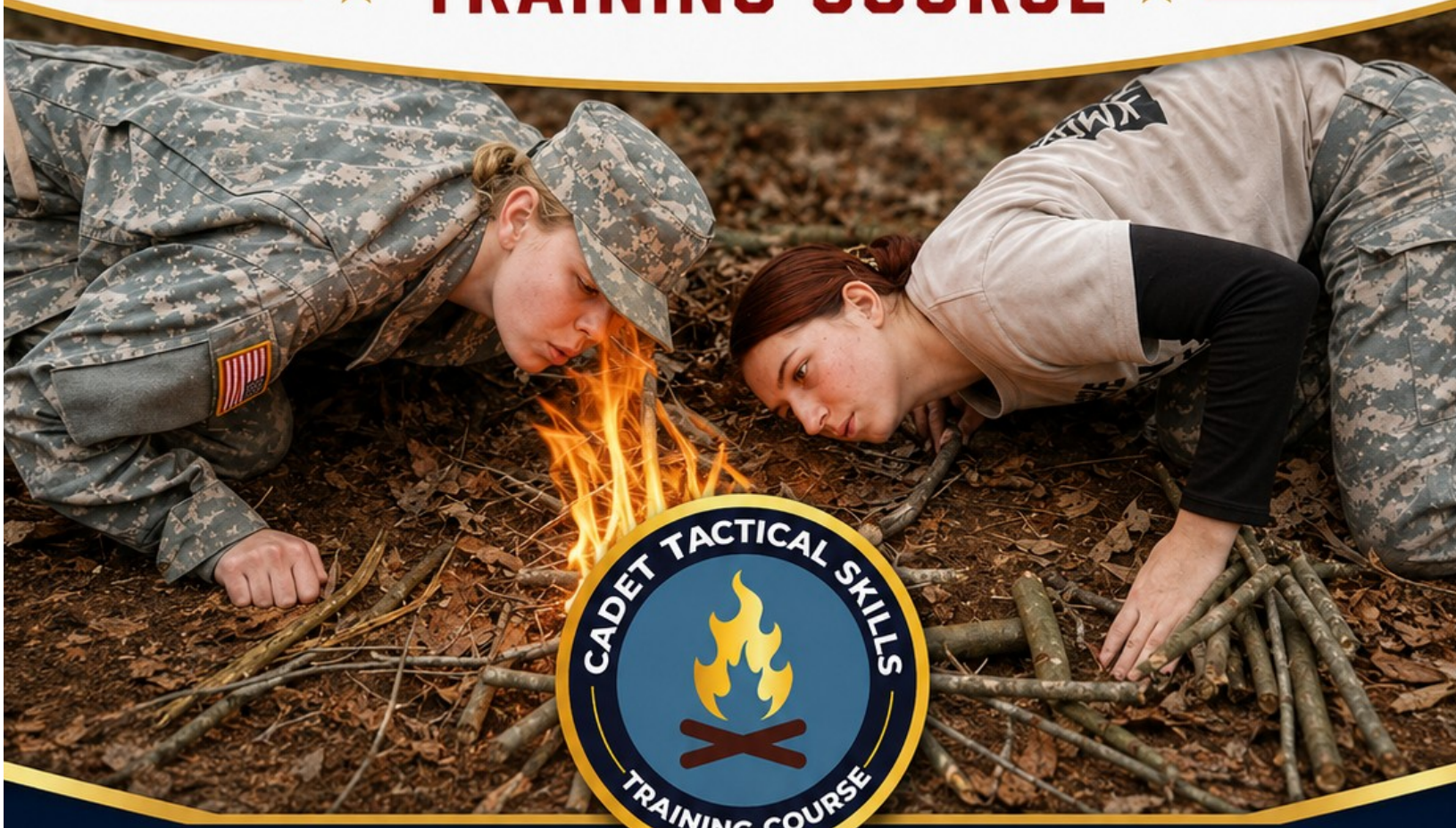
EXTREME MILITARY CHALLENGE!

CADET TACTICAL SKILLS

TRAINING COURSE



TRAINING PREPARATION PACKET

27 DEC 26 - 2 JAN 27

CAMP LIBERTY
BATTLEGROUND, ALABAMA

Camp Liberty • Battleground, Alabama

XMCCamp.com • Camp-Liberty.com • 855-XMC-CAMP

VETERAN OWNED BUSINESS

Respect • Integrity • Pride

★ READ THIS FIRST Quick Reference

CADET RESPONSIBILITY
Cadets - not parents - are responsible for arriving prepared, following this packet, accounting for their equipment, and maintaining military bearing throughout CTSTC.

PROGRAM WINDOW
Sunday, December 27, 2026 through Saturday, January 2, 2027.
Seven training days at Camp Liberty.

TRAVEL AIRPORT
Birmingham-Shuttlesworth International Airport (BHM), unless Headquarters provides written authorization.

ARRIVAL / REPORTING
BHM flight arrivals: December 27, 1000-1800. Cadets flying in assemble at BHM Baggage Claim 4.
Camp Liberty report for Cadets driving in: December 27, 1000-1600.

DECEMBER 15 DEADLINE
Submit all travel information in CampMinder and request replacement or outgrown uniform items by December 15.

TRAINING WINDOW AT A GLANCE

26 DEC	27 DEC	2 JAN	2-3 JAN
CADRE REPORT	**ARRIVAL / REPORT**	**FINAL FORMATION**	**CADET DETACH**
NLT 1600	Fly-in: BHM Baggage Claim 4, 1000-1800 | Drive-in: Camp 1000-1600	Citizen Hall • 1500	Family Pick-up: Jan 2 | Camp Transport: Jan 3

CRITICAL REMINDERS

- CTSTC is primarily field-based. Photos, showers, laundry, and purchasing opportunities may be limited.
- Reporting attire is the black XMC emblematic polo with tan tactical trousers. A plain black polo is not authorized.
- Cell phones are turned in upon arrival. Smartwatches and open-access electronics are not authorized.
- Unlisted items - especially knives, tobacco or vaping products, games, and unauthorized electronics - are contraband.

PRIMARY CONTACTS

ADMISSIONS
admissions@xmccamp.com

TELEPHONE
855-XMC-CAMP

PROGRAM WEBSITE
XMCCamp.com

UPDATES
Extreme Military Challenge! Family Readiness Group on Facebook


REPORT READY


TEAMWORK


FIELDCRAFT

CTSTC prepares Cadets to operate with discipline and accountability in a field environment.

★ PROGRAM OVERVIEW Mission • Environment • Learning Objectives

MISSION

To provide Extreme Military Challenge! Cadets with increased military experience and knowledge in a field environment while emphasizing a survival mindset.

ENVIRONMENT

CTSTC is primarily a field-based course with limited time in garrison. Trainees have graduated from Cadet Basic Training; this is not a basic-training environment. Cadets are still expected to maintain military bearing, march in formation, and operate in a disciplined setting similar to Army Advanced Individual Training.

LEARNING OBJECTIVES

- Prepare to enter and operate in a field environment.
- Establish and maintain a base camp.
- Survive and adapt in an austere environment.
- Tie and apply ten standard knots.
- Conduct small-unit tactics and operations.
- Practice field cooking and sanitation.



Cadets operating in a winter field environment.

FIELD-BASED SCHEDULE

Training, photos, showers, laundry, and PX access may be limited. Cadets should expect long periods outdoors and changing weather.

CADRE RELATIONSHIP

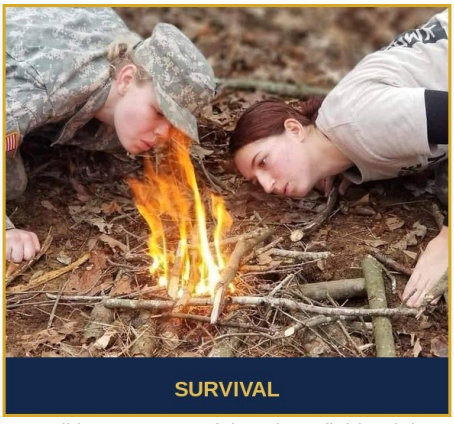
The small-group environment provides significant one-on-one interaction with Cadre. Cadets receive mentorship, career guidance, and direct feedback on leadership and communication.

FITNESS STANDARDS

Cadets must be able to walk long distances, carry equipment, and participate in moderate outdoor activity. The Cadet Physical Fitness Test may be administered if weather and field conditions permit.



COLD & WET



SURVIVAL



FIELD OPERATIONS

Cold and wet conditions are part of the winter field-training environment.

★ STANDARDS & ELIGIBILITY Completion Requirements

COURSE NAME	Cadet Tactical Skills Training Course
COURSE CODE	CTSTC
LOCATION	Camp Liberty, Battleground, Alabama 35179
TRAINING DATES	December 27, 2026 - January 2, 2027
COURSE LENGTH	Seven training days
COURSE SIZE	Minimum 15; maximum 50 Cadets
REQUIRED PREREQUISITE	Completion of Cadet Basic Training
RECOMMENDED PREPARATION	Completion of Cadet Field Leader Course

FITNESS STANDARDS

Cadets must be in sufficient physical condition to withstand a moderate level of activity outdoors. The ability to walk long distances, carry equipment, and fully participate in training is expected.

The CPFT will be administered if weather permits. It is for record and may be used for course completion and promotion. If it cannot be administered, the 10% CPFT component will be removed from the final evaluation.

The CPFT is an age-appropriate, scaled version of the Army Physical Fitness Test and supports XMC Holistic Health and Fitness standards. See the Parents' Guide or Cadet SmartBook for current standards.

RECOGNITION

Qualification: 3/16-inch bronze star device on the Cadet Field Leader Qualification Badge, when eligible.



Promotion points: Course completion - 1; Honor Graduate - 1; 300-point PT score - 1.

Certificate: Certificate of Graduation.



GRADUATION REQUIREMENTS

PERFORMANCE ACTIVITY	REQUIREMENT	WEIGHT
Packing-list compliance	No more than 4 major deficiencies	10%
Military bearing / motivation	SAT / UNSAT	20%
Build a fire	GO / NO GO	5%
Establish shelter	GO / NO GO	5%
Weapons safety	SAT / UNSAT	10%
Knot-tying - ten essential knots	70% or greater	10%
Cadet Physical Fitness Test	60 points per event	10%
Written exam - course materials and Cadet SmartBook	70% or greater	30%

★ WILDERNESS FIRST AID Certification Opportunity

Cadets will have the opportunity to earn Wilderness First Aid certification during CTSTC.

16-HOUR COURSE

- Delivered by Campaign Pay it Forward.
- Covers common wilderness injuries, illness, and treatment.

FIELD READINESS

- Teaches assessment and basic care when professional help is not immediately available.
- Hands-on skills for remote and backcountry emergencies.

APPROVED TRAINING

- American Red Cross-approved for high-adventure trips.
- Designed for non-medical outdoor participants.





Medical readiness supports safe, confident performance in remote field conditions.

DETAILS: CampaignPayItForward.com/wilderness-first-aid/

★ ORGANIZATION & LEADERSHIP Cadet Roles and Responsibilities

UNIT STRUCTURE

CTSTC operates as one platoon organized into three squads. Cadet leadership assignments are based on rank, experience, maturity, and mission requirements.

CADET PLATOON SERGEANT

Rotating position among Cadet NCOs. Reports to the Cadre Platoon Sergeant and coordinates Cadet accountability, standards, and communication.

CADET SQUAD LEADERS

Assignments are based on Cadet rank and experience. Lead assigned squads and report to the Cadet Platoon Sergeant.

COURSE DIRECTOR

Uniformed adult with overall responsibility for proper course execution. Concurrently serves as Platoon Sergeant and reports to the Commander.

FIELD SKILLS TRAINERS

Uniformed adults assigned to guide and supervise each squad. Report to the Cadre Platoon Sergeant. Cadet Rangers who have earned the Cadet Ranger Beret can be selected as Field Skills Trainers and will serve in a Cadre position.

CTSTC GUIDON



CADET RESPONSIBILITIES

- Know and follow the Parents' Guide, Cadet SmartBook, and this packet.
- Maintain accountability for personal and issued equipment.
- Follow instructions immediately and maintain military bearing.
- Support squad leadership, teamwork, and field sanitation.

ADVANCE PARTY

Up to four Cadets in the rank of C/SGT or above may be selected to report on December 26 to assist with course set-up and R-Day activities. Headquarters will provide selection and reporting instructions.

FOLLOW-ON TRAINING

Graduates may return as Cadet Service Support. Assignments may range from Squad Leader to food service based on rank, training, leadership, and qualifications.

PRIMARY REFERENCES

The Cadet SmartBook and CTSTC Training Study Guide are the primary references for guidance and academic testing.

INTEROPERABILITY

CTSTC is conducted concurrently with Cadet Service Support. Training, support services, manpower, and equipment may be shared.



Unit identity, field leadership, and navigation reinforce teamwork throughout CTSTC.

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★ WELCOME BACK TO CAMP LIBERTY! Commander's Message





COL Joseph M. Land, Sr., XMC
Commander

Dear Cadets:

Congratulations on enrolling in the 2026-2027 Cadet Tactical Skills Training Course. This program combines survival skills with squad- and platoon-level tactical training. Orienteering and survival are primary focuses, and Cadets will receive less equipment and material as training progresses. This tests your ability to adapt and overcome difficult situations and environments.

CTSTC is one of our most popular programs because of its unique training and opportunities. As you reconnect with your Battle Buddies, each squad will work through realistic and challenging scenarios.

Camp Liberty training is designed to provide a realistic military environment while developing skills that can be used later in life. The small-unit setting also provides an excellent opportunity to interact with Cadre one-on-one and receive career and leadership guidance.

Come prepared. Your success - and your ability to graduate - depends on following the Packing List and every instruction in this packet. Remember: as a Cadet, YOU, not your parents, are responsible for your preparation and conduct. We look forward to having you return to Camp Liberty.

Mega-Hooah!

JOSEPH M. LAND, SR.
Colonel, XMC
Commander

★ LOGISTICS Reporting • Graduation • Attire • Communication

CADRE REPORT	Saturday, December 26, 2026 - selected Cadre and up to four Cadets (C/SGT and above), NLT 1600
CADET REPORT	Sunday, December 27, 2026 - drive-in Cadets report to the Patriot Exchange between 1000 and 1600; flying Cadets assemble at BHM Baggage Claim 4
FINAL FORMATION	Saturday, January 2, 2027 - 1500 in Citizen Hall
CADET DETACH	Family Pick-up: January 2 after Final Formation; flying Cadets using Camp Liberty ground transportation detach January 3.

REPORTING ATTIRE

Black XMC emblematic polo, khaki tactical trousers, rigger belt, and combat boots. A plain black polo is not authorized.

GROOMING

All Cadets must report with a regulation haircut. Noncompliant male Cadets will receive a recruit “buzz” cut. Masks are not required upon reporting.

COMMUNICATION

All Cadets, regardless of rank, turn in cell phones. Safe-arrival calls are made upon reporting. There are no calls during training, and photo support will be very limited.



Cadets report ready to move directly into a disciplined winter field-training environment.

WINTER FIELD STANDARD

Cadets should report ready to move directly into a disciplined field-training environment. Correct attire, grooming, and accountability begin at the gate.

★ TRAVEL INSTRUCTIONS BHM Travel Procedures

BHM ONLY

All flights should use Birmingham-Shuttlesworth International Airport (BHM) unless Headquarters provides written authorization for another arrangement. Cadets flying in must assemble at BHM Baggage Claim 4 after retrieving checked baggage.

ARRIVAL - SUNDAY, DECEMBER 27

- Cadets flying in should schedule BHM arrival between 1000 and preferably no later than 1800.
- Cadets driving in report directly to the Patriot Exchange (PX) between 1000 and 1600.
- Retrieve checked baggage, then assemble at BHM Baggage Claim 4.
- Enter accurate departure and pickup information in CampMinder.
- Taxis and Uber/Lyft are not readily available in the Cullman County area.
- Cadets remain under XMC supervision until released to a verified parent/guardian or the airline process.

CAMPMINDER TRAVEL FORM

Submit complete travel information by December 15, 2026 - even when driving. Include flight numbers, airline, arrival/departure times, and pickup details. A form may still display as incomplete when another enrolled program lacks travel information; Headquarters can see the submitted entry.

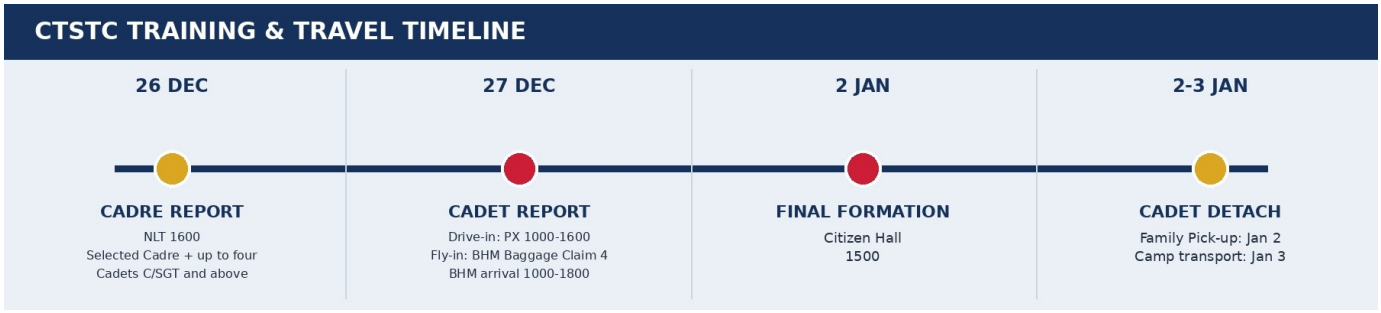
Headquarters administrative offices will be closed December 23-27, 2026. Scheduled airport receiving and Cadet reception operations will continue on December 27; however, all travel and pickup arrangements must be submitted and confirmed before the Christmas holiday.

TRAVEL DOCUMENTS

Bring airline and identification documents required for travel. International participants must bring their passport for secure turn-in to Cadre. Do not place sensitive identity documents in checked luggage.

TRAVEL CHANGES

Email admissions@xmccamp.com only when a travel change affects the Cadet's arrival by one hour or more. In an emergency, call 855-XMC-CAMP and leave a message.





After receiving, Cadets transition quickly into the field-based training environment.

★ FIELD TRAINING & WINTER OPERATIONS

Survival • Tactics • Safety • Expectations



WHAT CADETS SHOULD EXPECT

- A primarily field-based schedule with limited time in garrison.
- Increasingly austere conditions as equipment and materials are reduced.
- Squad- and platoon-level tactical scenarios requiring teamwork and communication.
- Field cooking, sanitation, fire-building, shelter construction, knots, and weapons safety.
- Direct feedback from Cadre and rotating Cadet leadership assignments.

FIELD SERVICES & CONDITIONS

- Showers, laundry, and purchasing opportunities will be limited.
- The PX will be available a couple of times as needed. Cash, debit cards, and CampMinder Canteen Funds may be used.
- There will be no snacks for sale in the PX during this course.
- Cadets should pack for cold, wet, and rapidly changing Alabama weather.
- Formal media support is not expected; photo updates will be very limited.

FOOD AND SNACKS

Clean snacks are optional and limited to approximately 2 pounds. Approved examples include protein or meal-replacement bars, trail mix, and jerky. Candy bars and junk food are not permitted.

SAFETY AND DISCIPLINE

Fire-building, shelter construction, weapons safety, and field movement are evaluated standards. Cadets must follow instructions immediately, maintain accountability, and report hazards or injuries without delay.

★ PACKING INSTRUCTIONS Follow the List to the Letter



Follow the Packing List exactly so Cadets can train safely and effectively in cold-weather field conditions.

WINTER WEATHER

Alabama weather in late December can range from mild to very cold. Pack for cold and wet conditions, including warm socks and non-cotton base layers.

TRAVEL JACKET

A travel jacket is intentionally not listed. Cadets may arrive with a jacket from home, preferably black, dark green, or dark blue. An XMC black fleece will be issued for training when needed.

PACKING RULE

Do not bring anything that is not on the Packing List, other than the authorized travel jacket. Optional items are specifically identified. Unlisted items may be treated as contraband.

OUTGROWN / REPLACEMENT ITEMS

Bring issued uniform items that no longer fit for one-for-one replacement in accordance with the Parents' Guide. Lost or unserviceable issued items may be purchased through the Patriot Exchange on R-Day.

MARKINGS

Label each item with the Cadet's last name and the last four digits of their Social Security Number. Use durable labels or permanent marker where appropriate.

MEDICATIONS

All prescription and over-the-counter medication must be declared and turned in for supervised administration. Cadets may not keep medication in personal baggage.

ELECTRONICS

All Cadets, regardless of rank, turn in cell phones on arrival. Safe-arrival calls are made upon reporting. There will be no calls during training. Smartwatches, games, and open-access electronics are not authorized.

SHARED ITEMS

Cotton balls, Vaseline, plastic bags, bungee cords, and similar disposable items may be collected for community use and may not return home with the Cadet.

PATRIOT EXCHANGE

Report to the PX upon arrival for fleece issue and approved replacement purchases. The PX may open a couple of additional times as needed. Cash, debit card, and CampMinder Canteen Funds are accepted. No snacks will be sold during CTSTC.

UNAUTHORIZED ITEMS

Do not bring knives, weapons, tobacco or vaping products, alcohol, non-approved electronics, games, aerosols, or items of sentimental value. Prohibited items will be secured and handled under XMC policy.

★ PACKING LIST Part I - Uniforms, Clothing & Cold Weather

Use one military-style duffel bag. Standard rolling luggage is not authorized because of storage limitations. A TSA-approved lock is optional.

STANDARD UNIFORMS & EQUIPMENT			
ITEM	**QTY**	**NOTES**	**CHECK**
Athletic shoes	1 pair	Subdued color.	☐
Boot blousers	1 pair		☐
Combat boots	1+ pair	Must comply with current XMC uniform standards.	☐
Current XMC challenge coin	1	From the most recent Training Mission attended.	☐
Military-style duffel bag	1	Solid black, olive drab, or camouflage. No standard luggage.	☐
Personal dog tags	1 set		☐
Rigger belt	1	Worn with the field uniform and travel attire.	☐
Shower shoes	1 pair	Solid color.	☐
Tan tactical trousers	1	Required travel attire.	☐
Undergarments	4+	Prefer non-cotton wool or synthetic.	☐
White crew socks	3+ pairs		☐
XMC Army Combat Uniform - OCP	2+ trousers / 1+ blouse	At least two trousers and one blouse are required; patrol cap required. Bring extras when available. Turn in outgrown items for replacement.	☐
XMC black emblematic polo	1+	Required arrival and departure attire. Plain black polos are not authorized.	☐
XMC insignia	1 set	Authorized flag, name tapes, rank, and shoulder sleeve insignia.	☐
XMC PT shorts	2+		☐
XMC tan T-shirts	4+	May be replaced by an authorized XMC tan sweatshirt.	☐

COLD WEATHER ITEMS			
ITEM	**QTY**	**NOTES**	**CHECK**
Base layer / long johns	2+ sets	Tops and bottoms; non-cotton recommended. No bright colors.	☐
Black sweatpants	1+	Plain black; no large logos.	☐
Cold-weather boot socks	4+ pairs	Wool or synthetic, designed for cold weather.	☐
Cold-weather gloves	1 pair	Leather with liners or cold-weather rated; solid color.	☐
Watch cap / beanie	1	Wool or synthetic, designed for cold weather.	☐

★ PACKING LIST Part II - Training, Personal & Health Items

TRAINING & PERSONAL EQUIPMENT			
ITEM	**QTY**	**NOTES**	**CHECK**
Black ink pens	4	Slim pens recommended; no gel pens.	☐
Bungee cords	4	Solid dark color; approximately 24 inches long.	☐
Cadet SmartBook	1		☐
Cotton balls	100+	Community fire-starting supply.	☐
Duct tape	1+ roll	At least 15 yards.	☐
Headlamp and/or flashlight	1	Must have a red-light feature.	☐
Heavy-duty trash bags	5	55-gallon contractor quality.	☐
Paracord	1	100-foot length; dark color.	☐
Vaseline	1	Community fire-starting supply.	☐
Waterproof notebook	1+	Small enough for a uniform cargo pocket.	☐
Wristwatch	1	No smartwatches.	☐
Ziploc bags - 1 gallon	10		☐
Ziploc bags - 1 quart	10		☐

HEALTH & COMFORT			
ITEM	**QTY**	**NOTES**	**CHECK**
Bath towels	2	Solid color.	☐
Hydration system	1	OCP/current camouflage or solid OD green, coyote, tan, or black.	☐
Hygiene items	As needed	Non-aerosol sunscreen/insect repellent, brush, soap, toothpaste, deodorant, powders, and personal hygiene items. No undeclared medication.	☐



Personal equipment must remain labeled, serviceable, and under Cadet accountability.

★ PACKING LIST Part III - Optional & Unauthorized Items

APPROVED OPTIONAL ITEMS			
ITEM	**QTY**	**NOTES**	**CHECK**
Additional cold-weather hat	1	Solid dark color.	☐
Balaclava / face covering	1	Solid dark color.	☐
Clean snacks	Up to 2 lb	Protein/meal-replacement bars, trail mix, or jerky. No candy or junk food.	☐
Entrenching tool	1	Must be compact.	☐
Glove inserts	1 pair	Only needed when gloves do not have liners.	☐
Mesh laundry bag	1	Keeps clothing together during laundry.	☐
Nonfiction reading material	Up to 2	Biography or assigned school reading.	☐
Owned XMC black fleece	1	Bring it if already issued; otherwise one will be issued.	☐
Poncho liner	1	OCP/current camouflage or solid OD green, coyote, tan, or black.	☐
Sewing kit	1	Compact personal kit.	☐
Shaving / hygiene bag	1	Solid dark color.	☐
Wet-weather poncho	1	OCP/current camouflage or solid OD green, coyote, tan, or black.	☐
XMC tan sweatshirt	1+	May replace required XMC tan T-shirts.	☐

UNAUTHORIZED ITEMS

- Knives, weapons, tobacco or vaping products, alcohol, games, and unauthorized electronics are prohibited.
- All Cadets turn in cell phones on arrival; they are returned at detachment.
- Do not bring items of sentimental value.
- Bring exactly what is listed - no more and no less. All items are required unless specifically marked OPTIONAL.



Bring only listed and approved items; field safety begins with disciplined preparation.

★ HAND-RECEIPTED EQUIPMENT Loaned Property & Accountability

CADET ACCOUNTABILITY

Loaned equipment remains the property of Camp Liberty. Cadets must inspect each item when issued, maintain accountability in the field, and return it clean and serviceable. Lost or damaged property may be charged at replacement value.

ITEM	QTY	VALUE	NOTES
3-day pack (poncho liner, canteen cup, 2 MREs)	1 set	$150	
Handheld radio	1	$100	Designated Cadre, Cadet PSG, Squad Leaders, and Cadet Medic only.
Load-bearing vest	1	$40	
Magazine pouches	1	$20	
Rubber training rifle	1	$225	
Shelter half	1	$40	
Sleeping bag	1	$80	
Sleeping mat	1	$30	
Stakes	1 set	$15	
Tent pole	1	$20	
XMC black fleece with flag and SSI	1	$80	

ISSUE PROCEDURES

- Verify serial numbers or identifying marks when applicable.
- Report missing or damaged components immediately.
- Keep all issued items within the squad accountability system.
- Do not trade or loan issued equipment without Cadre authorization.

TURN-IN PROCEDURES

- Clean and dry equipment before turn-in when conditions permit.
- Return all components together at the directed time and place.
- Report damage honestly; do not attempt unauthorized repairs.
- Remain available until the hand receipt is cleared.

RADIO RESTRICTION

Handheld radios are issued only to designated Cadre, the Cadet Platoon Sergeant, Cadet Squad Leaders, and the Cadet Medic.



Issued equipment is checked, maintained, and returned through the squad accountability system.

★ FINAL PREPARATION CHECKLIST Complete Before Departure

72-HOUR CHECK
The Cadet should personally review every item below with the packed duffel open and the travel itinerary in hand.

TRAVEL

☐ CampMinder travel information is complete and accurate.

☐ Flights use BHM and meet the approved arrival/departure windows.

☐ Cadet and parent/guardian have the final meeting-point instructions; Cadets flying in must assemble at BHM Baggage Claim 4.

☐ Airline and required travel documents are in carry-on baggage.

☐ Admissions has been notified of any travel change affecting arrival by one hour or more.

UNIFORM & GROOMING

☐ XMC emblematic polo and tan tactical trousers fit properly.

☐ Field uniforms, insignia, boots, and cold-weather items are complete.

☐ Haircut and grooming meet current AR 670-1 standards.

☐ Every item is labeled with last name and last four digits.

MEDICAL & COMMUNICATION

☐ All prescription and OTC medications were reported to Admissions.

☐ Medication is packaged and ready for turn-in to Cadre.

☐ Emergency contact information is current.

☐ Cell phone and charger are labeled for turn-in.

☐ Cadet understands that updates may be limited in the field.

PACKING & ACCOUNTABILITY

☐ Packing List has been checked line-by-line.

☐ No prohibited or unlisted item is in the duffel or carry-on.

☐ Cadet understands the hand-receipt and replacement-value rules.

☐ Cadet is prepared for cold, wet, and austere conditions.

☐ Cadet is ready to lead, follow, and represent XMC professionally.

CADET ACKNOWLEDGMENT

CADET PRINTED NAME	CADET SIGNATURE
PARENT/GUARDIAN INITIALS	DATE

QUESTIONS
Use the Extreme Military Challenge! Family Readiness Group for general questions. Email admissions@xmccamp.com for travel, medical, or enrollment-specific matters.



Final preparation is a Cadet responsibility. Arrive ready to train, lead, and represent XMC.

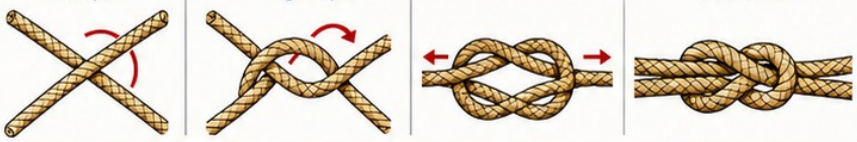
ESSENTIAL KNOTS

Cadets will be required to tie each knot shown below.

Part I

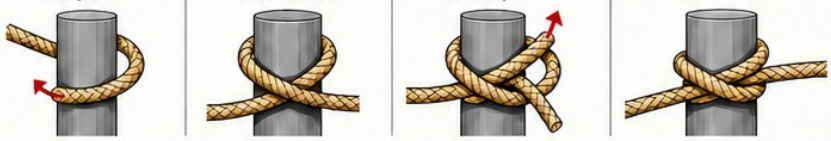
1 Square Knot

1. Cross the right rope over the left rope.
2. Cross the left rope over the right rope.
3. Pull both ends evenly.
4. Tighten to complete the square knot.



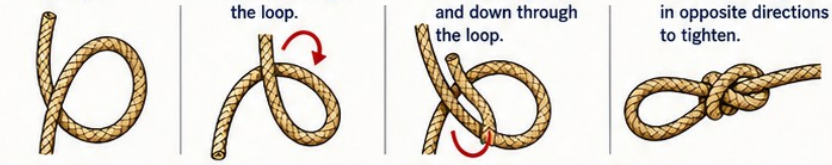
2 Clove Hitch

1. Wrap the rope around the post or object.
2. Wrap it around the post a second time.
3. Pass the working end under the last wrap.
4. Pull tight to secure the clove hitch.



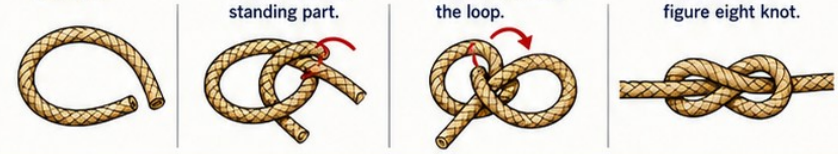
3 Bowline

1. Make a loop in the rope.
2. Pass the working end up through the loop.
3. Bring it around the standing part and down through the loop.
4. Pull the standing part and the working end in opposite directions to tighten.



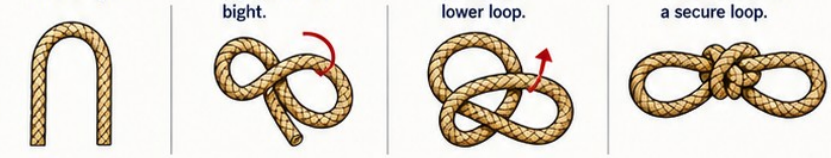
4 Figure Eight Knot

1. Make a loop in the rope.
2. Pass the working end around the standing part.
3. Pass the working end back through the loop.
4. Pull both ends to tighten the figure eight knot.



5 Figure Eight on a Bight

1. Make a bight in the rope.
2. Make a figure eight with the bight.
3. Pass the bight through the lower loop.
4. Pull to tighten. This knot creates a secure loop.



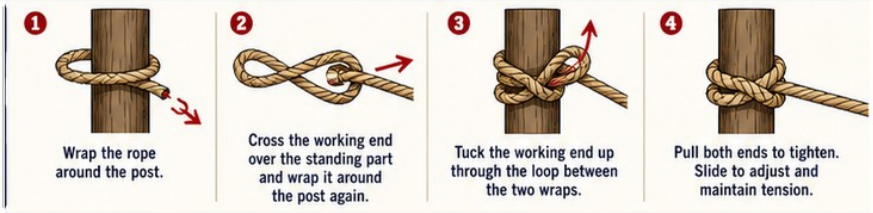
EXTREME MILITARY CHALLENGE!

ESSENTIAL KNOTS

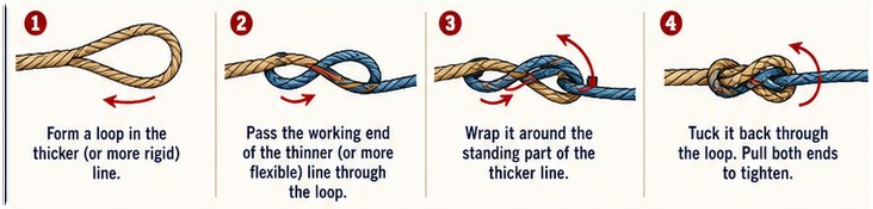
Cadets will be required to tie each knot shown below.

Part II

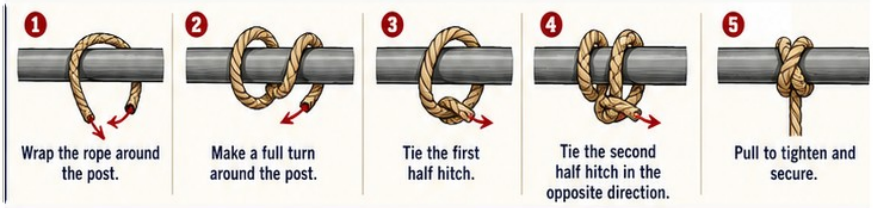
6 Taut-Line Hitch



7 Sheet Bend



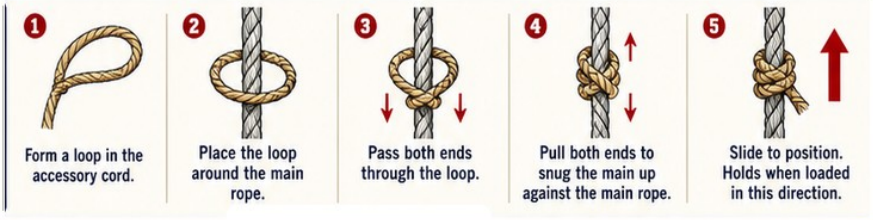
8 Round Turn and Two Half Hitches



9 Timber Hitch



10 Prusik Knot



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