

## Survival, Evasion Resistance and Escape (SERE) Course (PHASE II SFQC)

(19 DAYS)

ATRRS SCHOOL CODE 331

COURSE CODE: 3A-F38/12-F27

**PURPOSE:** To train selected personnel on Code of Conduct, Survival, Evasion, Resistance and Escape. This SERE Course is only for personnel holding an ARSOF MOS as per USAJFKSWC command policy. **Exceptions must be predetermined** by the Commanding General, USAJFKSWCS or his designated representative. Level C training is for Soldiers whose position, MOS, or assignment has a high risk of capture and whose position, rank, or seniority makes them vulnerable to greater than average exploitation efforts by a captor in governmental and non-governmental environments. Governmental examples include personnel who operate forward of the FLOT such as Special Forces, pathfinders, selected aviators, flying crewmembers, and members of Ranger battalions during armed conflict or peacetime. Non-governmental examples include personnel who have a high risk of being taken hostage by terrorists. Examples include Special Forces, selected military attachés, members of Ranger battalions, and anyone in special support missions near conflict areas. SERE training will have prepared them to resist the enemy's attempts at exploitation, to escape from captivity and to RETURN HOME WITH HONOR.

### **SCOPE:**

CODE OF CONDUCT APPLICATIONS IN WARTIME, GOVERNMENTAL AND NON-GOVERNMENTAL ENVIRONMENTS  
GENERAL SURVIVAL SKILLS  
EVASION PLANNING  
RESISTANCE TO EXPLOITATION & POLITICAL INDOCTRINATION  
ESCAPE PLANNING

**PRODUCT PRODUCED:** Personnel are intensively trained in support of the Code of Conduct; survival field craft with application to worldwide environments; and the techniques of evasion, resistance to exploitation, and escape from captivity.

**COURSE PREREQUISITES:** Active and Reserve component personnel of the Armed Forces of the United States specified by DOD Directive 1300.7 and AR 350-30 to receive Level C Code of Conduct/SERE training.

**REPORTING INSTRUCTIONS:** Because some students will be coming from distant stations (TDY Students), and other students are already stationed at Fort Bragg (local students), some of the following will not apply equally.

1. **Students must have all their affairs in order prior to in-processing.** There will be no time allotted for students to conduct non course activities. Students will not be allowed to use or have access to any means of communications outside of the SERE-C course.

2. TDY students arriving at Fort Bragg should register at Moon Hall NLT Saturday evening, the day before the course start date. Moon Hall is located in building D-3601; telephone: DSN 236-7700 or Commercial (910) 396-7700. Moon Hall is for billeting only. Course cadre will not be present at check-in. TDY students must provide a copy of orders to the Moon Hall Receptionist at check-in. In order to expedite checkout, management suggests paying all expenses the night before checkout to avoid checkout lines. Those students who settle their accounts the night before check-out should inquire, at that time, about express check-out for course students. TDY personnel must make their own reservations at Moon Hall for any overnight stays required at the completion of the course. If no rooms are available at Moon Hall at the end of the course, a statement of non-availability will be issued.

3. All students report with their required documents and their gear in front of USAJFKSWCS Bank Hall, center ramp, Building D-3915, on **Sunday NLT 0800** to be transported to Camp Mackall. The USAJFKSWCS Bank Hall, Building D-3915 is bordered by Zabitosky Road, Ardennes Street, Merrill Street, and Bastogne Drive.

4. Student POV parking. SFQC students should not drive POVs. Arrangements should be made to be dropped off prior to **0800** at Bank Hall and picked up once training has been completed. There are no provisions for local students to park their vehicles at Bank Hall. TDY students driving POVs who cannot make other parking/storage arrangements and intend to leave their vehicles in the Bank Hall parking lot must park their vehicle in the furthest lane back from the building, near the back side of the JFK Chapel. DO NOT park a POV in any of the closer parking lanes. Vehicles that are parked, long term, in any of the closer parking areas may be towed at the owner's expense. The SERE committee or SWTG will not be responsible for any damage to vehicles or stolen items left in vehicles.

5. No transportation will be provided from Moon Hall to Bank Hall, Building D-3915. Students will bring all bags to in-processing. You will board military transportation immediately upon its arrival, and there will be no time to return to Moon Hall to pick up gear.

6. **TDY students who complete training should make travel arrangements for the day after course end date. Students can expect to arrive back at Bank Hall NLT 1700 on the last day of training.** TDY students who are driving POVs back to their home stations **should not drive** until the next day after returning to Ft Bragg due to major safety considerations.

7. No mail will be issued or received during the course and no phone calls will be authorized.

**8. All students will report with the following mandatory paperwork and packing list. Failure to report with the following items will result in a prerequisite failure, and the student will not be allowed into the SERE-C course.**

a. Orders. All students will have attachment orders. **Attachment orders for local students from Fort Bragg will be format 400/440 orders (Memorandum Format Attachment Orders) from the student's Unit. TDY students attachment orders will be DD 1610 orders from DTS.** Government quarters are provided, and field conditions apply. Students will have access to the dining facility. Attachment orders will also contain the specific class number and dates of the course. Orders will be dated within 30 days of the course start date.

b. Physical. Service members will hand carry their USAJFKSWCS or USASOC Surgeon approved SERE physical (DD2808, DD2807-1, labs, and EKG) current within 2 years. **ALL physicals must have an approval stamp from the USAJFKSWCS or USASOC surgeon's office in order to conduct training.** Soldiers assigned to non-USASOC units whose groups do not possess the stamp must submit their physicals to the 1<sup>st</sup> Special Warfare Training Group S-3 MED NCO for approval NLT 45 days prior to start date to receive a stamp prior to training.

Soldiers requesting waivers for disqualifying medical conditions will submit their entire physical examinations along with a memorandum signed by the Soldier requesting the medical waiver (NLT 30 days prior to class start date) through the 1<sup>st</sup> Special Warfare Training Group S-3, Medic (where the process is initiated). The 1<sup>st</sup> Special Warfare Training Group Medic is:

Commander  
1st Special Warfare Training Group (A) S-3  
ATTN: (Medical NCO)  
AOJK-GP-GC  
Fort Bragg, NC 28310  
Fax (910) 432-0369 Commercial / 239-0369 DSN Attn: Medical NCO  
Voice: (910) 432-3566 (Medical NCO)

c. Security Clearance Verification. All students attending SERE must possess a minimum of an interim SECRET Security Clearance to be accepted for attendance. Students must have a memorandum verifying their Security Clearance level from their battalion or higher security manager. The memorandum must be dated not more than 30 days prior to the start date of the SERE class they are attending.

d. DA Form 705 (PT test) or equivalent evaluation, current within 30 days of in processing. All students must attain a score of 180 points on the Army Physical Fitness Test (APFT), with at least 60 points per event.

e. Annual Combat Water Survival Swim Test certification (CWSST) within one year of course attendance, successful completion verified by a memorandum signed by student's company command or battalion operations officer dated within 30 days of reporting to SERE. CWSST is not needed for Marines, Special Forces-qualified Soldiers, or Ranger-qualified Soldiers. Non-swimmers do not qualify to attend SERE High Risk Level C training

f. Land Navigation proficiency memorandum. The land navigation training should include: Lensatic compass familiarization, terrain association, map reading, techniques utilizing terrain contouring, as well as participation in a **Day AND Night** basic land navigation course. The memorandum must be dated not more than 30 days prior to the start date of the SERE class they are attending.

g. Students attending SERE training are required to comply with Army grooming standards in accordance with AR 670-1.

This clothing and equipment list Dated: **06 APRIL 2022** supersedes all previous packing lists for SERE High-Risk Level "C" clothing and equipment lists.

### **PACKING LIST (as of 06 APRIL 2022):**

#### **ITEMS TO BE WORN TO IN PROCESSING**

- 1SET ACU/MCU/OCP Uniform (Complete With Patches)
- 1EA Undershirt (Tan/Brown)
- 1EA Undershorts (Optional)
- 1PR Socks
- 1EA Patrol Cap (ACU/MCU/OCP Pattern)
- 1PR Boots, Army Issue (summer)
- 1EA Military ID Card
- 1SET ID Tags (Must Be On Standard Chain, No 550 Cord or Similar Material)  
Money (Minimum \$50.00) (Not To Exceed \$100.00) (Small Denominations)
- 1EA Wrist Watch – (Inexpensive, Without Compasses or GPS)
- 2EA Pen (Black Ink)
- 1EA Mechanical Pencil
- 2EA Note Book
- 2PR Glasses, Prescription, Military Issue or Civilian (AS REQ)  
**(Contact Lenses will not be worn during any portion of the SERE course)**
- 1EA LBE, LCE, FLC or Suspenders and Pistol Belt (no items tied down)
- 2EA Cover Canteen, 1QT attached to LBE, LCE, FLC or Suspenders and Pistol Belt
- 2EA Canteen, 1QT
- 1EA Cup, Canteen
- 1EA Compass, Lensatic (Army issue) attached to LBE, LCE, FLC or Suspenders and Pistol Belt
- 1EA Whistle

headnet.

- 2EA Pouch, Ammo 5.56 attached to LBE, LCE, FLC or Suspenders and Pistol Belt
- 1EA Magnesium Bar Fire Starting Device or Ferro Rod
- 1EA Safety Glasses, Clear Lens W/ Case (No Sunglasses)
- 1EA Knife, Pocket or Fixed Blade (Blade < 7") Or Multi Tool
- 1EA Sports Bra (Female) (IAW AR 670-1 and designed for high intensity activities)

#### **ITEMS TO BE PACKED IN RUCK SACK**

- 1EA Field Pack, (ALICE or MOLLE) Large with Frame
- 1EA Patrol Bag, Bivy Cover (Gortex), and Stuff Sack (All 3 systems together if issued)
- 1EA Flashlight with One Set of Extra Batteries (or headlamp)
- 2EA Bag, Wet Weather
- 3SET ACU/MCU/OCP Uniform
- 1EA Poncho, Wet Weather (If issued)
- 1EA Tarp, Wet Weather (If issued)\* **SUBDUED (GREEN/ BROWN/ BLACK)**

#### **CIVILIAN TARP IS AUTHORIZED IN LIEU OF NOT BEING ISSUED A MILITARY TARP**

- 1EA Liner, Poncho
- 1PR Boots, Army Issue (summer) (Additional to the pair worn)
- 6PR Socks, Wool, Cushioned Sole
- 4EA Undershirt, (Tan/Brown)
- 4EA Sports Bra (Females Only) (IAW AR 670-1 and designed for high intensity activities)
- 4EA Undershorts
- 2EA Towels
- 1PR Gloves, Leather, Work (Or Army Issue Black Leather Gloves)
- 1EA Wet Weather Top, Gortex
- 1EA Wet Weather Bottom, Gortex
- 1EA **SPEARS Top (Polypro Authorized)**
- 1EA Personal Hygiene Items for 19 Days (Females see Note 4 below)
- 1EA 550 Cord (20 Feet minimum)
- 5EA Bungee Cords
- 1EA Protractor
- 1SET Map Markers
- 1SET Bobby Pins (Stay Right Brand, model/style 1352)
- 1EA Sewing Kit
- 1EA Drinking Bottle (32oz large opening, not glass)
- 1EA Bug Repellent
- 1EA Baby Wipes Pack
- 1EA Shirt (Civilian Roughts / Hiking Attire)
- 1EA Pants (Civilian Roughts / Hiking Attire)
- 1EA Jacket (Civilian, Inclement Weather)
- 1EA Baseball Style Cap (Optional)
- 1EA Carabiner clip

#### **ITEMS TO BE PACKED IN DUFFEL BAG OR AVIATORS KIT BAG**

- 2EA Bag, Duffel (Or Aviators Kit Bag)

1EA Bag, Barracks  
1PR Shower Shoes  
1SET Army Physical Fitness Uniform (summer, Shorts, Shirt) or service equivalent  
1PR Running Shoes  
2PR Socks (White, Cotton)  
1EA Combination Lock

#### **ADDITIONAL ITEMS DURING WINTER MONTHS (01 October thru 30 April)**

1EA Fleece Jacket (Military Issue) Worn or in Ruck Sack  
1EA Boots, Army Issue (Cold Weather) Worn or in Ruck Sack (replaces 1 set of summer)  
4PR Cold Weather Socks (Optional) in Ruck Sack  
1EA APFU Jacket  
1EA APFU Pants  
1EA Cap, Watch (Black/ACU green/brown) Worn or in Ruck Sack  
1EA Neck Gator Worn or in Ruck Sack  
1EA Balaclava (Optional) Worn or in Ruck Sack  
1EA SPEARS Top (Or May Substitute With Polypro) Worn or in Ruck Sack  
2EA SPEARS Bottom (Or May Substitute With Polypro) Worn or in Ruck Sack  
1EA Patrol Bag, Intermediate Cold Weather Bag, Bivy Cover (Gortex), and Stuff Sack  
1PR Cold Weather Gloves, (Army Issue)

#### **OPTIONAL ITEMS:**

1. Pocket Size Survival Kit
2. Sleeping Mat (Military or Civilian)
3. Field Jacket Liner
4. Tobacco Products
5. Tent Stakes
6. Sewing Kit
7. Laundry Detergent

#### **PROHIBITED ITEMS:**

1. Reading Material, exceptions for Religious, POW, Survival literature, Ranger Handbook, and Tactical Book
2. Audio/Visual (I.E. Radio, Camera, CD player, iPod, Camcorder, Pager, Etc.) (Cell phones will be collected day one and returned at out processing)
3. Camp Stoves or Heat Tablets
4. Any Food Items
5. Contact Lenses
7. E-Tool
8. Saws
9. Tents, Hammocks, civilian shelter or tarp
10. Non-prescribed Medications. All prescribed medications will be reviewed by SERE medic

11. No dietary supplements are authorized. Students are prohibited from consuming or possessing any form of the following supplements within 30 days prior to training:

(a) Ephedrine Sulfate: Commonly known as Ephedra, Ephedra Sinica, or Ma-Huang

(b) Synthetic Creatine (Creatine Monohydrate): Citrate, Phosphate or Monohydrate Salts

**Note 1:** No machetes or other knives with a blade over 7".

**Note 2:** Belt, army issue non-stretch will be used for specific tasks during survival training.

**Note 3:** If an item is not on this list, then do not bring it with you!

**Note 4:** Females will need to bring personal hygiene supplies for menstrual cycles in the form of pads only (no tampons) to cover a week timeframe. Other forms of hygiene supplies are not authorized.

Violations of this packing list will constitute a Pre-Requisite failure and students will not be allowed to continue in the course.

POC is the SERE CO OPS SGT, Comm.: (910) 432-6539/4407 or DSN: 239-6539.