRC)

BRC is a 12 week course designed to train Marines in the tactics, techniques, and procedures of amphibious reconnaissance operations, and to qualify Marines for duty as a Reconnaissance Man (Military Occupational Specialty 0321). It is a high-risk course which imparts the knowledge and skills needed to effectively perform duties within a reconnaissance team. BRC is a combination of lectures, demonstrations, and practical application which emphasizes individual and team land navigation, water survival, supporting arms, surveillance, patrolling, communications, amphibious operations, and combat conditioning. Upon successful completion of this course, Marines are qualified for duties as a Reconnaissance Man capable of performing tasks associated with a world-wide deployable Reconnaissance Team.

COURSE OVERVIEW

The Basic Reconnaissance Course is broken down in three distinct phases.

- Phase I: Reconnaissance individual and special skills
- Phase II: Individual and team ocean amphibious skills
- Phase III: Team communications and patrolling skills



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BASIC NUTRITION

4. **Eat foods with adequate starch and fiber.** Complex carbohydrate foods such as legumes, whole grain breads and cereals, fruits, and vegetables contain many essential nutrients. Consumption of complex carbohydrates also increases dietary fiber. When fat intake is reduced, calorie deficits can be made up by carbohydrates. Carbohydrates contain less than half the number of calories per ounce than fats do.
5. **Avoid too much sugar.** The major health hazard from eating too much sugar is tooth decay (dental cavities). Also, excessive intake of refined sugars may replace other foods in your diet that are important sources of essential nutrients. Sugars provide calories, but few other nutrients
6. **Avoid too much sodium.** Most Americans consume more sodium than they need. The major hazard of excess sodium is for persons who have high blood pressure. To avoid too much sodium, cook with only small amounts of salt; add little or no salt to food at the table; reduce intake of salty foods such as potato chips, condiments, pickled foods, and cured meats.
7. **If you drink alcoholic beverages, do so in moderation.** Alcoholic beverages are high in calories and low in nutrients.
8. Stay away from fast food and processed food.
9. Read food labels and nutritional facts to understand what you're putting in your body.
10. See a doctor for nutritional information specific to your needs.





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BASIC NUTRITION

Nutrition is defined as the process by which a living organism assimilates food and uses it for growth, liberation of energy, and replacement of tissues. Food is made up of different nutrients needed for growth and health. Each nutrient has a specific use by the body. Vitamins and minerals are needed, but in a small amount; they provide no energy. Water makes up over half of the human body. It is available from most solid foods as well as from beverages. If a variety of foods are eaten, the nutrients required will be consumed. Everyone needs the same nutrients, but in varying amounts. The quantity of each nutrient required is influenced by age, sex, size, activity, and state of health. No single food group can provide all the essential nutrients in the proportions needed.



1. **Eat a variety of foods.** To ensure an adequate diet is served, include daily selections of fruits, vegetables, whole-grain and enriched breads, cereals and other products made from grains, milk, cheese and yogurt, meats, poultry, fish, and eggs.
2. **Maintain a desirable weight.** To lose weight, eat a variety of foods that are low in calories and high in nutrients, consume less fat, sugar, alcohol, and increase your physical activity.
3. **Avoid too much fat, saturated fats and cholesterol.** High blood cholesterol is a dietary risk factor. Eating extra saturated fat, excess calories, and high levels of cholesterol will increase blood cholesterol in many people. Of these, saturated fat has the greatest influence. To avoid too much fat, saturated fat and cholesterol, choose lean meat, fish, poultry, dry beans, and peas as protein sources; use low fat milk and milk products.



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RECONNAISSANCE CREED

Realizing it is my choice and my choice alone to be a Reconnaissance Marine, I accept all challenges involved with this profession. Forever shall I strive to maintain the tremendous reputation of those who went before me.

Exceeding beyond the limitations set down by others shall be my goal, sacrificing personal comforts and dedicating myself to the completion of the Reconnaissance mission shall be my life. Physical fitness, mental attitude, and high ethics -The title Reconnaissance Marine is my honor.

Conquering all obstacles, both large and small, I shall never quit. To quit, to surrender, to give up is to fail, to be a Reconnaissance Marine is to surpass failure: to overcome, to adapt and to do whatever it takes to complete the mission.

On the battlefield, as in all areas of life, I shall stand above the competition. Through professional pride, integrity, and teamwork, I shall be the example for all Marines to emulate.

Never shall I forget the principles I accepted to become a Reconnaissance Marine. Honor, perseverance, spirit and heart. A Reconnaissance Marine can speak without saying a word and achieve what others can only imagine.





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PHYSICAL PREPARATION

This document is designed to assist prospective students in attaining the appropriate level of physical fitness to be successful at BRC. Marines and Sailors attending BRC will perform physical tasks involving obstacles, swimming while wearing utilities with boots, ocean swimming with fins in full combat equipment, and traveling long distances cross country while carrying a rucksack weighing as much as 85 lbs. Total body strength and physical endurance is mission critical to ensure success at BRC.

THE PLAN

The Basic Reconnaissance Preparation Workout Guide is one example of a 10 week training program that requires you to train for five days a week with two days of rest. It trains some muscle groups hard on one day and concentrates on another muscle group or skill the following day to avoid training injuries. The program starts out slow with less demanding tasks, then ramps up over the 10 weeks to the level required of a BRC student. You should always have a buddy help you and continue to push one another, but take your time and do not be discouraged if you do not see immediate gains in strength and endurance.

HABITS

- Establish Smart Fitness Habits of Action: Before and after each workout, 10-15 minutes should be devoted to stretching exercises.
- Maintain a well balanced diet and increase your water intake while conducting your daily routines.
- Do not allow inclement weather to interrupt your training if you can help it.
- Your workouts should be conducted in a progressive manner to avoid injuries.
- Overtraining or exceeding the progressive training plan will not allow proper bone growth and connective tissue conditioning. Progressive training will also ensure gains in physical strength and endurance are maintained and not easily lost.



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SWIMMING EVENTS

- All swim events are designed to be done in utilities, without boots.
- Utilize the breaststroke or the sidestroke only.
- While treading water, vary your routine by treading with only your feet, with your hands out of the water, and then with only your arms.
- When you start treading water, determine if you can tread for 15 minutes without stopping; if you cannot, break it up into manageable lengths of time and then gradually lengthen the time as you get better.



STRENGTH TRAINING

Perform the Physical Training (PT) card to max effort without breaks if possible. Add repetitions as you improve and decrease repetitions if necessary in the beginning. Attempt to perform all exercises. As the weeks progress, you will see the workout requires two repetitions of the PT card. This card is designed to exercise the major muscle groups and provide a total body workout.





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HIKING EVENTS

- Work to improve your technique and keep track of your hike times to track progression and improvement. It is imperative that your mind and body are conditioned to complete the hikes.
- Select boots or sturdy athletic shoes that are comfortable and well broken in, but not worn out. Use insoles specifically designed to absorb shock to reduce injuries.
- The weight of your body must be kept directly over your feet, and the sole of the boot/shoe must be placed flat on the ground by taking small steps at a steady pace.
- When descending slopes, keep your back straight and knees bent to absorb the shock of each step. Do not lock your knees and maintain sure footing.
- Practice walking as fast as you can with a ruck on your back, but do not run with a ruck during training, it may cause injury.
- It is recommended that you hike with a training partner and ample water.

RUNNING EVENTS

- Monday runs are designed to be done at a comfortable pace. If you cannot carry on a conversation with your training partner, you're running too fast.
- Speed Work Fridays. If you want to run at a fast pace, you need to train at a fast pace at least once a week. Interval training, where you alternate fast running with jogging or walking, is a very effective form of "speed work."

GETTING STARTED

Before starting any strenuous exercise program it is imperative that your body is prepared to handle the demands of the program. In order for this, you must first understand the benefits of proper warm up and cool down and how to properly stretch your body. An appropriate warm up stretch can improve performance and decrease the risk of injury during exercise events.



Other benefits include:

1. Increased metabolic rate.
2. Higher rate of oxygen exchange between blood and muscles.
3. More oxygen released within muscles.
4. Potentially help to prevent ischemia (lack of oxygen) to the heart muscle, which may occur with sudden strenuous exertion.
5. Faster nerve impulse transmission (body's communication).
6. Gradual redistribution of blood flow to working muscles.
7. Decreased muscle relaxation time following contraction.
8. Improve muscle performance; increased speed and force of muscle contraction.
9. Increased muscle elasticity.
10. Increased flexibility of tendons and ligaments.
11. Gradual increase in energy production, which limits lactic acid buildup (muscle soreness).
12. **INJURY PREVENTION:** Warm ups increase the extensibility of the connective tissue; it improves joint range of motion.

*For more information on how to properly warm up and stretch please contact your local health care provider or athletic trainer.



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*The Basic Reconnaissance Course Preparation Workout Guide is an example guide that could be used for training

Basic Reconnaissance Course Preparation Workout Guide

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	Stretch (30 min) Hydrate Recover	2 mile run	Swim 300m 15 min tread	3 mile hike w/25lbs, goal 1:30 hr max	Stretch (30 min) Hydrate Recover	Run 4x400m (Sprints) BRC card x 1	4 mile hike w/25lbs, goal 2:00 hr max
WEEK 2	Stretch (30 min) Hydrate Recover	3 mile run	Swim 400m 15 min tread	4 mile hike w/25lbs, Goal 1:45 hr max	Stretch (30 min) Hydrate Recover	Run 4x400m (Sprints) BRC card x 1	5 mile hike w/25lbs, goal 2:00 hr max
WEEK 3	Stretch (30 min) Hydrate Recover	4 mile run BRC card x 1	Swim 5x100m/max effort 15 min tread	4 mile hike w/25lbs, Goal 1:30 hr max	Stretch (30 min) Hydrate Recover	Run 5x400m (Sprints) BRC card x 1	5 mile hike w/25lbs, goal 1:45 hr max
WEEK 4	Stretch (30 min) Hydrate Recover	5 mile run BRC card x 1	Swim 500m 15 min tread	4 mile hike w/30lbs, Goal 1:45 hr max	Stretch (30 min) Hydrate Recover	Run 6x400m (Sprints) BRC card x 1	5 mile hike w/30lbs, goal 1:45 hr max
WEEK 5	Stretch (30 min) Hydrate Recover	2.5 mile run BRC card x 1	Swim 600m 20 min tread	Max effort PFT BRC card x 1	Stretch (30 min) Hydrate Recover	BRC card x 2	5 mile hike w/30lbs, goal 1:45 hr max
WEEK 6	Stretch (30 min) Hydrate Recover	6 mile run / fast pace BRC card x 1	Swim 6x100m/max effort 20 min tread	4 mile hike w/35lbs, Goal 1:30 hr max	Stretch (30 min) Hydrate Recover	Run 7x400m (Sprints) BRC card x 1	5 mile hike w/35lbs, goal 1:45 hr max
WEEK 7	Stretch (30 min) Hydrate Recover	3 mile interval run mi 1 max, mi 2 jog, mi 3 max / BRC card x 1	Swim 7x100m/max effort 25 min tread	5 mile hike w/40lbs, Goal 1:30 hr max	Stretch (30 min) Hydrate Recover	Run 8x400m (Sprints) BRC card x 1	6 mile hike w/40lbs, goal 1:45 hr max
WEEK 8	Stretch (30 min) Hydrate Recover	2.5 mile run BRC card x 1	Swim 800m 20 min tread	Max effort PFT BRC card x 1	Stretch (30 min) Hydrate Recover	BRC card x 2	6 mile hike w/40lbs, goal 1:45 hr max
WEEK 9	Stretch (30 min) Hydrate Recover	6 mile run/ max effort BRC card x 1	Swim 9x100m/max effort 25 min tread	6 mile hike w/40lbs, Goal 1:45 hr max	Stretch (30 min) Hydrate Recover	Run 8x400m (Sprints) BRC card x 1	7 mile hike w/40lbs, goal 2:00 hr max
WEEK 10	Stretch (30 min) Hydrate Recover	3 mile interval run mi 1 max, mi 2 jog, mi 3 max / BRC card x 1	Swim 1000m/max effort 30 min tread	7 mile hike w/45lbs, Goal 2:00 hr max	Stretch (30 min) Hydrate Recover	Run 10x400m (Sprints) BRC card x 1	8 mile hike w/45lbs, goal 2:15 hr max

DISCLAIMER

This is tailored for a physically fit individual who is preparing to attend the Basic Reconnaissance Course. One should consult with a physician before beginning any strenuous exercise program, such as the one described here, or any diet modification, especially if there is a history of heart disease, high blood pressure, diabetes, or any other adverse medical conditions. The United States Government and any service member or civilian employed by the United States Government disclaims any liability, personal or professional, resulting from the use of any training procedure, technique or guidance described in this guide.