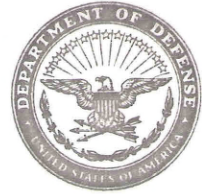


DEPARTMENT OF THE AIR FORCE
71st AEROSPACE RESCUE AND RECOVERY SQUADRON (MAC)
APO SEATTLE 98742



REPL TO CC
ATTN OF:

10 MAR 1977

SUBJECT: Pararescue Mountain Training

TO: 41RWRW/DO

1. Attached is the plan for two mountain training exercises which will be conducted by 71ARRS pararescuemen during the periods of 16 May - 6 Jun 77 and 20 Jun - 13 Jul 77.
2. The personnel who participate will be selected by the NCOIC, DOPJ, based on thier ability in the field, level of physical conditioning, individual desire to participate, and length of retention in the career field. Potential participants will be screened by the 71ARRS/DO/CC and only the most qualified will be selected.
3. Personnel and equipment requirements will come from in-house resources. Outside support will not be required.
4. Potential Hazards - mountaineering at any altitude has potential hazards. The key to a safe mountain training exercise is for all team members to have through understanding of the causes that preceed accidents.

a. During the 1976 climbing searson on Mt McKinley, a total of approximately 850 climbers attempted the peak. Of these 850 there were 21 who required rescue. 98.3% of the individuals who did not require any outside assistance. Reasons that the 1.7% required rescue are as follows:

- (1) Inability to acclimatize to altitude (9 people).
- (2) Frostbit of feet (3 people).
- (3) Falls on technical terrain (2 people).
- (4) Diabetic problems (2 people).
- (5) Avalanche problems (3 people).
- (6) Crevasse falls (2 people).

b. The reasons that 1.7% personnel had these problems are as follows:

(1) Individuals who were airlifted out due to not being able to acclimatize were climbing too high too fast. In all these cases if they had slowed down, the problem would not have existed. We thoroughly understand the problems of acclimatization and will take the necessary time to ensure that the problems are prevented. If at any time a climber feels as though he is having difficulty in acclimatizing, we will cease ascending. We will also have sufficient medical equipment on hand to treat illnesses which could occur while of the mountain.

(2) Frostbite problems were caused by one reason. This reason was inadequate equipment. The parties that received frostbitten feet were all wearing leather boots. All our team members will be using vapor barrier boots. There has NEVER been a recorded case of an individual receiving frostbitten feet on Mt McKinley while wearing vapor barrier boots.

(3) Falls on technical terrain in itself is self-explanatory. This should not prove to be a problem for us because we will not be climbing a technical route.

(4) Diabetic problems - two individuals who were on the mountain last year were diabetics. Their insulin froze and they required evacuation.

(5) Avalanche problems - all avalanche problems last year were on non-standard routes. We will avoid this problem by staying on the standard route. Our intention is to use avalanche beacons during this training.

(6) Crevasses do on occasion present problems. We will try and minimize this problem by using standard accepted glacial travel techniques. Primarily, all team members will stay roped up at all times while traveling on glaciers. All pararescuemen assigned to this unit are thoroughly familiar with self rescue techniques and team rescue techniques.

c. Summary on Safety and Hazards - the following points will enhance safety and minimize hazards.

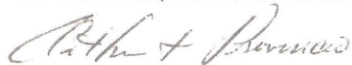
(1) We will have very strong teams. All members of the training exercise know each other well. All are in excellent health and are part of an active physical training program.

(2) Due to our climatic area of operations, we all have a great deal of experience in extreme cold weather operations and mountaineering.

(3) All members of the exercise work well together and have proven this many times in high stress situations.

(4) All members of the exercise are paramedics and have a background in emergency medical care. Special emphasis has been given on altitude illnesses, signs, symptoms, and treatment.

5. Completion of these training exercises will not only give the 71ARRS the ability to operate in all areas of the Alaskan environment, but will provide ARRS with a team that is capable of being mobilized to cover missions in arctic/mountainous environments throughout the world.



ARTHUR T. PROVENCIO, Lt Col, USAF
Commander

1 Atch
Training Program

DEPARTMENT OF THE AIR FORCE
71st AEROSPACE RESCUE AND RECOVERY SQUADRON (MAC)
APO SEATTLE 98742



REPLY TO: DOPJ (SSgt LaPointe)
ATTN OF:

10 MAR 1977

SUBJECT: 1977 Pararescue Mountain Training Plan

TO: NCOIC, DOPJ
CC
IN TURN

1. Enclosed is the plan for the proposed Pararescue mountain training exercise. Approval/Disapproval should not be delayed due to the lead time necessary to organize and coordinate this program. National Park Service regulations require that we submit our completed plan for their review no later than 60 days prior to the beginning of our training in Mt. McKinley Park area.
2. The training area will be Mt. McKinley, Alaska. This area has been selected because it alone provides the environment for our sub-arctic and mountaineering training program. The use of this training area for Pararescue training is not precedent-setting. This area was used by 71ARRS Pararescue personnel for arctic/mountaineering training during Feb 76.
3. Alaskan pararescue operations routinely place our PJs in the harshest environment in the world. A realistic training program which places our pararescuemen in this type environment under controlled circumstances is vital to the continuing safe operation of this team. Also, not be overlooked would be the effect that this type of training would have on the morale of the team. The approval of this project would add both credibility and pride to the 71st Pararescue Team.
4. I urge approval of this training program.

Robert L. LaPointe
ROBERT L. LAPOINTE, SSgt, USAF
Pararescue Mountain Training Section

- 2 Atch
1. Training Plan
2. Equipment List

1st Ind

NCOIC DOPJ

TO: CC

I wholeheartedly concur with SSgt LaPointe's plan. I believe that the team is fully capable of carrying out the training as proposed. Three missions in the past three months have required the type expertise that would be gained by this training. As it stands now, we only have three men who can be relied upon to form the nucleus of a winter mountain search team. The scope of the mission in Alaska requires that we have more well rounded team members available.

John F. Tobey
JOHN F. TOBEY, SMSgt, USAF
NCOIC DOPJ

TRAINING PLAN

DATE OF TRAINING: 16 May thru 06 June 1977
20 June thru 13 July 1977

PERSONNEL: One element per trip (6 men)
SSgt LaPointe will instruct the training.

TRAINING OUTLINE:

- a. Mountain training as required by ARRSR 55-11 to include:
 - (1) Mountain/Glacier walking.
 - (2) Free Climbing/party climbing.
 - (3) Use of anchor and brake systems.
 - (4) Crevasse rescue, Z-pulley system.
 - (5) Route selection.
 - (6) Glacier/ice climbing.
 - (7) Avalanche considerations.
 - (8) Use of jumars, carabiners, ice screws, snow pickets, and related climbing hardware.
- b. Sub-arctic living in an extreme cold weather environment to include:
 - (1) Housekeeping.
 - (2) Field sanitation.
 - (3) Cooking.
- c. Utilization of Pararescue equipment in extreme temperatures.
- d. Construction of snow shelters to include:
 - (1) Snow cave
 - (2) Igloo
 - (3) Snow trench.
- e. Develop an understanding of mountain weather.
- f. Discover the physiological difficulties associated with high altitude climbing/rescue operations.
- g. Conduct mountain rescue training.

EQUIPMENT: Equipment will be off-the-shelf issue pararescue gear. A complete equipment list is located in Atch 2. No purchases of equipment will be made specifically for this trip.

COMMUNICATIONS: Ground-to-air communications will be via PRC-90 radio on 282.8. Ground-to-ground communication will be by Radio Anchorage radio telephone. The pararescue team will call 71st Operations Section each day to report progress. However, these radio telephones are line of sight and will not be operable below 14,000'.

EMERGENCY PROCEDURES:

(1) Emergency communications - Our primary method of emergency communications will be via Radio Anchorage radio telephone. Back-up will be PRC-90. We will attempt contact with any aircraft on 243.0. In the event of no voice contact, we will switch to 243.0 beeper. 243.0 beeper will not be used unless immediate assistance is required.

(2) Illness or Injury - In the event that anyone becomes injured or ill, we will move him to a suitable landing zone for a helicopter pickup. Primary LZs will be at 14,000 feet on the West Buttress Route and at 15,000 feet on the Muldrow Glacier Route. Rescue aircraft will be Army CH46/47 helicopter. These aircraft have repeatedly made successful pickups from the primary LZs mentioned above.

SAFETY - Safety will be the primary consideration during all training. The pararescue team leader/instructor will not allow the team to be placed in a hazardous situation. Ascent rates will be slow to allow for proper acclimatization. Acclimatization stops will be made at 14,300 feet and 17,200 feet. The team will climb to the summit only if it is safe to do so. If at any time an unsafe condition develops, the team will stop ascending until it becomes safe to proceed again or descend as necessary. All team members will thoroughly understand that the training outline listed on page one is our primary mission. A complete ascent of Mt McKinley is only a by-product of this training.

Mt McKinley has several inherent points that increase its value as a safe training area. Among them are:

1. Climber density is high. It is common practice for all parties that are going to be in the area at the same time to effect a reciprocal rescue agreement. The terms of these agreements are that if one team requires assistance, the other team will help.

2. Emergency oxygen, belonging to USAF, is already prepositioned at the 17,200' level on our proposed route. This equipment was airdropped last summer during a rescue mission. After the mission, it was cached and marked for future use.

3. Line-of-sight radio-telephone communications will allow us to phone the 71st ARRS daily while above 14,000'.

4. Helicopter landing zones for emergency evacuations have already been identified on Mt. McKinley. These are at 14,000', 10,000' and 7,000' on the south side of the mountain and at 15,000', 11,000' and 5,500' on the north side of the mountain. All of these sites are accessible to U.S. Army Helicopters during good weather conditions. Army helicopters landed at both the 14,000' and 15,000' LZs during the 1976 season.

5. Numerous 71ARRS pararescue personnel are familiar with the training area. This is due to our conducting field training and actual mountain rescue operations on the mountain. 71st ARRS Pararescue personnel have also been involved in off duty training in the area which has included one complete ascent using both the north and south routes.

DOPS - WETZEL

DEPARTMENT OF THE AIR FORCE
71st AEROSPACE RESCUE AND RECOVERY SQUADRON (MAC)
APO SEATTLE 98742

11 MAY 1977



REPLY TO
ATTN OF: DO

SUBJECT: Pararescue Mountain Training

TO: AAC/CC

1. The following information is provided to keep you abreast of 71ARRS training activities. The attached Pararescue Mountain Training Plan was approved by 41 Rescue and Weather Reconnaissance Wing. The 71ARRS pararescuemen will conduct two mountain training exercises during the periods 16 May - 6 Jun 77 and 20 Jun - 13 Jul 77. The training will be conducted on Mt McKinley, Alaska.

2. The personnel who participate will be selected by the NCOIC, DOPJ, based on their ability in the field, level of physical conditioning, individual desire to participate, and length of retention in the career field. Potential participants will be screened by the 71ARRS/DO/CC and only the most qualified will be selected.

3. Potential Hazards - mountaineering at any altitude has potential hazards. The key to a safe mountain training exercise is for all team members to have thorough understanding of the causes that precede accidents.

a. During the 1976 climbing season on Mt McKinley, a total of approximately 850 climbers attempted the peak. Of these 850 there were 21 who required rescue. 98.3% of the individuals who did not require any outside assistance. Reasons that the 1.7% required rescue are as follows:

- (1) Inability to acclimatize to altitude (9 people).
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(6) Crevasses do on occasion present problems. We will try and minimize this problem by using standard accepted glacial travel techniques. Primarily, all team members will stay roped up at all times while traveling on glaciers. All pararescuemen assigned to this unit are thoroughly familiar with self rescue techniques and team rescue techniques.

c. Summary on Safety and Hazards - the following points will enhance safety and minimize hazards.

(1) We will have very strong teams. All members of the training exercise know each other well. All are in excellent health and are part of an active physical training program.

(2) Due to our climatic area of operations, we all have a great deal of experience in extreme cold weather operations and mountaineering.

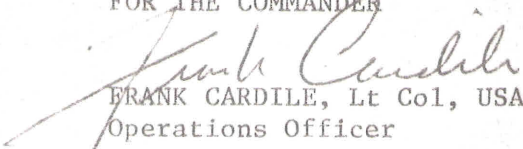
(3) All members of the exercise work well together and have proven this many times in high stress situations.

(4) All members of the exercise are paramedics and have a background in emergency medical care. Special emphasis has been given on altitude illnesses, signs, symptoms, and treatment.

4. Completion of these training exercises will not only give the 71ARRS the ability to operate in all areas of the Alaskan environment, but will provide ARRS with a team that is capable of being mobilized to cover missions in arctic/mountainous environments throughout the world.

5. If you desire additional information, a briefing is available for presentation at your convenience.

FOR THE COMMANDER


FRANK CARDILE, Lt Col, USAF
Operations Officer

1 Atch
Training Plan

DEPARTMENT OF THE AIR FORCE
71st AEROSPACE RESCUE AND RECOVERY SQUADRON (MAC)
APO SEATTLE 98743



REPLY TO DOPJ (SSgt LaPointe)
ATTN OF

10 MAR 1977

SUBJECT 1977 Pararescue Mountain Training Plan

to NCOIC, DOPJ
CC
IN TURN

1. Enclosed is the plan for the proposed Pararescue mountain training exercise. Approval/Disapproval should not be delayed due to the lead time necessary to organize and coordinate this program. National Park Service regulations require that we submit our completed plan for their review no later than 60 days prior to the beginning of our training in Mt. McKinley Park area.
2. The training area will be Mt. McKinley, Alaska. This area has been selected because it alone provides the environment for our sub-arctic and mountaineering training program. The use of this training area for Pararescue training is not precedent-setting. This area was used by 71ARRS Pararescue personnel for arctic/mountaineering training during Feb 76.
3. Alaskan pararescue operations routinely place our PJs in the harshest environment in the world. A realistic training program which places our pararescuemen in this type environment under controlled circumstances is vital to the continuing safe operation of this team. Also, not to be overlooked would be the effect that this type of training would have on the morale of the team. The approval of this project would aid both credibility and pride to the 71st Pararescue Team.
4. I urge approval of this training program.

Robert L. LaPointe

ROBERT L. LAPOINTE, SSgt, USAF
Pararescue Mountain Training Section

- 2 Atch
1. Training Plan
2. Equipment List

1st Ind

NCOIC DOPJ

TO: CC

I wholeheartedly concur with SSgt LaPointe's plan. I believe that the team is fully capable of carrying out the training as proposed. Three missions in the past three months have required the type expertise that would be gained by this training. As it stands now, we only have three men who can be relied upon to form the nucleus of a winter mountain search team. The scope of the mission in Alaska requires that we have more well rounded team members available.

John F. Tobey
JOHN F. TOBEY, SMSgt, USAF
NCOIC DOPJ

ATC #1

TRAINING PLAN

DATE OF TRAINING: 16 May thru 06 June 1977
20 June thru 13 July 1977

PERSONNEL: One element per trip (6 men)
SSgt LaPointe will instruct the training.

TRAINING OUTLINE:

- a. Mountain training as required by ARRSR 55-11 to include:
 - (1) Mountain/Glacier walking.
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EQUIPMENT: Equipment will be off-the-shelf issue pararescue gear. A complete equipment list is located in Atch 2. No purchases of equipment will be made specifically for this trip.

COMMUNICATIONS: Ground-to-air communications will be via PRC-90 radio on 282.8. Ground-to-ground communication will be by Radio Anchorage radio telephone. The pararescue team will call 71st Operations Section each day to report progress. However, these radio telephones are line of sight and will not be operable below 14,000'.

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2. Emergency oxygen, belonging to USAF, is already prepositioned at the 17,200' level on our proposed route. This equipment was airdropped last summer during a rescue mission. After the mission, it was cached and marked for future use.

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5. Numerous 71ARRS pararescue personnel are familiar with the training area. This is due to our conducting field training and actual mountain rescue operations on the mountain. 71st ARRS Pararescue personnel have also been involved in off duty training in the area which has included one complete ascent using both the north and south routes.

1977 MT MCKINLEY TRAINING EXERCISE
EQUIPMENT LIST

BOOTS, VAPOR BARRIER (Bunny Boot)	1 pair per man
CRAMPONS (fitted to boots)	1 pair per man
SNOWSHOES, SHERPA	1 pair per man
STOVE, OPTIMUS 111B	3 ea
ICE AXE	1 per man
SHOVEL, ALUMINUM, GRAIN SCOOP	2 ea
SHOVEL, SMALL (for shaping inside roof of snow caves)	1 ea
WEST BROOM	1 ea
TENT, REI MCKINLEY (modified)	2 ea
SLEEPING BAG, EXPEDITION	1 per man
SLEEPING BAG COVER	1 per man
FOAM PAD, THERMOBAR	1 per man
ROPE, 9mm x 165'	2 ea
SUN GOGGLES	2 pair per man
POT, 2qt. with lid	2 ea
MEDICAL KIT (see atch 1)	1 ea
LONG JOHN BOTTOMS	1 pair per man
PANTS, HEAVY WOOL	1 pair per man
SOCKS, WOOL, HEAVY DUTY	4 pair per man
BALACLAVA, WOOL	2 per man
MITTENS, WOOL OF FIBERFILL	2 pr per man
GLOVES, WOOL OF FIBERFILL	1 pr per man
THERMOS, PLASTIC, UNBREAKABLE, 1 PT CAPACITY	1 per man
SHIRT, WOOL	1 per man
T-SHIRT, COTTON	1 per man
UNDERWEAR, COTTON	1 pair per man
BOOTIES, DOWN OR FIBERFILL	1 pair per man
GAITERS, INSULATED	1 pair per man
EXPEDITION DOWN PARKA	1 per man
EXPEDITION DOWN PANTS	1 pair per man
WIND PANTS & PARKA	1 set per man
RAIN PANTS & PARKA, SIZE LARGE (to be used when digging snow caves)	1 set
QUILTED UNDERWEAR TOP	1 per man
CAMERA & FILM	
WATER CONTAINERS, 1 qt	1 per man
MAP (Washburn)	2 ea
SPOON	1 per man
CUP, LARGE, PLASTIC	1 per man
MATCHES & LIGHTER	
M-13 DAY/NIGHT SMOKE/FLARE	2 ea
MIRROR, SIGNAL	2 ea
RADIO, PRC-90, UHF 243.0 & 282.8	2 ea
TOILET PAPER (each person carry his own)	
URINE BOTTLE, wide mouth	1 per man
SCARF, USAF	1 per man
BOOT REPAIR KIT	1 ea
TOOTHBRUSH	1 per man

CARABINERS, LOCKING D	6 per man
SEAT 7 CHEST HARNESS	1 per man
JUMARS	1 pr per man
CARABINER PULLEY	1 per man
PAPER BACK BOOK	1 per man
DIARY	
MECHANICAL PENCIL	1 per man
CARDS, PLAYING	1 package
VITAMINS (optional)	
FLIGHT OR SILK GLOVES	1 pair per man
SUN HAT	1 per man
SLED, PLASTIC	4 ea
MEDICATED SKIN CREAM, JERGENS, 10 fl oz	1 ea
LABIOSAN (lip lubricant)	1 tube per man
SUN SCREEN OINTMENT	1 tube per man
FOOT POWDER, DESENE, 1.5oz can	1 can
HANKERCHIEF, large	2 per man
ICE SCREWS, 12", tubular	2 per man
SLING ROPE, 7mm x 12'	1 per man
550 CORD	20' per man
EXPEDITION PACK WITH FRAME	1 per man
TRAIL JANDS	350 ea
SNOW PICKETS	
FIXED LINE	
REPAIR KIT small needle nose pliers, rip stop tape, 1 ea	
extra small pack parts, clevis pins, sewing kit	
STUFFSACK, large, nylon, with drawstring	2 extra per man
RADIO TELEPHONE (from Radio Anchorage)	1 ea
KNIFE, picket, Swiss Army, Tinker	1 per man
FUEL BOTTLE, 1 qt, with pour spout	2 ea

1. Pararescue Physical Conditioning & Indoctrination - 3 months of extensive and rigorous running, swimming and calisthenics (test for completion included six mile run and 6000 meter swim).

2. Rescue & Recovery Medical Course - One month of emergency medical care including high altitude illnesses.

3. Graduate of USAF basic and arctic survival schools. Course included emergency snow shelters, arctic living and snow travel.

4. Pararescue advanced mountain rescue course. Course consisted of one week classes and one week in the mountains. Classroom instruction included patient care, mountain evacuations, glacier techniques (travel & rescue), and altitude illnesses. Rock training included 300' rope ascension, 300' high angle litter evacuation, numerous climbs and mountain living.

5. Member of 71st ARRS Pararescue mountain team. In unit training consists of:

- a. Emergency snow shelter construction. Snowcaves, snowtrench and igloo.
- b. Arctic/Mountaineering Medicine including frostbite, altitude illnesses, hypothermia and emergency medical care in a cold weather environment.
- c. Twelve weeks of actual field living every year. We routinely train on Mt. Spurr and in the Mt. Susitna area. Emphasis is placed on the winter months.
- d. Glacier travel and rescue techniques using the Matanuska, Portage, Byron and Eklutna Glaciers.
- e. Organized and continuous physical training.
- f. Patient evacuation off of technical terrain (rock & snow).
- g. Avalanche awareness and rescue techniques.

6. USAF Altitude Chamber - All team members attend the chamber every two years. We are taken to 27,000' and exposed to the effects of high altitude - both with and without oxygen.

7. ALL members of our proposed expedition are employed by the USAF as PARARESCUEMEN. They are on 24 hour recall for the purpose of conducting remote search and rescue operations in areas inaccessible to aircraft. We are responsible for mountain rescue and recovery for USAF and most civilian aircraft in Alaska. All team members are capable of being deployed no notice to most any environment and be self sufficient.

8. All members of our team routinely provide instruction to the civilian community on arctic survival, hypothermia, frostbite, self aid and first aid.

9. All members are USAF PARAMEDICS and are well trained in emergency medical care. Most team members are also rated as civilian Emergency Medical Technicians.

The following team members are in charge of the items listed and giving classes if needed:

Radio procedures - Hickson

Photography - Prouty

Weather - LaPointe

Jumaring - Koester

Medications - Eby

Cold injury - Wetzel

Emergency procedures - LaPoint/Koester

Tentage - individual responsibility

SCHEDULE OF EVENTS

Sat - 13th Food packaging

Sun - 14th Equipment issue

Mon Eve - 15th overview, ^{ISSUE FOOD & GEAR} medical problem, high altitude illness, team run

Tue Eve - 16th weather, illness test, cold injuries, ^{TEAM RUN}

^{WED - APPLICATIONS TO M.P.S.}

Wed Eve - 17th radio class, photography, cold injury and weather test, ^{TEAM RUN}

Thur Eve - 18th scuba jump

Fri - 19th - Portage Glacier ^{DEPART 1200 RTB 2200 (EST.)}

Bring PT gear in at 15:30 and for evening classes.

EQUIPMENT
Cont.

TOOTHBRUSH	1 per man
SHAVING GEAR	per man
COMPASS	1 ea
SNOW PICKETS	6 ea
SNOW FLUKES with 8' 7mm line	1 per man
CARABINERS, LOCKING D	4 per man
SEAT & CHEST HARNESS	1 per man
JUMARS	1 per man
PULLEY	1 per man
PAPER BACK BOOKS	
DIARY	
PENCILS	
REPAIR KIT: WIRE. 550 CORD, small needle nose pliers, rip stop tape, extra small pack parts, sewing gear	

MENU

30 MAN DAYS OF FOOD WILL BE PACKED AND SHIPPED TO THE MOUNTAIN. ESTIMATED TIME TO COMPLETE THE CLIMB IS 20 DAYS. THIS ALLOWS US A 33% FOOD RESERVE FOR UNEXPECTED DELAYS IN RETURNING TO ELMENDORF AIR FORCE BASE.

BREAKFAST # 1

OATMEAL, INSTANT
GRANOLA BAR
HOT COCOA
ORANGE JUICE
~~TEA~~
SUGAR

BREAKFAST # 2

COLD CEREAL with INSTANT MILK
COCOA
GRANOLA BAR
~~TEA~~
ORANGE JUICE
SUGAR

LUNCH

GORP
SALAMI
KOOL-AID
COOKIES

THIS MENU PROVIDES 5,000 CALORIES
PER MAN PER DAY.

TOTAL ESTIMATED COST OF THIS 30
DAY MENU IS \$ 40.00 per MAN
(LURPS NOT INCLUDED IN THIS
ESTIMATE)

SUPPER

LURPS
CUP-A-SOUP
KOOL-AID
~~TEA~~
SUGAR
BANANA NUT BREAD

EVENING SNACK

TEA OR COCOA
COOKIES
CANDY BAR (Below 14,000')

IT SHOULD BE POINTED OUT THAT THIS MENU HAS BEEN TRIED AND PROVEN DURING REPEATED MOUNTAINEERING VENTURES BY THE 71st ARRS. IT IS THE RESULT OF MANY TRIPS AND MANY DIFFERENT MENUS. IT WAS TRIED ON MCKINLEY FOR 10 DAYS AND PROVED TO BE HIGHLY SATISFACTORY.

THE FOOD IS PRE-WEIGHED AND SEPARATED INTO THE NECESSARY MEALS AND THEN PACKAGED INTO 1 MEAL FOR 3 or 4 PERSONS IN A HEAT SEALED PLASTIC BAG. THE BAG IS THEN MARKED AS TO THE TYPE OF MEAL AND WHICH DAY IT SHOULD BE USED ON.

THE MAIN ADVANTAGE OF THIS MENU IS THAT NO MEAL MUST BE COOKED. ALL THAT THE HOT MEALS REQUIRE IS THE ADDITION OF HOT WATER. CLEAN-UP AFTER EACH MEAL IS THEN MINIMAL.

3.

ATCH 1

ATCH 2

PLANTERS	MIXED NUTS	w/ SALT	12 oz	CAN	3 CAN
POTATO STICKS	4.5 oz	BOT & PACKETS			3 BOX
COCA COLA	CLASSIC		12 oz	CAN	12 CANS
LOWREY'S	BEEF JERKY	4.25 oz	CAN	24 STICKS	3 CAN
SMOKE CRAFT	BEEF PEPPERONI	STICKS	5.4 oz	CAN	43 CAN
INSTANT MILK					

MOUNTAIN HOUSE

GRANOLA	w/ MILK & BLUEBERRIES	4.10 oz	PACKET	15
SPAGHETTI	w/ MEAT & SAUCE	3.4 oz		
BEEF STEW		3.35 oz		
CHICKEN STEW		3.6 oz		
RICE & CHICKEN	w/ ONIONS	4.8 oz		
FISHERMAN'S	SEAFOOD CHOWDER	2.9 oz		
BEEF & RICE	w/ GREEN PEPPER & ONION SAUCE	3.8 oz		
STROGANOFF SAUCE	w/ BEEF & NOODLES	3.6 oz		
CHICKEN POLYNESIAN	w/ RICE	3.5 oz		
CHICKEN A LA KING	w/ NOODLES	4.75 oz		
SLICED STRAWBERRIES		0.75 oz		
NOODLES & CHICKEN		3.5 oz		