EXTREME MILITARY CHALLENGE!



TRAINING PREPARATION PACKET

ON-THE-JOB TRAINING / CADET SERVICE SUPPORT

Camp Liberty
Camp-Liberty.com
15719 Alabama Highway 157
Battleground, AL 35179
844-962-1776

XMCCamp.com
NEW DEC 2024

VETERAN OWNED BUSINESS

PROGRAM OVERVIEW

PREFACE

COURSE NAME:

During Mission: Cadet Service Support
Off Mission: On-the-Job-Training

COURSE CODE:

During Mission: CSS
Off Mission: OJT

DISTINCTION:

This Course provides Cadets with an opportunity to gain practical experience in a military, business or facilities maintenance environment. For the sake of this package, the term "Cadet Service Support" will be used throughout.

The only distinction between Cadet Service Support and On-the-Job Training (OJT) is the period of time that the Cadet is on Camp Liberty. Cadet Service Support is an enrollment category during the seven weeks of the summer Training Mission. OJT can be performed at any other time of the year, based on a Cadet's availability. As a result, OJT is likely to be more one-on-one in regards to the gained experience.

LOCATION:

Camp Liberty, Battleground, Alabama 35179

MISSION:

The mission of Cadet Service Support is to provide *Extreme Military Challenge!* Cadets with increased military, business or facilities maintenance experience and knowledge in a leadership or support environment.

ENVIRONMENT:

Cadets in CSS status will typically be assigned to the Support Cell maintained by the Command Post. From there, they can be further assigned to areas of interest or need, such as the Medical Aid Station, Central Issue Facility or Dining Facility. Cadets can also be assigned to a Course of Instruction to serve as an assistant to the course leadership. For example, a Cadet may be assigned to the Cadet Fitness Challenge or Cadet Field Leader Course, where they would help to demonstrate the various skills being taught.

During the off-season, there may only be one or two Cadets at Camp Liberty in an OJT status. Typically, those Cadets will be performing duties in support of the Maintenance Department or assisting with tasks to prepare Camp Liberty for the upcoming Training Mission.

CADRE RELATIONSHIP:

This program provides a high level of one-on-one interaction between the Cadre and Cadets. This is an excellent opportunity to provide receive mentorship, career guidance and provide insight into your career goals to the Cadre. Cadre NCOs will focus on the development of leadership and communication skills in each Cadet, with emphasis on providing feedback to Cadet NCOs assigned to leadership positions.

ENABLING LEARNING OBJECTIVES:

Graduating Cadets will gain fundamental skills in:

- Preparation to complete daily tasks, including expectations, tools and outcomes
- Insight to the operations and planning associated with preparation for a Training Mission or hosting of an outside organization
- Frontline support of Challengers or other programs (Sea Cadets, church groups) as they use the various ranges (obstacle course, marksmanship range, ziplines, etc.

© 2025 Liberty Communications, LLC, All Rights Reserved

- Assignments associated with the safe and efficient operation of Camp Liberty. Duties may range from staffing a Receiving Day for recruits to building a facility with maintenance.

FITNESS STANDARDS:

Cadets must be in sufficient physical condition to withstand a moderate level of activity in an outdoor environment. The ability to walk long distances, carry items and fully participate in the training program is expected.

The Cadet Physical Fitness Test (CPFT) will be administered during CSS, during the summer Training Mission. The CPFT will not typically be administered during the off-season OJT, except when needed for a pending promotion. The CPFT will be "for record" and used to determine eligibility for satisfactory course completion of the course and promotion.

The Cadet Physical Fitness Test (CPFT) is based on an age-appropriate and scaled version of the Army Physical Fitness Test (APFT). The CPFT is designed to Institute an enhanced awareness of the benefits of a healthy lifestyle, encouraging daily physical training both during duty hours and off duty hours determined by XMC's operation tempo. The test is an element of XMC's commitment to H2F (Holistic Health and Fitness). For the Cadet standards, see the Parents' Guide or Cadet SmartBook.

QUALIFICATION/ INSIGNIA AWARDED:

None

PROMOTION POINT ELIGBILITY:

1 Promotion Point per week of CSS or OJT

GRADUATION CERTIFICATE:

None

PREREQUISITES:

Required: Completion of Cadet Basic Training
Desired: Completion of Cadet Field Leader Course

COURSE SIZE:

Minimum: 2 Cadets of the same gender
Maximum: 12 Cadets

COURSE LENGTH:

Typically 7-21 Training Days

TRAINING DATES:

During mission: Report on any R-Day and Detach on any Graduation Review Day. Exceptions may be made if the Cadet is driving in by Privately Owned Vehicle.
Off-Season: Report on any Saturday and Detach on any Saturday. Exceptions may be made if the Cadet is driving in by Privately Owned Vehicle.

INTEROPERABILITY:

Cadets will often work in support of, or in conjunction with, other organizations on-post.

UNIT STRUCTURE:

Detail, Squad or Platoon, based on number assigned. Cadet leadership roles are:

Cadet NCOIC, Cadet Squad Leader or Cadet Platoon Sergeant: Assignment will be based on Cadet rank.

© 2025 Liberty Communications, LLC, All Rights Reserved

CADET TACTICAL SKILLS TRAINING COURSE (CTSTC)

Course Director: None.

First Line Supervisor: Any uniformed adult, as assigned by competent authority.

GUIDON: None:

FOLLOW-ON TRAINING: During the Training Mission, CSS is often an opportunity to be on Camp Liberty prior to attending a formal Course of Instruction.

PRIMARY REFERENCES: The Cadet SmartBook will serve as the primary references for guidance. There is no academic testing for this training category.

GRADUATION REQUIREMENTS:

Performance Activity	Requirement	Weight
Packing List	> 4 major deficiencies	10%
Military Bearing / Motivation	SAT / UNSAT	20%
Professional and Military Performance of Assigned Duties	SAT / UNSAT	40%
Leadership (Cadet NCOs) / Personal Example (Junior Cadets)	SAT / UNSAT	20%
Cadet Physical Fitness Test	60 points per event	10%

© 2025 Liberty Communications, LLC, All Rights Reserved



WELCOME BACK TO CAMP LIBERTY!



COL Joseph M. Land, Sr., XMC
Camp Commander
Camp Liberty

Dear Cadets:

I am pleased to have your returning to Camp Liberty in a Cadet Service Support capacity. The time you will spend as CSS – whether during the Training Mission or during a break from school – will give you a first-hand understanding and appreciation for all that it takes to make Camp Liberty the "Center of Excellence" for Cadet Training.

Cadets reporting for CSS will work in a variety of areas to support, or prepare for, our summer Training Mission. This is an excellent opportunity to learn specific skills from adults who are dedicated to the success of our mission and your personal development. If there is a certain area that you are interested in learning about, and gaining more experience in, be sure to send an email to Admissions. We will attempt to assign you to duties to support your goals and areas of interest.

All training on Camp Liberty is focused on providing a real-world military environment, while also developing skills that can be used later in life. You will also find that the one-on-one environment will provide a unique opportunity to interact with the Cadre. That gives them personal insight to their background, while guiding you through questions regarding miliary and civilian careers which are dedicated to the service of others.

Come prepared! It's important to your success that you closely following the Packing List and other information contained in this Training Preparation Package. **Remember, as a Cadet, YOU (not your parents) are responsible for your preparation**. I hope you are as motivated about returning to support Camp Liberty as we are about having you come back "home."

Mega-Hooah!

JOSEPH M. LAND, SR.
COLONEL, XMC
Camp Commander

© 2025 Liberty Communications, LLC, All Rights Reserved



LOGISTICS

REPORT TIME TO CAMP LIBERTY:

During mission: Report on any R-Day and Detach on any Graduation Review Day. Exceptions may be made if the Cadet is driving in by Privately Owned Vehicle.
Off-Season: Report on any Saturday and Detach on any Saturday. Exceptions may be made if the Cadet is driving in by Privately Owned Vehicle.

GRADUATION:

During mission: In conjuction with a scheduled Graduation Review.
Off-Season: None.

GENERAL INFORMATION:

Per the Parents' Guide, except as outlined above. Post any questions to the Parents' Facebook Group.

DETACH TIME:

During mission: As scheduled in conjunction with a Graduation Review. Exceptions may be made if the Cadet is driving in by Privately Owned Vehicle.
Off-Season: Detach on any Saturday. Exceptions may be made if the Cadet is driving in by Privately Owned Vehicle.As scheduled individually.

FURLOUGH:

During mission: Per Parent's Guide.
Off-Season: None.

REPORTING ATTIRE:

Reporting Attire is black XMC polo and tan pants per the Parents' Guide. Cadets may wear their combat boots bloused. The XMC emblematic polo is required. A plain black polo is not authorized for Cadets.

GROOMING:

All grooming will be in accordance with Army Regulation 670-1. Male Cadets are to report to Camp Liberty with a proper haircut and clean-shaven, as shown in the Parents' Guide. If

© 2025 Liberty Communications, LLC, All Rights Reserved

a male Cadet fails to report with a regulation haircut, they will receive a recruit "buzz cut." Female Challengers must comply with Army grooming standards, which changed in 2021. See this link for the update.

TRAVEL:

General: General Flight information is as outlined in the Parents' Guide.

During mission: **You MUST submit travel information, even if you are driving**. If you are already enrolled for this summer the form may say "incomplete" when you click SUBMIT. Do not be concerned, we will still see what you entered in our system. The form doesn't consider itself "complete" until all enrolled programs for the summer season have travel information as well.

Off-Season: Provide travel details by email to Admissions.

COMMUNICATION:

Photos and updates may be limited. Monitor the Parents' Facebook Group for all updates. General photos will also be posted on the public Facebook page.

EMERGENCY CONTACT:

In case of an emergency, call **855-XMC-CAMP**. Be sure to leave a message. You will typically receive a return call within 30 minutes.

© 2025 Liberty Communications, LLC, All Rights Reserved



PACKING LIST

DURING MISSION: Follow the Packing List as outlined in the Parent's Guide, or provided in the Training Preparation Packet for your follow-on course(s).

OFF-SEASON: Follow the Packing List as outlined in the Parent's Guide. The exception is **when no other training is being conducted on Camp Liberty**:

- If there is no other training being conducted, you may bring 2-3 pair of civilian bluejeans to work in.
- Your uniform will typically be an XMC T-Shirt, bluejeans, rigger belt, combat boots.
- If it is cold, you will be issued a fleece with appropriate insignia.
- If you are training during a cold period, you may bring the items shown below under **COLD WEATHER ITEMS**.

WINTER TRAINING: If you are in a CSS status during the Cadet Tactical Skills Training Course, follow the below Packing List:

STANDARD UNIFORMS AND EQUIPMENT Items marked in BOLD may be purchased or replaced in the PX on R-Day		
Item	**Qty**	**Comment**
ACU Uniform	2+	At least 2 pairs of trousers and 1 blouse. Patrol Cap. Bring any extras. If new sizes are required, bring what you have for turn-in to CIF for a replacement. Missing items may be purchased in the PX.
BAG, Duffle	1	Standard or military style in solid black/Olive Drab or camouflage pattern. No normal luggage, due to storage limitations. TSA-approved lock is optional but authorized.
BELT, Rigger	1	Worn with ACU and Travel Attire (Polo/ Khakis)
BLOUSERS, Boot	1	
BOOTS, Combat	1+	You may bring additional. Must comply with Army Regulation 670-1

© 2025 Liberty Communications, LLC, All Rights Reserved

CHALLENGE COIN	1	Most recent Training Mission attended
DOGTAGS, Personal	1	
INSIGNIA, XMC	1	American Flag, Nametapes, Rank and Shoulder Sleeve Insignia. Order replacement nametapes from 1-800-NAMETAPES. All other items are available in the PX.
PANTS, Tan Tactical	1	
SHIRT, XMC Polo	1+	To be worn on arrival and departure. Must be XMC emblematic polo.
SHOES, Athletic	1	
SHOES, SHOWER	1	Solid color
SHORTS, XMC PT	2+	
SOCKS, White Crew	3+	
T-SHIRTS, XMC Tan	4+	May be replaced with XMC sweatshirt
UNDERGARMETS	4+	Preferably non-cotton, either wool or synthetic.
COLD WEATHER ITEMS		
BASE LAYER, Long Johns	2+	Tops and bottoms, recommend non-cotton. No bright colors
GLOVES, Cold Weather	1	Linked leather gloves with liner or cold-weather rated gloves. Solid Color.
PANTS, Sweat Black	1+	Plain black, no large logos
SOCKS, Boot Cold Weather	4+	Wool or synthetic, designed for cold weather
WATCH CAP, "Beanie"	1	Wool or synthetic, designed for cold weather
TRAINING ITEMS		
LIGHT, Headlamp and/or flashlight	1	Must have red light feature
PEN, Black ink	4	Recommend slim. No gel pens.
SMART BOOK	1	
WRISTWATCH	1	No smart watches
HEALTH AND COMFORT ITEMS		
"CAMELBACK," Hydration	1	Must be either ACU (or current camo pattern) or solid OD Green / Coyote / Tan / Black
HYGIENE ITEMS	As needed	Must have sunscreen and insect repellant, no aerosols. Brush, body powder, foot powder, deodorant, female hygiene items and hair clips/bands.) Store inside clear storage bag or shaving bag. May bring wash cloth/loofah for body wash. Lotion, boot insoles, extra eyeglasses/contacts, eye glass straps, etc. No pharmaceuticals or OTC pills.
TOWELS, Bath	2	Solid color
OPTIONAL ITEMS		
BAG, Shaving/Hygiene	1	Solid dark color
BAG, Mesh	1	Used to keep laundry together while washing
FACE COVERING, Balaclava	1	Solid dark color
FLEECE, Black with XMC	1	
GLOVE INSERTS	1	Only needed if gloves don't have a liner
HAT, Cold Weather	1	
KIT, Sewing	1	
PONCHO, Wet Weather	1	Must be either ACU (or current camo pattern) or solid OD Green / Coyote / Tan / Black
PONCHO LINER	1	Must be either ACU (or current camo pattern) or solid OD Green / Coyote /
READING MATERIALS, Non-Fiction	2	Biography or assigned reading from school.
SNACKS	2	Protein bars, jerky, meal replacement bars. No candy bars, junk food.

© 2025 Liberty Communications, LLC, All Rights Reserved

SWEATSHIRT, XMC Tan	1+	May replace the required XMC T-shirts
TOOL, Entrenching	1	Must be compact

UNAUTHORIZED ITEMS

Do NOT bring knives, electronics, games, etc. They will be confiscated as contraband and not returned.
Cell phones must be turned-in upon arrival and will be returned upon detaching.
Overseas participants should bring their passport to turn-in whether flying in alone or not, in case of an immediate need to fly internationally while at camp.
Do not bring items of sentimental value.

All items are required unless shown as OPTIONAL

Due to past issues, NO CADETS - regardless of Cadet rank – are permitted to have electronics during ANY program.

FOLLOW THE PACKING LIST TO THE LETTER. Do not bring any items that are not on the packing list, other than the aforementioned jacket. This includes knives, tobacco products, etc. There are times when Cadets will pass on bad info to other Cadets, saying *"...it's not on the list...but it's OK."* **Be clear...it's not OK**. There are a few "optional" items for this course. They are recommended, but not required. Otherwise, follow the Packing List to the letter.

OUTGROWN ITEMS: If a Challenger has outgrown any uniform item which was issued, as outlined in the Parents Guide, bring that item in for one-for-one replacement at no charge.

REPLACEMENT ITEMS: Issued items marked in bold which have been lost or made unserviceable may be purchased at the Patriot Exchange (PX) upon reporting to Camp Liberty.

SOURCES: The links are provided to give an example of the various items. We do not necessarily recommend the provider, nor claim that this is the best price.

ACCESS TO SERVICES: Showers, laundry, purchasing opportunities, etc. will be rare off-season. Therefore, what the Cadet arrives with is what they will have, unless they purchase the items at the Patriot Exchange. Regular access to the PX will be available during the Training Mission.

PATRIOT EXCHANGE: Many of the items are available at the Patriot Exchange." All Cadets will be able to go to the PX on R-Day in order to purchase the items needed. Purchases may be made using "Canteen Funds" in CampMinder, or with cash or a credit/debit card. Most items are less expensive from the PX than other sources. Therefore, we'd prefer that you shop at the PX rather than Amazon, Walmart, etc.

© 2025 Liberty Communications, LLC, All Rights Reserved

EXTREME MILITARY CHALLENGE!

TRAINING PREPARATION PACKET

CADET SERVICE SUPPORT/ CADET ON-THE-JOB TRAINING



Camp Liberty
Camp-Liberty.com
15719 Alabama Highway 157
Battleground, AL 35179
844-962-1776

XMCCamp.com
NEW DEC 2024

VETERAN OWNED BUSINESS