

Headquarters
United States Army Recruiting Command
Fort Knox, Kentucky 40121-2726

USAREC Pamphlet 601-25

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Personnel Procurement

In-Service Special Forces Recruiting Program (Officer and Enlisted)

Chapter 1. Introduction 1-1
Chapter 2. SFAS Course and SFQC 2-1
Chapter 3. Application Procedures 3-1
Chapter 4. Preparatory PT for the SFAS Course 4-1
Chapter 5. Reporting Information for the SFAS Course 5-1
Chapter 6. Foot care and boot fitting 6-1
Appendix A. References A-1
Glossary.....Glossary 1

History. The pamphlet revises USAREC Pam 601-25.

Summary. This pamphlet provides information to officers and enlisted soldiers on how to volunteer for Special Forces assessment, training, and assignment.

Applicability. This pamphlet is applicable to all active duty enlisted and officers considering volunteering for Special Forces training and assignment.

Proponent and exception authority. The proponent of this pamphlet is the Commander of the United States Army Recruiting Support Brigade. The proponent has the authority to approve exceptions to this pamphlet that are consistent with controlling law and regulation. Proponent may delegate the approval authority, in writing, to the executive officer within the proponent agency in the grade of lieutenant colonel.

Suggested improvements. The proponent agency of this pamphlet is the Office of the Commander of the United States Army Recruiting Support Brigade. Users are invited to send comments and suggested improvements on DA Form 2028 (Recommended Changes to Publications and Blank Forms) directly to Cdr, RS Bde (RCRS-SORC), Fort Knox, KY 40121-2726.

Distribution. Distribution of this pamphlet had been made in accordance with USAREC Pam 25-30, distribution special. Special equals one to each In-Service Special Forces applicant.

For the Commander:

FREDDIE N. BLAKELY
Colonel, GS
Chief of Staff

Official:

ROGER H. BALABAN
Director, Information Management

***This pamphlet supersedes USAREC Pamphlet 601-25, 25 April 2001**

Chapter 1

Introduction

1-1. Purpose. This pamphlet provides information to officers and enlisted soldiers on how to volunteer for Special Forces (SF) assessment, training, and assignment. This pamphlet addresses the Special Forces Assessment and Selection (SFAS) Course and the Special Forces Qualification Course (SFQC). The SFAS Course determines which soldiers have what it takes to successfully complete the SFQC. The SFQC develops highly confident and capable soldiers for assignment to a Special Forces Operational Detachment "A".

1-2. Explanation of abbreviations. Abbreviations used in this pamphlet are explained in the glossary.

1-3. References. For related publications and blank forms see appendix A.

1-4. SF volunteer. Soldiers volunteer for SF for many reasons. Among them are:

a. Training. SF soldiers are provided outstanding career opportunities. SF soldiers are afforded educational development with less time in service (TIS) than almost all other military occupational specialties (MOS's).

b. Adventure. SF soldiers are afforded opportunities not available to soldiers in conventional units and are deployed worldwide.

c. Service to Country. Unit and individual SF actions have contributed many courageous and daring exploits to the pages of American history, SF soldiers serve with distinction:

(1) He wears the Green Beret.

(2) He wears the SF Tab.

(3) He wears the silver wings of a parachutist.

1-5. Volunteering for SF. Many soldiers decide, for one reason or another, to voluntarily withdraw from the SFAS Course. All soldiers should seek out as many sources as possible prior to deciding to apply. The SFAS Course will definitely be one of the most challenging programs, both internally and physically, you have ever attended.

a. Soldiers who are serious about their careers and want to become members of the SF are encouraged to apply.

b. **Figure 1-1** outlines the planned SF training flow from the time you are recruited until the time you complete language training.

SF Training Pipeline – FY 06

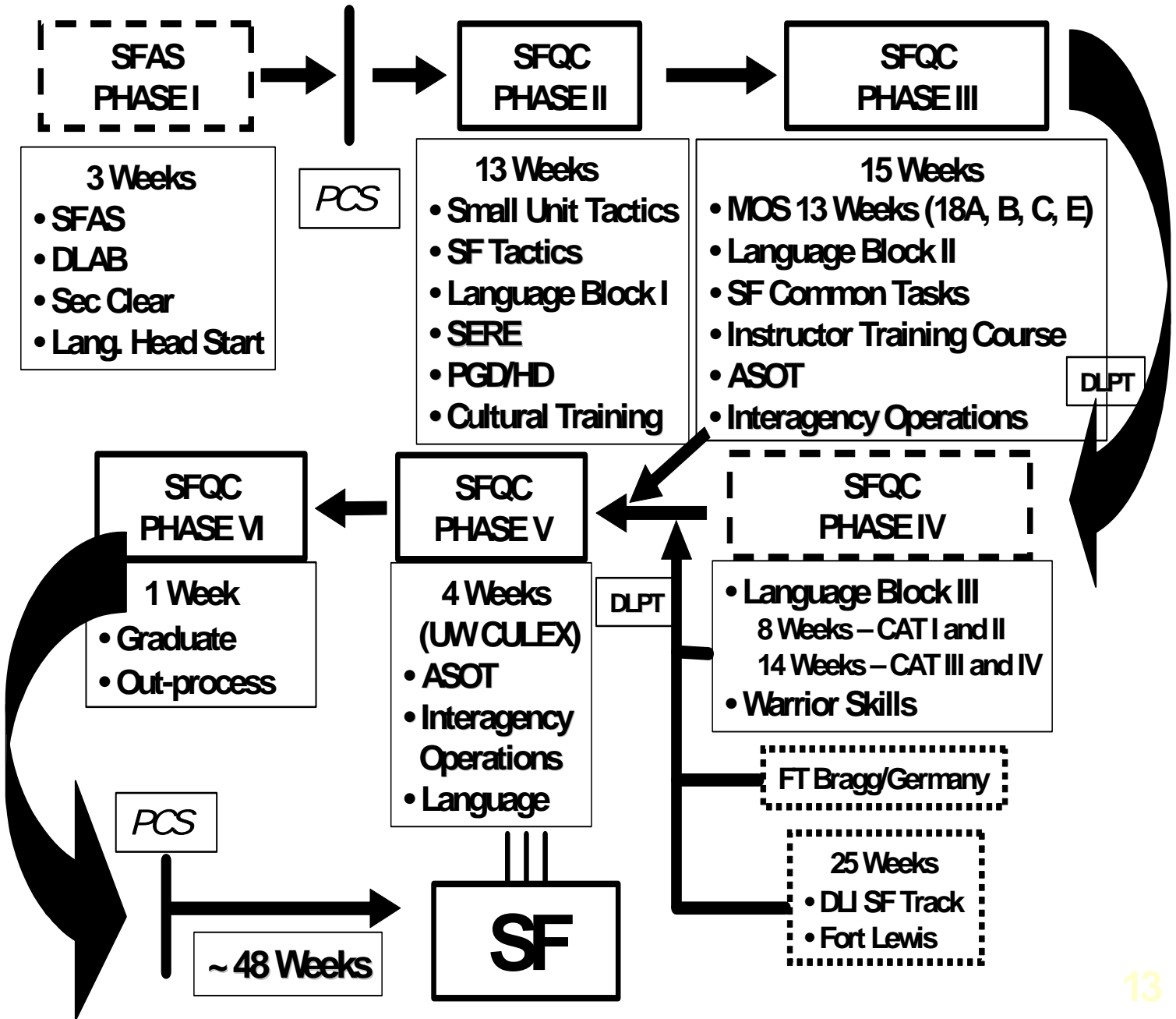


Figure 1-1. SF Training Flow

Chapter 2

SFAS Course and SFQC

2-1. What is SFAS?

a. The career management field (CMF) 18 includes positions concerned with the employment of highly specialized elements to accomplish specifically directed missions in times of peace and war. Many of these missions are conducted at times when employment of conventional military forces is not feasible or is not considered in the best interest of the United States. Training for and participation in these missions are arduous, somewhat hazardous, and are often sensitive in nature. For these reasons it is a prerequisite that every prospective "Green Beret" successfully completes the 24-day SFAS course and be selected for Special Forces Training. See figure 2-1 for the SFAS Course overview.

b. The SFAS Course assesses and selects soldiers for attendance at the SFQC. This course uses a "Whole Man" selection process that assesses each candidate for six attributes that are important for all Special Forces Soldiers. These attributes are intelligence, trainability, physical fitness, motivation, influence, and judgment.

c. All candidates participate in a variety of activities designed to place them under various forms of physical and mental stress. It assesses potential and qualities through behavioral observation, analysis via performance measure, and recording data. All tasks are performed in a neutral environment with limited information and no performance feedback.

Week 1	Week 2	Week 3	Week 4
<p>In-processing</p> <p>Army Physical Fitness Test</p> <p>Swim Assessment</p> <p>Rucksack Marches</p> <p>Run Assessments</p> <p>Medical Briefing</p> <p>The Adult Basic Education Version "A"</p> <p>MMPI</p> <p>DLAB</p>	<p>Land Navigation</p> <p>Map Reading</p> <p>Compass Course</p> <p>Land Navigation Practical Exercises</p> <p>Land Navigation Exams</p>	<p>Team Events</p> <p>Long Range Movement</p>	<p>Out-counseling</p> <p>Selection Board</p> <p>Selection Ceremony</p> <p>Security Interviews</p> <p>Out-processing</p>

Figure 2-1. SFAS Overview

2-2. Most common mistakes in the SFAS Course.

a. Giving up on yourself and having negative thoughts or doubts. Don't quit, let the assessors assess you.

b. Going to the SFAS Course without receiving an SFAS recruiter briefing.

c. Forgetting your medical records / physical.

d. Performing poorly on the APFT at the SFAS Course.

e. Listening and/or participating in the dissemination of inaccurate information of what to expect during SFAS.

f. Concealing prohibited items during in-processing. You will be dropped from the SFAS Course.

g. Showing inconsistency during rucksack marches and runs.

h. Giving up on the obstacle course.

i. Not being able to do at least six pull-ups from a dead hang. This may show a lack of upper body strength.

j. Not being a team player.

k. Not taking proper care of your feet.

l. Falling asleep when you are not supposed to.

m. Losing your weapon.

n. Not giving 100 percent. The assessors are trained to identify soldiers that are not pulling their weight.

o. Whining and complaining; nobody likes it and it doesn't help.

p. Arguing with the cadre. It will not be tolerated and you will be terminated.

q. Failure to follow instructions. Pay attention to detail.

r. Losing your temper. Maintaining your bearing is essential to success.

s. Not being flexible. Anything and everything may go wrong, deal with it.

t. Using shortcuts or cheating. Don't compromise your integrity; you will be dropped from the SFAS Course for integrity violations.

u. Always the first one to sit or lay down on a break.

v. Always the last one to get up when the break is over.

2-3. Recruitment criteria for selection to the SFAS Course. All prospective applicants must meet these selection criteria.

a. The following criteria are required for all applicants (officers and enlisted):

(1) Must be an active duty male soldier.

(2) Must be a U.S. citizen (non-waiverable).

(3) Must be airborne qualified or volunteer for airborne training.

(4) Must be able to swim 50 meters wearing boots and battle dress uniform (BDU) prior to beginning the SFQC. All soldiers will be given a swim assessment at the SFAS Course to determine whether he is a swimmer or non-swimmer.

(5) Must score a minimum of 229 points on the APFT, with no less than 60 points on any event, using the standards for age group 17 to 21.

(6) Must be able to meet medical fitness standards as outlined in AR 40-501.

(7) Must be eligible for a SECRET security clearance.

(8) No soldier, regardless of MOS or basic branch will be recruited if he is unable to reclassify from his current MOS or basic branch into CMF 18.

(9) Not currently serving in a restricted MOS or branch.

b. Additional criteria exclusive to enlisted applicants:

(1) Enlisted applicants must be in the pay grade of E-4 to E-7. Successful completion of the SFAS Course is a prerequisite to the SFQC.

(2) Must be a high school graduate or have a general educational development certificate.

(3) Must have a general technical score of 100 or higher.

(4) Stabilization of current drill sergeants and detailed recruiters will not be broken.

(5) Specialists, corporals, and sergeants that successfully complete the SFAS Course will normally have their retention control points waived to attend the SFQC. Upon successful completion of SFQC, they will be allowed continued service. Staff sergeants approaching their retention control points will not be allowed to apply. Sergeants first class must have no more than 12 years Time In-Service (TIS) and 9 months Time In Grade (TIG) when applying for the SFAS Course and they must be either airborne or ranger qualified. Sergeants first class must attend the SFAS Course within 90 days of volunteering and also be able to have a permanent change of station (PCS) to the SFQC within 6 months of selection from the SFAS Course.

(6) Soldiers on assignment will not be allowed to attend the SFAS Course without their branch approval. Soldiers on orders to a short tour area will be allowed to attend the SFAS Course if a deferment is not required. These individuals will be scheduled for the next available SFQC after their date eligible for return from overseas. Soldiers who volunteer for the SFAS Course prior to receiving assignment notification will be deferred to allow for SFAS Course attendance.

(7) Outside Continental United States (OCONUS) based soldiers may attend the SFAS Course in a Temporary Duty (TDY) and return status anytime during their tour. Upon successful completion of the SFAS Course, soldiers will be scheduled for the next available SFQC provided they have completed at least two-thirds of their overseas assignment obligation and have received approval from the United States Total Army Personnel Command (PERSCOM) for curtailment of the remainder of their overseas tour obligation. Soldiers serving on a short tour will not have their assignment curtailed.

(8) Continental United States (CONUS) based soldiers may attend the SFAS Course in a TDY and return status anytime during their tour. Upon successful completion of SFAS, soldiers will be scheduled to attend SFQC ensuring that they will have completed at least 1 year time on station prior to PCS.

(9) Must have a minimum of 36 months remaining TIS upon completion of the SFQC.

c. Additional criteria exclusive to officer applicants:

(1) Must be in the pay grade of O-1 / O-2 and be in the targeted Year Group (YG) for the Captain's Board.

(2) Have at least a SECRET security clearance prior to final packet approval and meet eligibility criteria for a TOP SECRET clearance.

(3) Have completed the Officer Basic Course and have been successful in your branch assignments prior to application for SF.

(3) Have a Defense Language Aptitude Battery (DLAB) score of 85 or higher (or a Defense Language Proficiency Test (DLPT) of a minimum of 1/1 reading and listening score).

(4) Have a minimum of 36 months remaining TIS upon completion of SFDOQC.

d. All applicants must not:

(1) Be barred to reenlistment or be under suspension of favorable personnel action.

(2) Have been convicted by court-martial or have disciplinary action noted in their official military personnel fiche under the provisions of the Uniform Code of Military Justice (Article 15). This provision can only be waived by the Commanding General, United States Army John F. Kennedy Special Warfare Center and School (USAJFKSWCS) on a case-by-case basis.

(3) Have been terminated from SF, ranger, or airborne duty, unless termination was due to extreme family problems or a medical condition that has been resolved.

(4) Have 30 days or more lost time under United States Code 972 within current or preceding enlistment.

2-4. Stress in the SFAS Course.

When you report to Fort Bragg, North Carolina, you should be ready to meet the rigors of the SFAS Course, both physically and mentally. Any of the following might cause you stress while attending the SFAS Course:

- (1) Wife not in agreement with you.
- (2) Financial problems at home.
- (3) Medical problems with yourself or family.
- (4) Not sure SF is what you want.
- (5) Low self-esteem or lack of motivation.
- (6) Not in physical shape for the SFAS Course.

2-5. SFQC and SFDOQC.

a. General. CMF 18 is subdivided into five accession MOS's. They are: 18A, Detachment Commander; 18B, SF Weapons Sergeant; 18C, SF Engineer Sergeant; 18D, SF Medical Sergeant; and 18E, SF Communications Sergeant. Each SF volunteer receives extensive training in a specialty which prepares him for future assignment in an SF unit. SF units are designed to operate either unilaterally or in support of and combined with native military and paramilitary forces. Levels of employment for Special Operations forces include advising and assisting host governments, involvement in continental United States based training, and direct participation in combat operations.

b. Purpose. The SFQC and SFDOQC teach and develop the skills necessary for effective utilization of the SF soldier. Duties in CMF 18 primarily involve participation in Special Operations interrelated fields of unconventional warfare. These include foreign internal defense and direct action missions as part of a small operations team or detachment. Duties at other levels involve command, control, and support functions. Frequently, duties require regional orientation to include foreign language training and in-country experience. SF places emphasis not only on unconventional tactics, but also on knowledge of waterborne, desert, jungle, mountain, or arctic operations.

c. Training. After successful completion of the SFAS Course, officers who have not already attended their Captain's Career Course will do so in Infantry or Armor. For the enlisted soldier, the SFQC is currently divided into three phases. The phases are: Individual Skills, MOS Qualification, and Collective Training. The enlisted applicant's SFQC training will be scheduled upon successful completion of the SFAS Course.

(1) Individual Skills Phase. During this period, soldiers in-process and are trained on common skills for CMF 18 skill level three. Training is 70 days long and is taught at the Camp Rowe Training Facility. The training covered during this phase includes land navigation (cross-country), air operations, SF Common tasks, small unit tactics and SERE. Also during this Phase students will start their language Block I and receive culture training in their future regional AO. This phase culminates with a special operations overview.

(2) MOS Qualification Phase. For the enlisted soldier, the decision upon which of the four specialties you will receive training will be made based on your background, aptitude, desire and the needs of CMF 18. Training for all MOSs with the exception of 18Ds is 13 weeks plus two weeks of language Block II. Language will be also taught on every Saturday throughout the MOS period. This period culminates with a mission planning cycle. During this phase soldiers are trained in their different specialties:

(a) 18A - SF Detachment Commander. Training includes: Teaching the officer student the planning and leadership skills he will need to direct and employ other members of his detachment. Training is conducted at Fort Bragg, North Carolina, and is 13 weeks long.

(b) 18B - SF Weapons Sergeant. Training includes: Tactics, anti-armor weapons utilization, functioning of all types of U.S. and foreign light weapons, indirect fire operations, man portable air defense weapons, weapons emplacement, and integrated combined arms fire control planning. Training is conducted at Fort Bragg, North Carolina, and is 13 weeks long.

(c) 18C - SF Engineer Sergeant. Training includes: Construction skills, field fortifications, and use of explosive demolitions. Training is conducted at Fort Bragg, North Carolina, and is 13 weeks long.

(d) 18D - SF Medical Sergeant. Training includes: Advanced medical procedures to include trauma management and surgical procedures. Training is conducted at Fort Bragg, North Carolina, and is approximately 46 weeks long.

(e) 18E - SF Communications Sergeant. Training includes: Installation and operation of SF high frequency and burst communications equipment, antenna theory, radio wave propagation, and SF communication operations procedures and techniques. Training culminates with an around-the-world communications field performance exercise. Training is conducted at Fort Bragg, North Carolina, and is 13 weeks long.

(3) Language Training. After completion of the MOS Training Phase all soldiers will attend SF Language School at the Special Operations Academic Facility, Fort Bragg, North Carolina. Language Block III is 8 or 14 weeks depending on the language the student is enrolled in. Soldiers must successfully pass this phase with a qualifying DLPT score of 1/1/1.

(4) Collective Training Phase. During this 28-day period, soldiers are trained in Special Operations classes, direct action isolation, air operations, unconventional warfare classes, Isolation training, and it culminates with operation ROBIN SAGE. Upon successful completion of this event, a student will receive his diploma, beret and graduate from the course.

Chapter 3

Application Procedures

Section I. Enlisted

3-1. Documentation. The following lists all documentation necessary to be considered for attendance at the SFAS Course. Reproduced copies must be clear and legible. There is no requirement for a DA Form 4187 (Personnel Action) for this application unless you are on orders for reassignment. **See Figure 3-1** for an enlisted application checklist.

a. Volunteer statement. **See Figure 3-2** for sample enlisted volunteer statement.

b. A current copy of your Enlisted Record Brief (ERB), dated within 6 months of your application.

c. A completely filled out Electronic Personnel Security Questionnaire (ESPQ) or a DA Form 873 (Certificate of Clearance and/or Security Determination) indicating your type of clearance and when it expires. A security clearance is not a prerequisite for SFAS Course attendance but if you are selected for SFQC training you must have at least an interim SECRET clearance prior to being scheduled for training.

d. SF physical. Original DA Form 2808 (Report of Medical Examination) and DD Form 2807-1 (Report of Medical History) along with all supporting documents.

e. Current APFT within 6 months of application date. All applicants are required to score a minimum of 229, graded in the age group of 17 to 21. SF Recruiters will conduct a diagnostic APFT for all candidates upon completion of SFAS application. Uniform for APFT is IAW with AR 670-1.

f. If your ERB does not have all of your Armed Services Vocational Aptitude Battery scores, you must furnish an official document showing your Armed Services Vocational Aptitude Battery results.

3-2. Personnel records. All enlisted personnel should ensure your ERB reflect all schools that you successfully completed or include a copy of either the service school academic record or diploma.

3-3. Applications. Completed applications should be forwarded to the recruiting station responsible for servicing your designated area as listed in **Table 3-1**. For information on the recruiting station responsible for your area call (910) 432-1650 or visit www.bragg.army.mil/sorb. Your application will be forwarded to the Special Operations Recruiting Battalion (SORB), Operations Section, for final review and formal scheduling for attendance at the SFAS Course.

Section II. Officers

3-4. Documentation. The following lists all documentation necessary to be considered for selection by the Special Forces Branch, PERSCOM. **See figure 3-3** for an officer application checklist.

- a. Volunteer statement. **See Figure 3-4** for sample officer volunteer statement.
- b. A current copy of your officer record brief (ORB).
- c. Resume. **See Figure 3-5** for sample resume.
- d. DA Form 873 or a statement from your S2 if security clearance is not annotated on your ORB.
- e. SF physical. Original DD Form 2808 and DD Form 2807-1 along with all supporting documents.
- f. Current APFT within 6 months of application date. All applicants are required to score a minimum of 229, graded in the age group of 17 to 21. SF Recruiters will conduct a diagnostic APFT for all candidates upon completion of SFAS application. Uniform for APFT is IAW with AR 670-1.
- g. DLAB. You must score a minimum of 85 on the DLAB. If you do not attain a minimum score of 85, you can retake the DLAB or submit your packet with the current score and it will be considered and reviewed for SFAS Course attendance.
- h. Statement of intent. You must completely fill out the student officer statement of intent to Special Forces training and include it in your packet. **See Figure 3-6** for sample statement.

3-5. Personnel records. All officer applicants should ensure your ORB reflects the listed selection criteria or include a copy of either the service school academic record or diploma.

3-6. Applications. Completed applications should be forwarded to the recruiting station responsible for servicing your designated area as listed in **Table 3-1**. For information on the recruiting station responsible for your area call (910) 432-1650 or visit www.bragg.army.mil/sorb. Your application will be forwarded to the Special Operations Recruiting Battalion (SORB), Operations Section, for review and then forwarded to the Director Special Operations Proponency (DSOP) coordinator for final review and submission to PERSCOM.

3-7. Target year group. Current target year group officers are strongly encouraged to apply early, usually prior to June in the fiscal year (FY) in which you will be considered for SF assessment, training, and duty. Target year group selection boards are usually held immediately following the captain's promotion board of each FY.

3-8. Out of year group. Officers not in the target year group may apply at any time for immediate consideration for SF assessment, training, and duty.

Table 3-1 Addresses

Fort Benning SF Recruiting

BLDG 235, Gillespie Street
Fort Benning, Georgia 31905
COM: 706-545-3079 / 6778
DSN: 835-3079 / 6778
FAX#: 706-545-3083
POC: aaron.kyle@usarec.army.mil
Fort Benning
Fort Polk
Fort Gillem / Fort McPherson
MacDill AFB / Eglin AFB
Redstone Arsenal / Fort Rucker / Dahlonaga

Fort Stewart SF Recruiting

BLDG 160, 195 Garry Owen Street
Fort Stewart, Georgia 31314
COM: 912-767- 1400 / 2160
FAX#: 912-767-1460
POC: robert.hughes@usarec.army.mil
Fort Stewart
Hunter Army Airfield
Fort Gordon

Fort Drum SF Recruiting

BLDG S-149, Oswego Street
Fort Drum, New York 13802
COM: 315-772-9232
FAX#: 315-772-8813
POC: stephen.szwaikowski@usarec.army.mil
Fort Drum
Fort Eustis / Fort Monroe / Fort Story
Fort Detrick / Fort Meade / Aberdeen Proving Ground
Fort Belvoir / Fort Lee
Fort Myer / Fort McNair / Walter Reed AMC
Fort Monmouth / West Point

Fort Bragg SF Recruiting

BLDG 2-1120, Macomb Street
Fort Bragg, North Carolina 28310
COM: 910-432-1818 / 5083
DSN: 239-1818
FAX# 910-432-9106
POC: steven.pumphrey@usarec.army.mil
Fort Bragg
Fort Jackson

SF Recruiting Team – Hawaii

Trailer # 9, Grimes Street
Schofield Barracks, Hawaii 96857
COM: 808-855-4397
POC: marc.debearn@usarec.army.mil
Schofield Barracks
Fort Shafter
Tripler

Fort Bliss SF Recruiting

1733 Pleasanton Road, BLDG 516A, Room 108
Fort Bliss, Texas 79916
COM: 915-569-6432 / 6433
DSN: 979-6432 / 6433
FAX: 915-569-6430
POC: jon.styliz@usarec.army.mil
Fort Bliss
Fort Irwin
Fort Huachuca

SF Recruiting Team - Europe

HHC, 1ST PERSCOM
BLDG 4222, Room 103, 1ST Floor
Tompkins Barracks, Germany 68723
COM: 011-49-6202-25825
DSN: 379-6558 / 6559 / 6037 / 6430
FAX# 011-49-6202-80-6540
POC: david.beard@usarec.army.mil
Europe
Balkans

Fort Campbell SF Recruiting

2206 Indiana Avenue
Fort Campbell, Kentucky 42223-5000
COM: 270-798-9818
DSN: 356-9818
FAX# 270-956-3883
POC: john.byars@usarec.army.mil
Fort Campbell
Fort Knox
Fort Leonard Wood

Fort Hood SF Recruiting

BLDG 4231 78TH Street
Fort Hood, Texas 76844-0577
COM: 254-288-5324 / 9063
DSN: 738-5324 / 9063 / 7411 / 5566
FAX#: 254-287-4934
POC: john.drawbond@usarec.army.mil
Fort Hood
Fort Sam Houston
White Sands Missile Range

Fort Lewis SF Recruiting

BLDG 9181 Room 152, Cramer Street
P.O. Box 33903
Fort Lewis, Washington 98433-0903
COM: 253-966-7327 / 3901
DSN: 347-7327
FAX# 253-966-3905
POC: james.adcock@usarec.army.mil
Fort Lewis
Alaska
Guam / Korea / Japan

Fort Carson SF Recruiting

BLDG 1217 Specker Avenue, Room 305
Fort Carson, Colorado 80913
COM: 719-524-1461 / 1462
DSN: 883-1461 / 1462
FAX# 719-524-3195
POC: gery.herron@usarec.army.mil
Fort Carson
Fort Sill

Fort Riley SF Recruiting

BLDG 211, Room 216, Custer Road
P.O. Box 2425
Fort Riley, Kansas 66442
COM:
DSN:
FAX:
POC: michael.zaring@usarec.army.mil
Fort Riley
Fort Leavenworth

ENLISTED APPLICATION CHECKLIST

_____ Attend a Special Forces Briefing.

_____ Volunteer Statement. **See Figure 3-2.**

_____ Current copy of ERB (Less than 6 months from application date).

_____ Army Physical Fitness Test. The APFT must be administered IAW FM 21-20, 17 -21 age group, within 6 months and verified by your local SF recruiter.

_____ Special Forces Physical DD Form 2808 (Report of Medical Examination) & DD Form 2807-1 (Report of Medical History). Submit a legible copy of your DD Form 2808 and DD Form 2807-1 plus any other supporting documentation. The SF physical is good for 2 years for SFAS. It must not expire prior to your completion of SFAS.

Strongly Recommended Items (Optional)

_____ Airborne School Verification (If applicable, not required for SFAS Course attendance).

_____ PLDC Verification (If applicable, not required for SFAS Course attendance).

_____ Defense Language Aptitude Battery (DLAB). Your education center can assist you with this requirement. (If applicable, not required for SFAS Course attendance).

_____ Defense Language Proficiency Test (DLPT). If you can speak a foreign language you are encouraged to take the DLPT. This exam will show your proficiency in that specific language. Successful ratings may shorten your training time in the SFQC. (If applicable, not required for SFAS Course attendance).

_____ Minimum 6 pull-ups.

_____ The Adult Basic Education Version "A", TABE (If applicable, not required for SFAS Course attendance).

Items You must Bring to the SFAS Course

_____ Medical Records. You are required to bring these with you to SFAS.

_____ Preparatory PT Train-up Program.

_____ EPSQ printout filled out completely, hard copy and digital.



Figure 3-1. Enlisted application checklist

DEPARTMENT OF THE ARMY
UNITED STATES ARMY JOHN F. KENNEDY SPECIAL WARFARE CENTER AND SCHOOL
FORT BRAGG, NORTH CAROLINA 28307-5000

AOJK-SP-R

DATE _____

MEMORANDUM FOR Commander USAJFKSWCS, Attn: AOJK-SP-R, Fort Bragg, NC 28307-5000

SUBJECT: Special Forces Volunteer Statement (Enlisted)

- 1. I hereby volunteer for Special Forces (SF) training under the provisions of AR 614-200, Chap 5 and PERSCOM message. If not already airborne qualified, I volunteer for airborne training and understand that failure to successfully complete airborne training will disqualify me from SF training and duty.
2. Upon successful completion of Special Forces Assessment and Selection (SFAS) and prior to my departure from my losing command, I agree to reenlist or extend my enlistment to meet the 36 month remaining service obligation as listed in AR 614-200, Chap 5 and PERSCOM retention message.
3. Are you a U.S. Citizen? Yes ___ No ___ Non US citizens or personnel that hold dual citizenship are ineligible for a Secret Security clearance and may not attend SF training.
4. Are you currently on assignment or have you received notification of assignment? Yes ___ No ___ If yes, when is your PCS date? ___ Where are you PCS'ng to? ___ Soldiers on assignment may not be allowed to attend SFAS without their branch's prior approval (DA Fm 4187). Soldiers who volunteer for SFAS prior to receiving assignment notification will be deferred to allow SFAS attendance. For SFAS graduates, assignment to the SFQC will take precedence over any assignment conflict. Stabilization of current drill sergeants and detailed recruiters will not be broken.
5. Have you been convicted by a court-martial or have disciplinary action under UCMJ (Article 15) in your official military personnel file? Yes ___ No ___ If so, why and when did you receive the Article 15?
6. Soldiers that have disciplinary action noted in their official military personnel file may not apply. This provision can only be waived by the Commanding General, United States Army Special Warfare Center and School on a case by case basis.
7. I am aware that, if so determined by the appropriate SF commander, I may be declared unsuitable for further SF training. ___ (Initials)
8. Have you ever applied for and/or attended SFAS or the SFQC? Yes ___ No ___ If so, When? ___ How many times have you attended SFAS? ___
9. Have you attended a Special Forces briefing? Yes ___ No ___ If so, when/where? ___
10. Which SFAS Class do you want to attend? ___
11. Upon successful completion of SFAS, I request reclassification from my present PMOS of ___ to 18B- Weapons; 18C- Engineer; 18D- Medic; 18E- Communications (list in preference order)
1 ___ 2 ___ 3 ___ 4 ___ (All must be listed). My GT Score is: ___. Rank ___
Last Name: ___ First Name: ___ MI: ___ Signature ___
SSN ___ Unit, Post, and Zip Code ___
Duty Phone:() ___ Home Phone:() ___ Beeper/CellPh: ___
E-MAIL ADDRESS _____

****DATA REQUIRED BY THE PRIVACY ACT OF 1974****

AUTHORITY: Title 10, USC 3013; PRINCIPAL PURPOSE: To serve as application for Special Forces Training; ROUTINE USES: To provide a record of the individual's Special Forces application; MANDATORY OR VOLUNTARY DISCLOSURE AND EFFECT ON INDIVIDUAL NOT PROVIDING INFORMATION: Voluntary; failure to disclose requested information will have a negative impact on individual's application for Special Forces training.

Figure 3-2. Sample enlisted volunteer statement

OFFICER APPLICATION CHECKLIST

_____ Volunteer Statement. **See Figure 3-4**

_____ Current ORB with all completed courses or appropriate academic service record or diploma

_____ Security Clearance Verification If not listed on the ORB, get a memorandum from your S-2 stating your level of clearance.

_____ Resume. **See Figure 3-5** for example.

_____ DLAB Results. If you have taken the Defense Language Proficiency Test (DLPT) and scored at least a 1/1 you may submit this in lieu of the DLAB.

_____ Army Physical Fitness Test. The APFT must be administered IAW FM 21-20, 17 -21 age group, within 6 months and verified by your local SF recruiter.

_____ SF physical. DD Form 2808 (Report of Medical Examination) & DD Form 2807-1 (Report of Medical History) Submit a legible copy of your DD Form 2808 and DD Form 2807-1 plus any other supporting documentation The physical is good for 2 years and must carry you through the completion of the SFAS course.

_____ Statement of intent. You must completely fill out the student officer statement of intent to Special Forces training and include it in your packet. **See Figure 3-6** for sample statement.



Figure 3-3. Officer application checklist

DEPARTMENT OF THE ARMY
UNITED STATES ARMY JOHN F. KENNEDY SPECIAL WARFARE CENTER AND SCHOOL
FORT BRAGG, NORTH CAROLINA 28307-5000

AOJK-SP-R

DATE _____

MEMORANDUM FOR Commander USAJFKSWCS, ATTN: AOJK-SP-R, FORT BRAGG, NC 28307-5000

SUBJECT: Special Forces Volunteer Statement (Officer)

1. I hereby volunteer for Special Forces (SF) training under the provisions of AR 614-162. If not already airborne qualified, I volunteer for airborne training and understand that failure to successfully complete airborne training will disqualify me from SF training and duty.
2. I have met all criteria listed in AR 614-162.
3. Have you ever received any Field Grade Article 15's or have ever been convicted by a court martial during your enlistment? Yes _____ No _____, If so, when and what type of disciplinary action?

4. Soldiers that have disciplinary action noted in their official military personnel file **may not apply**. This provision can only be waived by the Commanding General, United States Army Special Warfare Center and School on a case by case basis.
5. I am aware that, if so determined by the appropriate SF commander, I may be declared unsuitable for further SF training. _____ (Initials)
6. Have you ever applied for and/or attended SFAS or the SFQC? Yes _____ No _____.
If so, when? _____. How many times have you attended SFAS? _____
7. Have you attended a Special Forces briefing? Yes _____ No _____. If so, When/where? _____

8. Upon successful completion of SFAS, I request branch transfer from _____ to Special Forces Branch upon graduation from the Special Forces Detachment Officer Qualification Course.

Last Name _____ First Name _____ Rank _____

SSN _____ Year Group _____ Branch _____ Branch Detail _____

Unit, Post, and Zip Code _____

Duty Phone: () _____ Home Phone: () _____ Cell Phone: _____

Home address _____

E-Mail Address _____

Signature _____

****DATA REQUIRED BY THE PRIVACY ACT OF 1974****

AUTHORITY: Title 10, USC 3013; **PRINCIPAL PURPOSE:** To serve as application for Special Forces Training;
ROUTINE USES: To provide a record of the individual's Special Forces application; **MANDATORY OR VOLUNTARY DISCLOSURE AND EFFECT ON INDIVIDUAL NOT PROVIDING INFORMATION:** Voluntary; failure to disclose requested information will have a negative impact on individual's application for Special Forces training.

Figure 3-4. Sample officer volunteer statement

Unit Address	RANK/NAME	HOME ADDRESS
Duty Telephone	SSN	PHONE
DSN / Commercial		

OBJECTIVE: Why SF?

CAREER HIGHLIGHTS: Do not repeat information from ORB. Expound on unique assignments and/or duties.

ENLISTED EXPERIENCE: If applicable.

LANGUAGE TRAINING/PROFICIENCY:

FOREIGN TRAVEL:

ATHLETICS:

EDUCATION:

CURRENT PROJECTS:

HOBBIES/INTERESTS:

KEEP IN MIND THAT THIS IS JUST A SAMPLE FORMAT. USE WHAT IS APPLICABLE TO YOU AND TAILOR ACCORDINGLY.

Figure 3-5. Sample resume format for officer applicants

STUDENT OFFICER STATEMENT OF INTENT TO ATTEND SPECIAL FORCES TRAINING		DATE
LAST NAME – FIRST NAME – MIDDLE NAME (full)		DATE OF BIRTH (MM-DD-YY)
RANK:	BRANCH:	YG:
		CONTACT DATA
		email:
CURRENT UNIT OF ASSIGNMENT		W/ phone:
		H/ phone:
<p>AS A VOLUNTEER FOR SPECIAL FORCES TRAINING, I INCUR AN OBLIGATION TO ATTEND THE SPECIAL FORCES ASSESSMENT AND SELECTION (SFAS) COURSE IF SELECETED BY THE SPECIAL FORCES ACCESSION BOARD. I ACKNOWLEDGE MY OBLIGATION AND WILL ATTEND SFAS AS DIRECTED BY SPECIAL FORCES BRANCH REPRESENTATIVES AT HUMAN RESOURCES COMMAND (HRC) IAW PUBLISHED ORDERS.</p>		
<p>THE STATEMENT I HAVE MADE IN THIS AFFIDAVIT REGARDING MY INTENTION TO ATTEND SFAS IS TRUE AND MAY BE REGARDED AS A BINDING CONTRACT.</p>		
<p style="text-align: center;">_____</p> <p style="text-align: center;">Full and true signature of SF volunteer</p>		
WITNESSED BY		
NAME, RANK, BR OF WITNESS OFFICER		SIGNATURE AND DATE

Figure 3-6. Sample student intent

Chapter 4

Preparatory PT for the SFAS Course

4-1. General. The purpose of this information is to assist prospective SFAS candidates in attaining and maintaining a high state of physical fitness prior to attendance at USAJFKSWCS SFAS Program and subsequently the SFQC.

4-2. USAJFKSWCS preparatory training program. This program is physically and mentally demanding. To accomplish physical-related goals set by SFAS, applicants must be in good physical condition upon arrival at Fort Bragg. Soldiers attending the SFAS Program will perform physical tasks that will require them to climb obstacles (by use of a rope) 20 to 30 feet high, swim while in uniform, and travel great distances cross-country while carrying a rucksack with a minimum of 50 pounds. The SFAS Program requires upper and lower body strength and physical endurance to accomplish daily physical-oriented goals on a continuous basis for 24 days. Below is a recommended 5-week PT program consisting of realistic physical and mental goals relative to physical requirements set by the USAJFKSWCS SFAS committee (if you have time, work out more than 5 weeks prior to arrival).

4-3. Stages of physical fitness. Attaining physical fitness is not an overnight process; the body must go through three stages:

a. The first is the toughening stage, which lasts about 2 weeks. During this time the body goes through a soreness and recovery period. When a muscle with poor blood supply (such as a weak muscle) is exercised, the waste products produced by the exercise collect faster than the blood can remove them. This acid waste builds up in the muscle tissue and irritates the nerve in the muscle fiber causing soreness. As the exercise continues, the body is able to circulate the blood more rapidly through the muscles and remove the waste material, which causes soreness to disappear.

b. The slow improvement stage is second stage in attaining physical fitness. As the body passes through the toughening stage and continues into the slow improvement stage, the volume of blood circulating in the muscle increases and the body functions more efficiently. In the first few weeks the improvement is rapid, but as a higher level of skill and conditioning is reached, the improvement becomes less noticeable. The body reaches its maximum level of performance between 6 and 10 weeks. The intensity of the program and the individual differences account for the variance in time.

c. The sustaining stage is the third stage during which physical fitness is maintained. It is necessary to continue exercising at approximately the same intensity to retain the condition developed.

4-4. Physical workouts. Physical workouts should be conducted a minimum of 4 days a week; work out hard one day, easy the next. A hard and easy workout concept will allow maximum effort for overloading both the muscle groups and cardio respiratory system; it will also prevent injury and stagnation in the program. For example: Monday, Wednesday, and Friday--Hard workouts (over-loading of muscles) (Saturday used for extra long workouts). Sunday, Tuesday,

and Thursday--Easy workouts. This is the time to practice swimming and work on overall fitness; sprints, pull-ups, push-ups, and especially stretching.

a. Prior to each workout, 10 to 15 minutes should be devoted to performing stretching exercises. Additionally, the USAJFKSWCS Surgeon recommends a well-balanced diet be incorporated with this recommended PT program and that daily fluid (water) intake be increased.

b. Week 1. (Only hard workout days are listed here. Make up your own workouts on your "easy" days.)

(1) Day 1: See what you can do. Do the best you can do.

(a) APFT (maximum performance in all events, see what you can do).

(b) One hundred-meter swim (nonstop, any stroke, do not touch the side or bottom of the pool).

(c) Forced march with 30-pound rucksack, 3 miles in 45 minutes (along a road) or 1 hour if cross-country. (Wear well broken-in boots with thick socks.)

(2) Day 2:

(a) Three sets of push-ups (maximum repetitions in one-half minute period).

(b) Three-mile run (moderate 8- to 9-minute mile pace).

(c) Rope climb or three sets of pull-ups (as many as you can do).

(d) Forced march with 30-pound rucksack, 5 miles in 1 hour and 15 minutes (along a road) or 1 hour and 40 minutes (cross-country).

(3) Day 3: Forced march with 30-pound rucksack, 5 miles in 1 hour and 15 minutes (along the road) or 1 hour and 40 minutes (cross-country).

c. Week 2.

(1) Day 1: Repeat of day 3, week 1 (forced march), extend distance to 8 miles with 35-pound rucksack in 2 hours (along a road) or 2 hours and 40 minutes (cross-country).

(2) Day 2:

(a) Three sets of push-ups, pull-ups, sit-ups (maximum repetitions in 35-second period three times).

(b) Run 5 miles (moderate 8- to 9-minute mile pace).

(c) Three sets of squats with 35-pound rucksack (50 each set). Go down only to the point where the upper and lower leg forms a 90-degree bend at knee.

(3) Day 3: Forced march with 35-pound rucksack, 10 miles in 3 hours (along a road) or 4 hours (cross-country).

d. Week 3.

(1) Day 1:

(a) Four sets of push-ups, pull-ups, and sit-ups (maximum repetitions in 40-second period).

(b) Run 4 miles (fast to moderate 7- to 8-minute mile pace.)

(c) Four sets of squats with 40-pound rucksack.

(2) Day 2: Forced march 12 miles with 40-pound rucksack in 4 hours (along a road) or 4 hours and 40 minutes (cross-country).

(3) Day 3:

(a) Four sets of push-ups, sit-ups, pull-ups (maximum repetitions in 45-second period).

(b) Run 6 miles (fast to moderate 7- to 8-minute pace).

(c) Four sets of squats with 40-pound rucksack.

e. Week 4.

(1) Day 1: Forced march 14 miles with 50-pound rucksack in 4 hours (along a road) or 4 hours and 40 minutes (cross-country).

(2) Day 2:

(a) Four sets of push-ups, sit-ups, and pull-ups (maximum repetitions in 1-minute period).

(b) Run 6 miles (fast to moderate 7- to 8-minute mile pace).

(c) Four sets of squats with 50-pound rucksack.

(3) Day 3: Forced march 18 miles with 50-pound rucksack in 4 hours and 45 minutes (along a road) or 6 hours (cross-country).

f. Week 5.

(1) Day 1:

(a) Run 3 miles (fast 6- to 7-minute mile pace).

(b) Five hundred-meter swim (nonstop, any stroke, but not on your back).

(2) Day 2: APFT. You should be able to achieve a score of at least 240 (minimum of 70 points in any one event) in the 17 to 21 year age limit. If not, work out harder.

(3) Day 3: Forced march 18 miles with 50-pound rucksack in 4 hours and 30 minutes (along a road) or 6 hours (cross-country).

4-5. Considerations.

a. For forced marches, select boots that are comfortable and well broken-in (not worn out). Wear lightweight fatigues and thick socks (not newly issued socks). Army issue boots are excellent if fitted properly.

b. Utilize map and compass techniques whenever possible during forced march cross-country workouts.

c. Insoles specifically designed to absorb shock will reduce injuries.

d. Practice proper rucksack marching and walking techniques:

(1) Weight of body must be kept directly over feet, and sole of shoe must be flat on ground taking small steps at a steady pace.

(2) Knees must be locked on every step in order to rest muscles of the legs (especially when going uphill).

(3) When walking cross-country, step over and around obstacles; never step on them.

(4) When traveling up steep slopes, always traverse them; climb in zigzag pattern rather than straight up.

(5) When descending steep slopes, keep the back straight and knees bent to take up shock of each step. Dig in with heels on each step.

(6) Practice walking as fast as you can with rucksack. Do not run with a rucksack. When testing, you may have to trot to maintain time, but try not to do this during training, it may injure you.

(7) A good rucksack pace is accomplished by continuous movement with short breaks (5 minutes) every 6 to 8 miles.

(8) If you cannot ruck march, then do squats with your rucksack. (One hundred repetitions, five times or until muscles fatigue.)

e. On each day (not listed in training program) conduct less strenuous workouts such as biking and short or slow runs. To complement push-up workouts, weight lifting exercises should be included (for development of upper body strength) in easy day workout schedule. Swim as often as you can (500 meters or more).

f. Once a high level of physical fitness is attained, a maintenance workout program should be applied using the hard and easy workout concept. Once in shape, stay in shape. Do not stop this 5-week program. If you have met all the goals, then modify program by increasing distance and weight and decreasing times. Be smart, don't injure yourself.

4-6. Final notes.

a. Do not expect to get “free” time from your unit to work out so you can come to the SFAS Course. The responsibility to get in shape is yours and yours alone. Work out on your own time if that is all you have. If you go to the field, work on strengthening drills: Push-ups, sit-ups, pull-ups, squats (with extra weight) when you can, as often as you can. The mission is to get in shape.

b. Eat things that are good for you and stay away from junk food and fat foods.

c. You need to be in very good shape and able to carry a rucksack day after day for the entire time you are at the SFAS Course. This is an assessment of you. We do not teach or coach you to get through the SFAS Course. You will be challenged.

d. The Army Research Institute (ARI) has been able to closely correlate performance on the APFT and a 4-mile rucksack march with success in the SFAS Course. ARI evaluated the cumulative APFT score (17 to 21 age group standard) with the percent of candidates who started the SFAS Course and who passed the course. The average PT score for the SFAS Course graduates is 250. The average APFT results are depicted below:

<u>APFT Score</u>	<u>Percent Passing Course</u>
229-250	42
251-275	57
276 or higher	78

The higher the APFT score, the better the percent that passed the course. You need to be in top physical condition and you should do well in the SFAS Course.

e. ARI evaluated the ability of SFAS students to perform a 4-mile ruck march in BDU, boots, M-16, load bearing equipment, and a 45-pound rucksack. The overall average 4-mile ruck march time for graduates is 61 minutes. The average results are depicted below:

<u>Ruck march Time (Minutes)</u>	<u>Percent Passing Course</u>
54 and less	81
55-64	63
65-74	34
75-84	10

The less time to complete a 4-mile ruck march, the better the percent who passed the course. The soldiers who prepare for SFAS through PT should succeed at the SFAS Course.

Chapter 5

Reporting Information for the SFAS Course

5-1. General.

a. All incoming applicants will report to Bank Hall, Building D-3915, Corner of Zabitosky Road and Ardennes Street, Fort Bragg, North Carolina, no later than 1200 on the final reporting date (see strip map at fig 5-1). Applicants will have in their possession 10 copies of TDY orders, military I.D., complete packing list items (see table 5-1), medical records (jacket) or a copy of your SFAS physical, and a completely filled out EPSQ, hard copy and digital version.

b. Bank Hall area is located on the corner of Zabitosky Road and Ardennes Street. For more information contact the Bank Hall staff duty at (910) 432-9449. After duty hours, local number is 396-4888 or 7707.

c. In case of an emergency during your TDY at Fort Bragg, North Carolina, your family members are to contact the 1st Special Warfare Training Group (Airborne) HHC at DSN 239-9526 or 6278 or commercial (910) 432-4411. After duty hours, staff duty noncommissioned officer is commercial (910) 396-4888 or 7707.

d. Because your period of TDY at the SFAS Course is so short, there will be no incoming mail.

e. Do not report to Camp Mackall, North Carolina (SFAS Headquarters) for any reason. HHC, 1st Battalion, 1st Special Warfare Training Group (Airborne) will provide transportation.

f. Refer to SFAS strip map, **Figure 5-1** for detailed mapping.

SFAS STRIP MAP

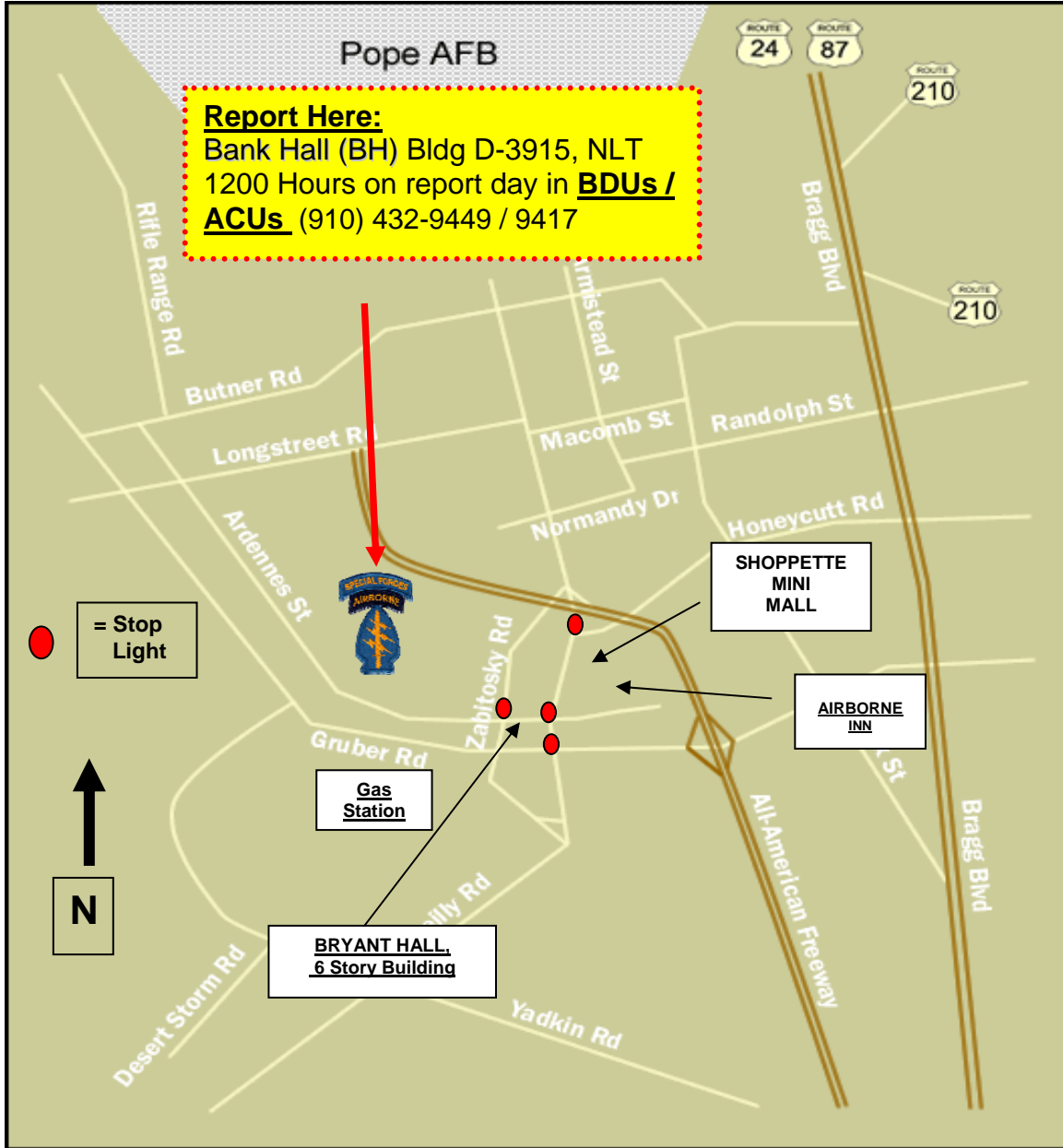


Figure 5 -1. Strip map for SFAS reporting

5-2. Travel information.

a. Travel is authorized in civilian clothing but will not be worn in the training area. You should bring at least \$50.00 minimum but not more than \$100.00.

b. Due to some incidents of lost luggage, it is highly recommended that you carry at least one complete uniform and your medical records on the plane with you.

c. Government rations and quarters will be available during the SFAS Course. Meal cards will be issued during in-processing.

d. Although the SFAS Course is a TDY and return course, the SFQC requires the soldier to make a PCS move. It is to your benefit to begin organizing your personal affairs in preparation of this PCS move.

5-3. Orders for the SFAS Course. Headquarters, United States Army Special Operations Command will publish orders for all SFAS classes and disseminate to all units concerned. The orders will be published approximately 45 days prior to each SFAS class and then weekly or biweekly, as necessary, as soldiers are confirmed for the SFAS Course. Orders are not to be published without official notification from the Special Operations Recruiting Battalion. Soldiers assigned to Fort Bragg are not required to have a DD Form 1610 (Request and Authorization for TDY Travel of DOD Personnel) but will be issued attachment orders.

SFAS PACKING LIST

As of November 2006

- ALL CANDIDATES WILL BE ISSUED TA-50.
- IT IS **NOT AUTHORIZED** TO BRING EXTRA TA-50 TO SFAS.

THE FOLLOWING IS THE REQUIRED ITEMS TO BE BROUGHT TO SFAS. THERE ARE NO EXCEPTIONS AND NO SUBSTITUTIONS.***

- 4 PR BDU'S or ACU'S **SEE NOTE# 2 (MORE THAN 4 SETS IS AUTHORIZED)**, *Minimum*
- 5 EA ARMY ISSUE BROWN T-SHIRTS (**NO COOL MAX**), *Minimum*
- 1 EA ARMY ISSUE GRAY / BLACK PT UNIFORM TO INCLUDE SWEAT TOP AND BOTTOM
- 1 EA ARMY ISSUE BLACK BELT
- 6 PR SOCKS, GREEN OR BLACK ARMY OR CIVILIAN WOOL / COTTON (**NO POLYPRO OR GORTEX**), *Minimum*
- 5 PR ARMY ISSUE BROWN UNDERWEAR, *Minimum*
- 2 EA CAP, BDU PATROL **SEE NOTE# 2**
- 1 PR RUNNING SHOES (**NO BLACK RUNNING SHOES**)
- 2 PR SOCKS, WHITE COTTON, *Minimum*
- 1 EA FIELD JACKET or GORTEX JACKET, BDU WITH LINER **SEE NOTE# 2**
- 2 PR BOOTS, ARMY ISSUE COMBAT, JUNGLE (BLACK or DESERT), ONLY **SEE NOTE# 3**
- 1 PR GLOVES, BLACK LEATHER ARMY ISSUE W/LINERS OR ARMY ISSUE GORTEX GLOVES
- 1 EA CAP, WOOL, BLACK
- 1 EA PILE CAP, BDU **SEE NOTE# 1**
- 1 PR UNDERWEAR, COLD WEATHER (WOOL OR POLYPRO) **SEE NOTE# 1**
- 1 EA PERSONAL HYGIENE ITEMS
- 2 EA TOWELS, *Minimum*
- 1 PR SHOWER SHOES
- 1 EA SEWING KIT
- 3 EA PENS/PENCILS
- 1 EA NOTE BOOK, ONLY ONE PER CANDIDATE (**NO LARGER THAN 4" X 6"**)
- 1 EA SHOE SHINE KIT
- 1 EA LAUNDRY SOAP
- 2 PR EYE GLASSES, IF WORN (**NO CONTACT LENSES**)
- 2 EA WRIST WATCH **NO COMPASS OR ALTIMETER FUNCTIONS**
- 1 EA LAUNDRY BAG
- 1 EA DUFFEL OR KIT BAG (**NO CIVILIAN BAGS**)
- 1 EA CASH, \$50.00 (**DO NOT BRING MORE THAN \$100.00**)
- 1 EA SFAS PHYSICAL TRAINING HANDBOOK, 5 WEEK
- 1 EA PONCHO LINER (**IN CARRY-ON LUGGAGE**)

***EPSQ COMPLETE, HARDCOPY AND DIGITAL
 ***TABE TEST RESULTS, IF APPLICABLE
 ***10 COPIES OF ORDERS

****NOTES****

NOTE# 1 ITEMS ARE REQUIRED FOR CLASSES FROM 15 OCTOBER THROUGH 15 APRIL

NOTE# 2 NO RANK, BRANCH INSIGNIA, BADGES OR CAT EYES ARE AUTHORIZED WHILE IN SFAS

NOTE# 3 NO BOOTS THAT HAVE A SNEAKER STYLE CONSTRUCTION WILL AUTHORIZED FOR WEAR, i.e HIGH TECH, OAKLEY, ADIDAS

SFAS PACKING LIST CONTINUED

THE FOLLOWING ITEMS ARE COMMONLY BROUGHT TO SFAS AND ARE AUTHORIZED FOR USE BY CANDIDATES ATTENDING SFAS: **ANY ITEM THAT IS NOT LISTED BELOW WILL BE CONFISCATED BY SFAS CADRE AND NOT RETURNED:**

CAMELBAK 1 EACH (HIGHLY RECOMMENDED)

BABY WIPES

BLACK ELECTRICAL TAPE

BOOK, 1 PER CANDIDATE ONLY: BIBLE, RANGER HANDBOOK, OR A NOVEL. **NO**

MAGAZINES

BOOT INSOLES AND LACES

BUNGEE CORDS

COTTON TIPPED APPLICATORS

CLOTHES PINS

CURLEX

CRAVATS

FOOT POWDER

GAUZE PADS

HIGHLIGHTERS

PENLIGHTS W/BATTERIES **MUST HAVE RED OR BLUE LENS**

INSECT REPELLENT

LIP BALM

MAP CASES/NOTE BOOK COVERS

MOLESKIN

PACE CORDS

POCKET KNIFE/TOOL 1 PER CANDIDATE. **BLADE LENGTH CANNOT EXCEED 3 INCHES**

SAFETY GLASSES **CLEAR LENSES ONLY**

SAFETY PINS

SCISSORS, SMALL

SECURITY LOCKS

SKIN LOTION

SUN SCREEN

SNNAPLINKS

TOBACCO PRODUCTS

TRASH BAGS

VASELINE

VISINE EYE DROPS

ZIP LOCK BAGS (LARGE AND SMALL)

100 MPH TAPE

550 CORD

****ANYTHING NOT LISTED HERE IS NOT AUTHORIZED FOR USE AT SFAS****

*****NOTE TO ALL SFAS CANDIDATES:** The use of Creatine and products that contain Ephedra during the 30 days prior to attending SFAS is considered a safety hazard. Confirmed use of such supplements maybe cause for non-admittance. Contact your SF recruiter for more information

Chapter 6

Foot Care During Preparatory PT

6-1. Feet.

a. Wash and dry the feet daily if possible.

b. During the winter, spray the feet daily with an aluminum chlorohydrate antiperspirant. Do this two or three times a day for a week and then once a day for the rest of the winter. If fissures or cracks occur in the feet, discontinue spraying until healed and then use less frequently to control sweating. This process will stop approximately 70 percent of the sweating in your feet. Discontinue spraying during the summer months.

c. Massage the feet daily, especially after marching. Use talc or antifungal powder.

d. Keep nails trimmed but not too short. Long nails will wear out socks; short nails don't provide proper support for the ends of the toes.

e. Care of blisters. Clean with beta dine and let dry for 5 minutes. Release fluid from the side of a blister with clean, sterile needle. Gently press the fluid out leaving the surface intact. Make a doughnut of moleskin to go around the blister and apply it to intact skin. Wrap the entire toe or just over the top of the moleskin with a loose wrap of adhesive tape.

f. A good sock is dense enough to prevent abrasion of the foot at areas of high compression. The best type is density woven and does not separate under high compression. They should be uniform in thickness over the entire foot. The best issue sock is the tan/ski mountain sock, 75 percent wool, and 25 percent nylon. The knap should face out away from the foot. The best commercial socks are those which are density woven with a non-cushioned sole and made of wool.

6-2. Socks. Good socks provide a variety of protection.

a. They insulate the foot from cold, heat, and fire.

b. They protect the foot from abrasion by the inside of the boot.

c. They provide cushioning from shock to the soles of the feet.

d. They aid moisture transfer from the skin to the boot surface.

e. They allow for swelling and expansion of the foot during heavy marching.

6-3. Leather care for boots.

a. The old style boot is best waterproofed with oils and waxes. This should be done routinely to reestablish water repellency. Seams and welt are the most important points to cover.

b. The new speed lace combat boot has silicone treated leather and must be waterproofed only with a silicone material. Siliconized leather retains its water vapor permeability and breath ability while being highly waterproof. Use of oils and waxes will destroy the ability of Siliconized boots to remain breathable, waterproofed, and will also compromise the ability to silicone the leather itself. Silicone treated leather does not take a high shine.

6-4. Fitting of boots.

a. There is a boot to fit every size width foot. Great care must be taken to ensure that boots are fitted properly for the planned use of your feet. The boot you mill around in on post is not the best one for road marching. Your foot will lengthen, widen, and generally swell during a march from the load you carry and the pounding that occurs.

b. Correct fitting of boots requires a little time, but the benefits are worth the effort. Each foot should be measured. Don't assume they are both the same size and shape. A thin inner sock and a thick outer sock should be worn during the fitting. A pack with the appropriate weight to be carried should be on your back. Stand on the shoe-sizing device and lean slightly forward with some weight on the ball of your foot. Measure the length and width of each foot two or three times to ensure that you have the proper size information. Your foot will lengthen and widen under load. This sizing process will allow you a large enough boot to accommodate the proper socks and the change in foot size while you march. You compensate for changes in foot volume (swelling) by having two different thicknesses of insole for the boots, a sixteenth and an eighth-inch. When you start to march, use the thick insole; midway you will change to dry socks and also switch to a thinner insole if necessary to accommodate your swollen feet. During the beginning of the march be thinking about your feet. If you feel any slight compression or abrasion of your foot, stop and apply tape or moleskin to the area. Don't wait until you have blisters to care for your feet.

c. This system of foot care works. For years soldiers have had sore, blistered feet after a march. All of the fitness training in the world is worthless if your feet are not fit to carry you into battle and back. Corns, bunions, and blisters are signs of unfit feet. Taking care of your feet is one of the few things you can do to make your life better in the Army. Proper foot care prevents blisters and sore feet, increases march proficiency, protects against trench foot and frostbite, and improves your overall soldiering capability. Do it, you'll like it.

Appendix A

References

**Section I
Related Publications**

AR 40-501

Standards of Medical Fitness.

AR 614-200

Enlisted Assignments and Utilization Management.

**Section II
Related Forms**

DA Form 2A

Personnel Qualification Record, Part I - Enlisted Peacetime.

DA Form 2-1

Personnel Qualification Record - Part II.

DA Form 873

Certificate of Clearance and/or Security Determination.

DA Form 4187

Personnel Action.

DD Form 1610

Request and Authorization for TDY Travel of DOD Personnel.

DD Form 2807-1

Report of Medical History.

DD Form 2808

Report of Medical Examination.

Glossary

ACU

Army Combat Uniform

APFT

Army physical fitness test

ARI

Army Research Institute

BDU

battle dress uniform

BH

Bank Hall

CMF

career management field

DLAB

Defense Language Aptitude Battery

DLPT

Defense Language Proficiency Test

EPSQ

Electronic Personnel Security Questionnaire

ERB

enlisted record brief

FY

fiscal year

MOS

military occupational specialty

ORB

officer record brief

PCS

permanent change of station

PERSCOM

United States Total Army Personnel Command

PT

physical training

SF

Special Forces

SFAS

Special Forces Assessment and Selection

SFDOQC

Special Forces Detachment Officer Qualification Course

SFQC

Special Forces Qualification Course

SORB

Special Operations Recruiting Battalion

TDY

temporary duty

TIS

time in service

TOS

time on station

USAJFKSWCS

United States Army John F. Kennedy Special Warfare Center and School