

**O-0002**  
**CONDUCT INDIVIDUAL REFIT**

**CONDITIONS**

You are a ground team member who has just completed a sortie or has returned home following a mission.

**OJECTIVES**

Correctly identify and explain the steps to be taken to prepare yourself for the next sortie or mission, using the “4 R’s”.

**TRAINING AND EVALUATION**

**Training Outline**

1. The minute a sortie or mission is completed, a team member should prepare for the next sortie or mission. This means taking care of your equipment and yourself. There is a great temptation after a hard day in the field to not worry about your equipment for a while. But on a mission, you must be prepared to leave on another sortie at a moment’s notice. Even when the mission is complete, you may be alerted for another mission within hours -- it happens!

2. As soon as you complete a sortie or mission, perform the following steps, known as the “**4 R’s**”:

**a. REPLENISH**

1) After a sortie, ensure you still have all required equipment. If something is missing, see if a team mate has a spare. If not, inform your team leader. He or she might be able to arrange for you to purchase the item before the next sortie. Also replenish anything you used, especially food and water. Don’t be caught without a meal in your field gear and full canteens. Also check things like flashlight batteries, medical supplies, matches, etc. These items can expire, be used up, or (for medical supplies) be damaged and no longer sterile. Inform your team leader if you need certain supplies replenished.

2) After a mission, purchase any replacements you need.

**b. REPAIR**

1) After a sortie, this means inspecting all your equipment to see what is broken, and making what field repairs you can. This includes repairing rips in clothing, patching holes in ponchos or tents with duct tape, etc. Make the repair now, before you need to use that item. Remove mud from boots, and polish them to maintain water resistance.

2) After a mission, this also means cleaning uniforms and other items. Dirty clothing and sleeping bags do not insulate well. Wet tents can mildew -- set them up and dry them out. Air out your sleeping bag.

**c. REPACK** -- after the above steps, repack your gear so you can move out at a moment’s notice. Don’t be caught with your equipment spread throughout the house (or your tent at mission base) when the call to move occurs.

**d. REST - AFTER** you have prepared your gear for the next mission or sortie, get a well-deserved rest. The next sortie or mission could happen at night.

3. Your team leader may also make you responsible for team equipment. Make sure that equipment gets REPLENISHED, REPAIRED, and REPACKED as well before you REST.

### **Additional Information**

More detailed information on this topic is available in Chapter 2 of the Ground Team Member & Leader Reference Text.

### **Evaluation Preparation**

*Setup:* None

*Brief Student:* Ask the student to describe how he or she would conduct the “4 R’s” of individual refit after a sortie. Then ask how he or she would conduct the “4 R’s” after a mission.

### **Evaluation**

<u>Performance measures</u>	<u>Results</u>	
1. Describes, in order, how to REPLENISH, REPAIR, REPACK and REST after a sortie.	P	F
2. Describes, in order, how to REPLENISH, REPAIR, REPACK and REST after a mission.	P	F

Student must receive a pass on all performance measures to qualify in this task. If the individual fails any measure, show what was done wrong and how to do it correctly.