LDAC Day by Day

11 JANUARY 2012
Day 1 – In Processing

• Travel to
  – Arrival
    • Obtain bags
    • Sign in, tags bags, wait for bus
  – At Barracks
    • Company and Platoon assignment
    • Gear check
      – They check everything!!!
    • Bunk assignment
    • Squad/Platoon time
Day 2 – In Processing

- In processing
  - Obtain folder
  - Verify folder

- Physicals
  - Flight Physical
  - Blood work
  - Blood donations, bone marrow registry

- Height and Weight
  - Standard Scales
Day 3 – In Processing & EO Training

• Urinalysis
  – Chug fluids
  – No bathroom breaks
  – No privacy
  – You don’t go till you go

• EO Training
  – 4-5 classes outdoors
  – Basic diversity training
Day 4 – CIF & Ceremony

• CIF
  – Gear issued
  – Stand in line for hours
  – Very structured
  – Follow directions
  – Do not lean on objects
  – Do not block doors

• Regimental Activation Ceremony
  – Short Ceremony
  – Regiment becomes activated
Day 5 – APFT & Movement to the Field

• Make sure you are prepared before LDAC to pass the PT Test!

• Push Ups are graded very strictly and you will not get an easy grader. Do them right!

• Your run time will be typically faster due to the drop in elevation.

• If you fail, you have to wait to the very end of LDAC to retake.
• Land Navigation Test is not hard if you are prepared!

• Most questions are very simple elementary Land Nav skills, but there are a few Modified Resections etc.

• If you fail this test, it is because you did not take your time or you were not prepared.

• If you need help with Land Nav plotting skills, etc. then get the help before you go.
Day 7 – Land Navigation Test

• Take your time plotting, you have plenty of time.

• Stay Relaxed and stick to your skills.

• Have a plan laid out on paper before you step off for your first point.

• Have a separate scorecard written in your notebook with the lane number, coordinates, and punches.

• Pack accordingly, and dress accordingly, especially with boots.
Day 8 – CBRN & LN Retests

- Do not wear contacts!

- Do not drink too much water before going to CBRN.

- One of the most fun days of LDAC if you pass Land Navigation.

- TAC time following CBRN; most likely will get some extra personal time in the evening.
Day 9 - Rappelling and Confidence Course

- **Rappelling**
  - Road March to the Rappelling Wall
  - Practice Tower, 17 foot Rappel, 37 foot Rappel

- **Mini-FLRC**
  - Helped to build confidence in squad members
  - Builds companionship and Esprit de Corps with SQD

- **Confidence Course**
  - 15x to 20x events
  - RECONDO Obstacles
  - SQD Lane

- **SQD Peer Evaluations**
Day 10 - US Weapons

- Weapons Demonstration with Co.
- Practice Rounds
  - M203
  - AT-4
- Automatic Weapons
  - M249
  - 240B
- Hand Grenade Assault Course
- IED Training
Day 11 - Cultural Awareness

• Five Different Stations
  – Different stations deal with different moral dilemmas
  – Volunteers from each SQD

• SQD Assessments reviewed by PLT TAC’s
Day 12 - FLRC

- From AA, road march to FLRC Obstacles

- Each SQD Member acts as SQD Leader for given obstacle
  - SL recons with Recorder
  - SLs give full OPORD
  - Move to obstacle and complete given task in given time amount (45 minutes to 1 hour)
  - AARs following obstacles
  - Assessment from TAC
  - Movement to next obstacle
Day 13 – First Aid

- Round Robin Training
  - Tactical combat casualty care
  - Calling up a 9-line
  - Transport a casualty
  - Treating for shock
  - Learning how to maintain respiratory function
  - First aid assault course
Day 14 – Maneuver Training

• In the first block of instruction in maneuver at LDAC, cadets learn individual battlefield skills, combat movement techniques and procedures necessary for subsequent tactical training at the squad level.

• Maneuver training is a vehicle to teach and evaluate leadership. It introduces conditions of stress that parallel those found in combat.

• Tactical training introduces new skills, provides performance-oriented reinforcement opportunities and increases the degree of difficulty and sophistication of training events.

• Cadets learn the skills necessary to function in a Tactical Training Area. This building-block approach provides the best opportunity for cadets to learn and for cadre to assess leadership potential.
Day 15 - TTB

• Tactical Training Base: Cadets operate for five days out of a hard site facility between Maneuver Training and Patrolling.

• They learn how to provide security by guarding gates and doing squad-level reconnaissance around the TTB, how to conduct TTB operations, and how they have to prepare for Patrolling.
Days 16 - 20

LDAC And SQD STX!

The best thing you’ll ever forget!
Day 16-20 SQD STX
Know your TAC!

- Talk to your TAC
- Watch how he/she grades others
- Cadre roulette
- Don’t beat yourself up
- Don’t be an oxygen thief!
Day 16- 20 SQD STX

TMK!

• Make it big!
• Combine TMKs
• Be loud (No joke!)
• Make a blow up of the OBJ
• Be Creative
Day 16- 20 SQD STX

Be a SME

- Know the ins and outs of OPORDs, battle drills, movements and be the leader.

- You are competing with alpha males, DO NOT be unseen (but don’t be seen in a bad way!!!)

- Do not be a blue falcon or a “shammer,” and certainly don’t be a spotlight Ranger. Be a team player 100% of the time.
Day 21 & 22 - Patrolling

- You will conduct a set six of missions over two days.
- The SLs, APL, and PL will be evaluated.
- Everyone will get one evaluation.
- The pace is much less demanding than squad STX; most of your time will be pulling security.
- When you finish, congratulate yourself – you’re done with Tactical Training!
Patrol Base OPS

• After completion of day one your COC will establish a PB. (TAC dependent)
• Stay overnight
• Security/Radios
• Cadet led and organized
Day 23 – 10k Ruck March

- You will be bused to the start of the foot-march route, and march to the Forward Operating Base.
- You will be in the FOB all day.
- Security is more relaxed. You will get mail, and may be left alone for most of the afternoon, cadre-dependent.
- Dinner and breakfast will be Hot-A’s.
Supposedly, some people get to sleep in this morning. Expect to be woken up at 0500 for PT, and maybe you’ll be pleasantly surprised.

This is an easy day otherwise. Clean your gear and barracks.

CER counseling starts this night. Your company TAC will call you in individually and counsel you on your evaluation report.
Day 25 – Water Confidence

- The water confidence course is by far the most enjoyable activity of LDAC.
- It tests your courage and your teamwork abilities.
- The water confidence course includes the zip line, beam, zodiac, and raft building.
Day 26 - CIF, Out Processing, Inspector General Survey

• On this day, you turn in all your gear. Make sure you remove tape and tags with your name, otherwise they will send you to the end of the line.

• The survey is fast and easy. This survey is done in order to accurately access your experience at LDAC.
The regimental run is about 4 miles long. It is a slow run so be ready with some running cadences.

You are also given the opportunity to give blood (if you are healthy enough). Individuals are also asked to receive immunizations if they need them. I brought my shot record just in case they needed it.
Branch Orientation is an opportunity for you to learn about the various branches. Make sure you go to as many branch briefs as you can (you might just get transportation).

Graduation rehearsal is long and boring!!!! Drink lots of water!!! There were some cadets that passed out because they didn’t hydrate.
Day 29 - Graduation, Commissioning, Travel

• Graduation occurs around 0800.

• Be sure to get on the bus that you are supposed to get on (they get mad otherwise).

• If you are forced to stay in a holding company, you may visit the PX. Be prepared to be a leader of the holding company.
Evaluations First 13 Days

- Judged and evaluated in garrison
- Nothing special
- Leadership characteristics
- Shows your fellow CDTs who you are
- Questions
CO/XO/1SG Evaluations

• Be on your game

• Talk with people who went before you

• Busy

• Talk with other company

• Use your XO and 1SG
QRF/ECP & TTB

• Plan
  – Meal plan, shower plan, rotation

• Talk with other Company

• Keep It Simple

• Use XO and 1SG
Sex Signals Training

• No “Skookum” love

• Something you have to sit through

• No reason to ruin your career, however rarely will you even feel an urge to do anything but eat and sleep.