

## **DEPLOYING ON AN ASSIGNMENT?**

Some basic advice about what to think about before you leave, and what to take.

Apart from obtaining a brief from your departments on the general task in hand prior to deployment, there are issues that you should address which include:

- Assessment of the area now and how it can unfold
- Research on the area / possible actions from military / local habits / customs and routines
- Risk assessments and analysis
- Personal protection / equipment required
- Duration of deployment
- Accommodation
- Vehicles
- Points of contacts
- Emergency safe places
- Stores available
- Food and water
- Emergency plans
- Evacuation routes and contingencies
- First aid availability
- Travel plans
- Military forces
- Family - do they know where you are going and what you are going to do?
- Does the family know what to do / who to contact in cases of emergency?
- Wills / insurance / monies for family
- Communications

The above list by no means exhaustive but gives you an idea of the issues you should consider.

## **EQUIPMENT CHECK LIST:**

### **BIOLOGICAL & CHEMICAL WARFARE**

Equipment required if deploying to a region where there is a potential threat of biological and chemical warfare should include:

- Respirator (ideally the S10 or new FM10 respirator - British military issue - also has rubber drinking straw attached - for use with water-bottle - see below)
- Chemical suit (smock and trousers - not in camouflage colours if possible - should be vacuumed sealed)
- Boots (rubber over-boots - check they have the laces with them - should be sealed in plastic outer when acquired - you can wear normal footwear inside them)
- Gloves (white inners and black rubber outers - should be in sealed plastic bags)
- Spare canisters (vacuumed sealed in silver foil - ideally require 2 as a minimum)
- Water-bottle (check to ensure it has a top with a self-sealed hole for straw insert from respirator)

### **NBC TRAINING:**

Ensure you know what equipment you are carrying and more importantly, how to use it correctly. For example, do you realise that respirators come in 4 sizes, and you should ensure you have the correct size for your face?

Do you know how to unpack your suit? They come vacuumed sealed

Do you know when to wear your respirator / suit etc? Your state of readiness progresses in stages and equipment should be put on accordingly.

Do you know how to carry out first aid on a casualty in a chemical suit?

Do you know how to change your canister while in a chemical environment?

Do you know and understand the different types of biological and chemical agents?

Do you know how to deal with each one?

What are the signs and symptoms of chemical agents?

Centurion provides 1-day Chemical and Biological Warfare Awareness courses to answer the above. We provide training suits / respirators, etc as part of the course.

### **FOOD & WATER**

Ideally individuals should deploy with a minimum of 48 hours supply of ration-type food. Whether you take tinned, `ready to eat in the bag meals` or dehydrated foods will depend on what region you are deploying to. If for example, you are deploying to the desert regions, you should avoid foodstuffs that require to be re-hydrated, as water may be less easy to come by, and consider instead `ready meals in a bag` (obtainable from most camping shops).

If deploying to arid/desert regions, take as much water as you can carry. Use ex government water bottles - they are robust, can carry a litre of water, and can be packed in places where you never thought they would fit!

If deploying with vehicles, or meeting up with vehicles, then the carriage of food and water should not be too much of a concern. But remember to carry some in your emergency pack / bag, in case you need to leave the vehicle through either an RTA / hostile action / breakdown etc.

### **HEALTH & HYGIENE**

Health and hygiene in areas like the desert regions is a very important issue. With a possible lack of water - washing possibilities become limited not just for your body but also for clothing. This can result in rashes, heat injuries arise like dehydration, heat exhaustion etc.

Ensure you look after yourself and your colleagues.

Ensure your personnel medical and dental check ups are up to date.

Ensure you are adequately fit and in good shape before deploying.

Vaccinations should be up to date for the region (find out well in advance which ones you may need)

### **FIRST AID**

First aid is always high on any list of priorities. Injuries can happen at any time, not just in war zones, and it's important to deal with them effectively and quickly. Small grazes left untreated in climates like desert areas will worsen very quickly if not treated and covered.

Questions you should be asking yourself are:

- Have you got the right amount of first aid equipment?
- Do you know how to use the equipment you are carrying?
- Do you know first aid?
- Blood groups?
- Personnel medication?
- Sun-creams?
- Mosquito repellents?
- Do your colleagues know first aid? If not, why not?

Centurion runs refresher courses if you are already first aid trained - it is advisable to seriously think about adequate training before any possible deployment. We can cover issues relating to the region to which you are heading and include such things as: heat injuries / use of first aid equipment / mine blast injuries / bullet injuries / improvised stretchers and carries etc - whatever is appropriate to the region.

### **CLOTHING & EQUIPMENT**

The region you are deploying to will obviously depict what type of clothing you should be wearing and carrying.

A day-sack is an ideal way of carrying equipment - it can take numerous items and comes in differing litre size offering varying weight. It can also be used in cases of emergencies when you need to carry the bare essentials.

For example, if deploying to a desert region loose fitting and comfortable clothing should be worn. If the clothes become wet they should be able to dry out quickly.

Remember desert regions become very cold at night as well as very hot during the day so therefore a fleece or similar should also be carried.

Some form of hat should be taken - not just to keep the sun off during the day but also at night to keep the heat in.

Boots - you will definitely require a good sturdy walking boot (available from any good camping/outdoor shop). Ideally these should be calf length, either leather / suede or a combination of both. Remember to break the boots in prior to deployment.

Socks - ideally 4 good pairs - loop stitch is recommended and should be calf length to knee length for maximum comfort.

Waterproof top - a good lightweight waterproof top should be carried as well in case of torrential downpour and added warmth at night.

Other items to think about to either carry on your person or place in the day-sack are: compass / small knife / emergency blanket / whistle / GPS - (ensure you know how to use it) / map of area you are in / documents like passport / press card / spare money etc - should all be waterproofed / water sterilisation tablets / high protein energy bars, etc.

#### **PERSONAL PROTECTIVE EQUIPMENT**

If deploying to a potential war-zone, ideally your organisation should provide you with protective equipment such as body armour and a helmet.

Ideally the body armour should be of a `high velocity` type - i.e. has ballistic plates inserted at the front and rear of the jacket. These will stop high velocity rounds such as 7.62mm but with the plates taken out the jacket will stop low velocity rounds such as pistol / fragmentation etc. Remember NO body armour jacket is 100% bullet proof!

The helmet is NOT bullet proof - it is designed to afford protection to the head and neck from fragmentation and blast, and ideally should be worn in association with the jacket.

Jackets may seem heavy, hot, cumbersome, awkward but could possibly save your life - REMEMBER to pack yours!

If in any doubt about what to take for an assignment - please contact Centurion and we`ll be pleased to offer advice.