A PARENTS GUIDE TO SURVIVING

Marine Corps Boot Camp

Words of Encouragement

Well, your "baby" has gone and done it; they have signed up for the U. S. Marine Corps! One minute you're bursting with pride, the next you're bursting with tears as they are about to depart! Time to be tough, future Marine Mom or Dad – your recruit will need to see your strength in the coming weeks and months. Surround yourself with you new mantra . . . "I may LOOK harmless, but I raised a U. S. Marine!"

The following are some tips and information from those of us who have survived the ordeal and now embrace you in your new way of life as the parent of a future Marine.

Most of us read anything we can find about boot camp, the Corps, and what our recruits will be enduring at the Marine Corps Recruit Depots. Talk to other Marine parents, read books, track down other Marines, hang out at the recruiters' office, follow cars with Marine stickers on them. Just do whatever you need to do to keep your sanity EXCEPT:

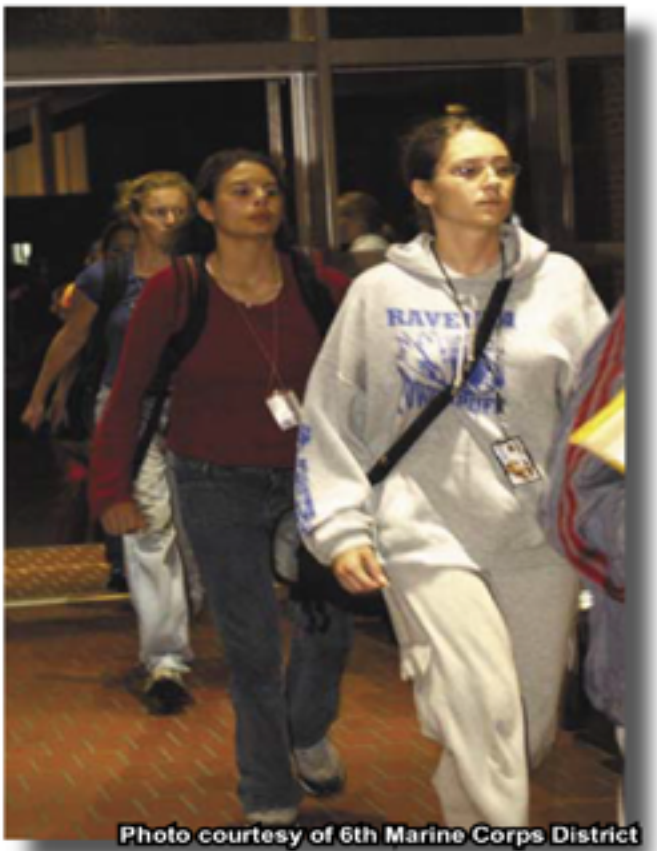

Photo courtesy of 6th Marine Corps District

- Call or write to the DI's (Drill Instructors).
- Park yourself in front of the mailbox- it will be an effort in futility. Sundays recruits may have a few moments when they normally write home, meaning you will usually receive the letter on Thursdays.
- Be afraid to leave the phone for fear you'll miss "The Call." Phone calls don't happen often and never before the third week. They are used as rewards for exemplary conduct.
- Go out and buy lots of top-of-the-line toiletries and underwear. It will be disposed of within the first two hours at MCRD. The Marine Corps policy is to strip them of everything they have and are, and work up from there. The Marine Corps will supply everything including socks, razors, soap and clothes. As soon as they step foot on MCRD property, they cease to be individuals. They will all be treated the same, and they will all have the same possessions.

Now, here are some positive things you CAN do:

- Before your recruit leaves for recruit training, put together self-addressed stamped envelopes, so all they have to do is put the letter in the envelope and send it.
- Also make an address book with

Photo courtesy of Marine Corps Recruit Depot San Diego

important names, addresses and phone numbers. This list should include doctors and dentists in case some medical information is required.

- Be sure to send them off with a farewell letter to read on the plane about how much you love him/her and how proud you are. Include a family picture they can put up in their footlocker.

The day your child leaves for recruit training, they will be officially sworn in and sign on the "dotted line." Family is allowed to attend and take pictures and videotape the ceremony. This is a life-altering event, so take lots of pictures. Your new recruit will be done around noon when it is time to say goodbye. They will then report to the airport to board a plane to MCRD, San Diego or Parris Island, S. C. THEY WILL NOT TAKE ANYTHING WITH THEM BUT PAPERWORK AND THE CLOTHES ON THEIR BACK. No watch, jewelry, books, food or makeup.

They will not arrive until late that night at MCRD (it's all psychological from here) and will not sleep for the next 36 hours. The games have begun ...

The object of the game for the first weeks is to cut the umbilical cord and strip them down to their most basic elements. This isn't summer camp, this is the United States Marine Corps, the drill instructors are VERY good at what they do. It is scary and painful – but it works.

You will probably not hear from your recruit until their third week. You should receive a form letter postcard with the mailing address, which will be sent out the first two weeks after they report to MCRD.

Your mission, from the day the plane pulls out for MCRD until the week of graduation is to WRITE LETTERS! It makes no difference what's in them, as long as they arrive. The only ray of sunshine in the whole miserable experience is MAIL CALL – don't let your recruit down! Talk

about the weather, current events (recruits won't have a clue what's going on in the world), philosophy of life, books, "When I was your age" stuff. Never write your recruit anything that is negative because it will distract them from training.

If you receive a devastating letter from your recruit, take it to another Marine mom, Marine, or a recruiter and read it together. They can tell you what is going on with your recruit. As time goes by the letters WILL become more positive and more motivating. The first three weeks at recruit training are the hardest and it will reflect in their letters. Be patient, encourage them and let them know how proud you are of them.

After about the sixth week you will receive the "I can do this, I'm gonna be a Marine" letters . . . then you will make your plane and lodging reservations. If they make it to this point the only reason they will not graduate on time is injury. Getting hurt is foremost in their minds, especially with the Crucible coming up.

You need to write the "I poured gallons of milk in you, fed you the best food this world has to offer, made sure you got your sleep, vitamins, exercise, inoculations, yada yada – you're in primo shape – there's no way you'll get hurt!" speech. And do a lot of praying.

Besides the Corps itself and their country, there's only one other thing Marines revere: their Mamas. Do not ever lose sight of this fact. By the time your child is standing on the parade ground ready to receive the Eagle, Globe and Anchor and be branded a Marine forever by the very drill instructors they have hated and feared (and then learned to idolize), their Senior Drill Instructor.

SEMPER FI!

Photo courtesy of 12th Marine Corps District

Recruit Mail

During the first two weeks of recruit training, recruits will send home a letter stating they've made it to Marine Corps Recruit Depot San Diego or Parris Island, S. C. and will provide an address for which to receive mail.

Here is an example of what the addresses might look like.

Recruit John E. Doe
1st Recruit Training Battalion
A Company, Platoon 1002
36001 Midway Avenue
San Diego, California 92140

Recruit Jane L. Doe
4th Recruit Training Battalion
N Company, Platoon 4001
Box 14001 MCRD
Parris Island, S. C. 29905-4001

Photo courtesy of Marine Corps Recruit Depot San Diego

EMERGENCIES

If a message is required to notify a recruit of an emergency situation at any time during recruit training, please contact your local Red Cross to have an official message sent to MCRD, San Diego or Parris Island, S. C. In order to process the message quickly, please provide the recruit's name, social security number, company and platoon.

Description of Recruit Training

Marine Corps Recruit Depot, San Diego and MCRD, Parris Island, S. C., are the birthplaces of basically trained Marines. It is here where America's finest young men and women are transformed into Marines. We believe that Marines are forged in a furnace of shared hardship and tough training. This intense experience creates bonds of camaraderie and standards of conduct so strong that Marines will let nothing stand in their way.

Marine Corps recruits are trained not only physically and mentally, but morally as well, which forms the bedrock of any Marine's character.

Honor, Courage and Commitment are the Corps Values that are incorporated into recruit training, which creates Marines who are morally conscious young Americans who are doing their duty to serve this country.

Taking Up The Challenge

It has been said time and time again by former Marines that Marine Corps recruit training was the most difficult thing they ever had to do in their entire lives. In order to train the world's most elite fighting force, it has to be that way.

Upon arrival at the Recruit Depot, a new recruit begins a virtually non-stop journey, the end of which results in the transformation of a civilian into a Marine.

Recruit Receiving

The first stop is Receiving, where new recruits spend the first days of their recruit training experience. Here they receive their first haircut and their initial gear issue, including uniforms, toiletries and letter writing supplies. During this time recruits are given full medical and dental screenings, and take the Initial Strength Test.

Photo courtesy of Marine Corps Recruit Depot San Diego

Forming

Forming begins when recruits are taken to their training companies and "meet" their drill instructors for the first time. During Forming's 3-5 day span, recruits learn the basics of how to march, how to wear their uniform, and how to secure their weapon.

Photo courtesy of Marine Corps Recruit Depot San Diego

Drill

Drill is the basic way in which platoons march and move from place to place. At first, recruits will practice staying in step with the rest of the platoon and the drill instructor. However, as training continues, the platoon becomes a well-oiled machine performing synchronous, complex drill movements.

Physical Training

Physical Training comes in many forms aboard MCRD. Recruit training uses a progressive physical training program, which builds up recruits to Marine Corps standards.

Photo courtesy of Marine Corps Recruit Depot San Diego

Academic Training

Recruits exercise their minds through academic training in subjects ranging from Marine Corps history, Marine customs and courtesies, to basic lifesaving procedures.

Core Values

The Corps' Core Values are Honor, Courage and Commitment. These values make up the bedrock of a Marine's character. During recruit training, recruits are taught these Core Values and numerous others such as integrity, discipline, teamwork, duty and esprit de Corps. Drill instructors, recruit training officers and Navy chaplains teach specific Core Values classes, but drill instructors also talk one-on-one with recruits after training events to see what values were learned and how they affect the recruits.

Marine Corps Martial Arts Program

Our 32nd Commandant, Gen. James L. Jones, envisioned a program to enable every Marine to realize their full potential as a warrior. Drawing upon our rich legacy of leadership and heritage of innovation, the Marine Corps developed the Marine Corps Martial Arts Program.

Photo courtesy of Marine Corps Recruit Depot San Diego

Confidence Course

The Confidence Course is an 11-station obstacle course that helps recruits build confidence as well as upper-body strength.

Combat Water Survival

Combat Water Survival develops confidence in the water. All recruits must pass the minimum requirement level of Combat Water Survival-4, which requires recruits to perform a variety of techniques. If a recruit meets the CWS-4 requirements, they may upgrade to a higher level.

Field Training

Field Training introduces recruits to field living conditions. During field training, recruits will learn basic field skills from setting up a tent to field sanitation and camouflage. During this training recruits go through the gas chamber.

Marksmanship Training

Marksmanship training teaches recruits the fundamentals of

Photo courtesy of 6th Marine Corps District

marksmanship with the M-16A2 service rifle. This training lasts two weeks, the first of which is called Grass Week. During this week, recruits are taught four shooting positions by a Primary Marksmanship Instructor. The PMI shows recruits how to fire, adjust their sights, take into account the effects of the weather, etc. During the second week of marksmanship training, recruits fire a known-distance course with ranges of 200, 300 and 500 yards.

The Crucible

The Crucible is a test every recruit must go through to become a Marine. It tests every recruit physically, mentally and morally and is a defining moment in recruit training. The Crucible takes place over 54-hours and includes food and sleep deprivation and approximately 40 miles of marching. The entire Crucible event pits teams of recruits against a barrage of day and night events requiring every recruit to work together solving problems.

The obstacles they face range from long marches, combat assault courses, problem-solving reaction course, and team-building Warrior Stations.

The Crucible is a rite of passage that, through shared sacrifice, recruits will never forget.

Transition Phase

The last four weeks of training are filled with final requirements such as the Practical Examination, Physical Fitness Test, Battalion Commander's Inspection and Company Drill. This is also the period in which the recruits begin to transition from the role of recruit to Marine. The culmination of this is the presentation of the Eagle, Globe and Anchor, signifying the new Marine's successful completion of recruit training.

Family Day & Graduation

Family Day and Graduation take place on the last two days. Family Day occurs Thursday and gives new Marines a chance to see family and friends for the first time during on-base liberty. Graduation is conducted Friday in a formal ceremony and parade, attended by family and friends.

Photo courtesy of Marine Corps Recruit Depot Parris Island

RECRUIT TRAINING MATRIX

MARINE CORPS RECRUIT DEPOT SAN DIEGO

CREATED BY COMBAT CAMERA MCRD SAN DIEGO, CA

MCRD Parris Island

WK	CO	MON	TUE	WED	THU	FRI	SAT	SUN
PR		RECEIVING	RECEIVING	RECEIVING	P-1 RECEIVING	P-2 FEMALE IST	P-3 MALE IST	F-1 IN HOUSE PROCEDURES STRESS CLASS
1		F-2	FUND OF MCMAP INT GUARD I INT GUARD II T-1	CUSTOMS AND COURTESIES T-2	BAYONET TECHNIQUES FIRST AID I T-3	MC HISTORY I WPNS HANDLING T-4	INTRO TO CORE VALUES M16A2 PREV MNT T-5	H-1
2		PUGIL STICKS I FIRST AID II T-6	UPPER BODY STRIKES MC UNFRMS. T-7	MC HISTORY II TERRORISM AWR. T-8	FIRST AID III THROWS & FALLS T-9	INNOCULATIONS II T-10	FIRST AID IV FIRST AID V T-11	H-2
3		MCMAP UCMJ T-12	COUNTERS TO STRKS. FIRST AID VI T-13	PUGIL STICKS II COUNTER TO CKS. T-14	CONFIDENCE COURSE CORE VALUES T-15	MC LEADERSHIP HISTORY III T-16	3 MI COND. MARCH HISTORY IV HISTORY V T-17	H-3
4		SDI INSPECTION HISTORY VI T-18	INITIAL TRAVEL CORE VALUES T-19	INITIAL DRILL T-20	MCMAP REMED. MCX - 2 T-21	MCMAP TESTING T-22	PUGIL STICKS III T-23	H-4
5		CWS 4 T-24	CWS 3 T-25	CWS 2 T-26	CWS 1 T-27	PFT THRIFT SAVINGS PLAN WRITTEN TEST T-28	3 MI COND. MARCH INM/REMED M16A2 T-29	H-5
6		INTRO TO MRKSMN. T-30	36 - YRD GROUPING T-31	PT / MCMAP ENDURANCE COURSE T-32	GRASS WEEK T-33	T-34	FIELD MEET T-35	H-6
7		TRI FIRE T-36	FIRING WEEK T-37	T-38	T-39	T-40	6 MI COND. MARCH SMALL UNIT LEADERSHIP T-41	H-7
8		TEAM WEEK T-42	T-43	T-44	O2 CLOTHING ISSUE T-45	PT INDV. EFF/ OBSCRS. T-46	10 MI COND. MARCH CLOTHING & EQUIP T-47	H-8
9		FIELD FIRING DAYLIGHT TARGET DETECTION 50 YRD RNG T-48	LIMITED EXPOSURE LOW LIGHT / DARK EXERCISE T-49	RANGE EST EX UNKNOWN DIST EX FIELD PROTECTIVE MASK T-50	FINAL TRAVEL PLT PHOTO T-51	ACADEMIC REVIEW T-52	WRITTEN TEST CONF COURSE II T-53	H-9
10		FINAL DRILL INNOCS III T-54	PRAC AP TESTING DEF DRY COURSE T-55	FINAL PFT LAND NAV. MOUT T-56	DAY / NIGHT IND. MOVEMENT BWT T-57	COMBAT ENDUR COURSE GAS CHAMBER T-58	CO, CMDRS INSPECTION HOT/COLD SOP T-59	H-10
11		DIC O3 CLOTHING T-60	CRUCIBLE T-61	CRUCIBLE T-62	WARRIORS BREAKFAST T-63	ONCE A MARINE ALWAYS A MARINE MARRAGE IN 1ST TERM T-64	CORE VALUES T- 65	RECRUIT LIBERTY H-11
12		ORDER/ID SRB BRIEF PERSONAL EFFECTS T-66	BN CMDRS INSPECTION T-67	FINANCIAL RESP. MARK CLOTH ISSUE T-68	MOTO RUN FAMILY DAY SCI/MCT BRIEF T-69	GRADUATION T-70	OUT POST	

MCRD San Diego Recruit Graduation Week

MCRD San Diego

Thursday and Friday all personal vehicles MUST enter through Gate 4 (Old Town exit off I-5) or Gate 5 (Washington street exit off I-5). Vehicle inspections and ID checks will take place at each gate. All packages, handbags and luggage are subject to search prior to being admitted to the Depot. For quicker entry, please keep those items at a minimum. Leave luggage and other bags at your hotel.

Shuttles from hotels and motels MUST use Gate #5 only. Shuttles will be inspected each time they enter the depot, you should be prepared to show a photo ID when entering. Keep your ID with you at all times. Shuttles will drop guests off at the Depot Museum each day, and pick up guests in front of the Depot Theater.

Due to possible long lines at Gates 4 and 5, it is recommended that you arrive early to the Depot.

While on base casual clothing and comfortable footwear are recommended. Do not forget cameras, film, sun visors, and sunscreen.

Marines in training are not permitted to use tobacco, alcohol products, demonstrate any of the physical training courses and are required to stay in uniform during liberty.

There may be changes in the levels of security alert that may alter scheduled events.

Gates 4 and 5 are open for visitors at 6: 30 a. m.

Do not walk across the Parade deck, please walk around it.

Photo courtesy of Marine Corps Recruit Depot San Diego

Photo courtesy of Marine Corps Recruit Depot San Diego

Thursday at MCRD San Diego

9:00 a. m. - Informational briefing at the Museum Courtyard.

9:30 a. m. - 10:00 a. m. - Motivational Run. A major event in your Recruit's final training days is the "Motivational Run," the final run for the company of recruits. You can observe the company's run at the visitors area near the museum's courtyard.

10:00 a. m. - 10:30 a. m. - Walk to nearby Depot Theater.

10:30 a. m. - 11:15 a. m. - Welcome Orientation in Depot Theater. Includes short movie, LINKS briefing, D.I. Introductions.

11:15 a. m. - 11:30 a. m. - Short walk to reviewing stand.

11:30 a. m. - 12:00 p. m. - Emblem Ceremony.

12:00 p. m. - 5:00 p. m. - Liberty starts.

You may walk around the Depot or take a shuttle. Certain recruit training areas are restricted to visitors. Recruits may not leave the Depot.

Graduating Marines must be in their barracks by 5:00 p. m.

Hotel shuttle pick-up point for Thursday evening is the Depot Theatre (Guests must leave the Depot no later than 5:30 p. m.).

Friday at MCRD San Diego

Morning Colors at Building 31 at 8:00 a. m.
Graduation Ceremony - 10:00 a. m.

Reviewing stands are located on Shepherd Field (Parade Deck) Please be in your seats between 9:30-9:45 a. m. After graduation, you may stay and visit the Depot.

Hotel Shuttle pick-up location is the Depot Theatre. For additional information, please contact MCCS Marketing (619) 725-6400.

NOTE: The recruit depot DOES NOT provide wheelchairs or have them available.

MCRD Parris Island Recruit Graduation Week

MCRD Parris Island

Notice to families of graduating recruits:

In order to be authorized access to the Depot, guests of Family Day and Graduation must have entry/parking placards (base passes) to properly identify their vehicles. Placards (base passes) will be sent to guests and family of recruits by mail. Additional placards (base passes) will be made available at the front gate.

Vehicle operators must possess a valid driver's license, vehicle registration and proof of automobile insurance. Vehicle operators failing to present these items will be denied entry to the Depot. All vehicles coming aboard the Depot are subject to search by military police. Persons other than the invited guests of the graduating Marines who use, or attempt to use, the Battalion Commander's Graduation invitation letter or unauthorized reproductions of it to gain entry to the Depot will be guilty of trespassing aboard a military installation.

New Marines will go on their 10 days of leave immediately after graduation.

For more information, call 1-800-826-7503 or (843) 228-3650

Graduation Information

Recruit training comes to a long-awaited end during the graduation ceremony when new Marines receive their dismissal from Parris Island.

Usually, graduation is held Friday mornings at 9 a.m. on the Depot's Peatross Parade Deck and lasts about 45 minutes. In the event of inclement weather, graduation ceremonies will be held in two or three indoor locations, which will be announced on the morning of graduation at the Visitors Center.

Family Day

Recruits' families and friends are invited to visit Parris Island on Family Day, normally held the day before graduation at 1 p.m. on the Parade Deck. Family and friends will be able to see their new Marines during their liberty. Visitors can also see many displays and demonstrations during this time.

Visitors are requested to stop by the Douglas Visitors Center upon arrival to check in. In order to allow time to identify which recruits have family or visitors waiting to see them, please sign in before 12:30 p.m. on Family Day. Depot bus tours are also available on a first-come, first-

Suggested Reading List

Warrior Culture of the U.S. Marines by Marion F. Sturkey.

Into the Crucible by James B. Woulfe.

Semper Fi edited by Clint Willis (short stories of Marines from boot camp to battle).

Making the Corps by Thomas E. Ricks (good insight into what motivates DI's-and recruits).

Flags of our Fathers by James Bradley.

Fly Boys by James Bradley.

Keeping Faith by John Schaeffer and Frank Schaeffer.

served basis for visitors on Family Day at 9 a.m., 10 a.m. and 11 a.m. The Emblem Ceremony will be held at 1:00 p.m. Recruit liberty begins immediately after the ceremony and ends at 7 p.m.

Morning Colors Ceremony

The Morning Colors Ceremony (flag-raising) with musical accompaniment by the Parris Island Marine Band is held Fridays at 7:45 a.m. in front of Barrow Hall.

How to get to Parris Island

Driving from the north

Take I-95 until you reach South Carolina Exit 33. This will take you to Route 21 South. Take 21 South toward Beaufort and continue to Route 280 (you will pass the Marine Corps Air Station Beaufort along the way). Take a right turn onto 280 shortly after passing the Marine Corps Air Station and continue traveling for approximately 6 miles. Route 280 eventually turns into Route 802. You will see a sign for Parris Island. The off-ramp to Parris Island is on the right side of the road and it will take you to the front gate.

Driving from the South

(Savannah, Ga.):

From I-95, merge onto US-278 E via exit number 8 toward SUN CITY/ BLUFFTON/ BEAUFORT/ HILTON HEAD IS. (approx. 5 miles) Turn LEFT onto SC-141. (almost 4 miles) Turn LEFT onto SC-170 N/ OKATIE HWY. (not even a mile away) Turn RIGHT onto SC-170/ OKATIE HWY. Continue to follow SC-170 N. (about 10 miles) Turn RIGHT onto SAVANNAH HWY/ SC-802 (this turn is tricky to spot and is the first right after the construction zone from the new bridge). Continue to follow SC-802, bearing to the right. (about 4 miles) You will see the off-ramp for Parris Island on your right-hand side and it will take you to the front gate

Airports

The nearest major airport to Parris Island is the Savannah International Airport The next closest airport is the Charleston International Airport. Transportation from these airports is not provided; both airports have rental car agencies.

How to get to San Diego

Driving to the Depot

From North East of San Diego, you will want to get to I-15 and make your way South toward Las Angeles. Stay on I-15 until you get into San Diego. Merge from the I-15 to I-8 West and follow to I-5 South.

From The Pacific Northwest, make your way South to the I-5. Follow all the way into San Diego.

From East of San Diego, follow I-8, I-10 or I-40 West into California. I-8 takes you to the I-5 South merge, I-10 and I-40 will take you to I-15.

The exits in San Diego are Old Town and Washington.

Airports

The nearest major airport is the San Diego International Airport. Depending on your approach, you can look out your window and see MCRD, San Diego.

Boot Camp Do's and

Do – Send letters every day. Number them on the outside on plain white envelopes. Mail is such a lifeline to Recruits.

Do – Keep letter upbeat when you write and encourage them.

Do – Send pictures ONLY if they request them. Remember, ALL will see them.

Do – Encourage others to send letters.

Do – Keep friends & family members updated on your recruit's progress.

Do – Keep yourself busy.

Do – Remember the training your recruit is going through will prepare him/her to be a Marine. It is not Boy Scout Camp.

Do – Research your trip to San Diego or Parris Island. There is plenty of useful advice available through online support groups and web sites that will make the days go by smoothly.

Do – Read as much as you can about the Marine Corps. The more you learn the more you will realize that your son/daughter has chosen the very best.

Do not – Miss graduation. It will be one of the proudest moments of your life.

Photo courtesy of Marine Corps Recruit Depot San Diego

Do Not's

Do not – Send items to your recruit unless asked for. It is parental nature to want to send something…Fight it…Don't.

Do not – Contact his/her commanding officers of any rank directly. If you have questions or concerns, contact the recruiter first.

Do not – Write on the outside of the envelope or put stickers or kiss marks. This may get the recruits some unwanted extra attention.

Do not – Put Marine, PVT, or PFC on the address to your recruit. They are recruits. They are not Marines until they graduate boot camp.

Do not – Stalk the mailman. The letters will come after about 10 days. It will seem like forever but they will come.

Do not – Make your son/daughters ship date too big a deal. It is hard for them to say goodbye and it will be harder if every person in the entire family is there and everyone is crying. Be tough, hug, smile, say goodbye, then go cry your eyes out.

Photo courtesy of Marine Corps Recruit Depot San Diego

Leatherneck Lingo

As you were - disregard my last statement

Aye, aye - a term used by a subordinate to a senior in acknowledgement of an order, signifying that it is understood and will be obeyed.

Bulkhead - a wall.

Cadence - the measure of steps per minute in marching; intonation of the voice.

Carry On - an order to resume previous activity after interruption.

CAX - combined arms exercise; field exercise consisting of ground troops artillery and aviation units.

CG - commanding general

Chain of Command - the succession of commanding officers from a senior to subordinate.

CMC - Commandant of the Marine Corps

Colors - the national flag; a ceremony, which takes place when the flag is raised at 8 a.m. and lowered at sunset.

Cover - uniform headgear.

Deck - the floor.

DI - drill instructor.

Doc - Navy hospital corpsman.

Double Time - to run.

Field Day - a time set aside for scrubbing and general cleaning.

FMF - Fleet Marine Force.

Footlocker - a small storage compartment used to store personal belongings.

Grunt - nickname for an infantryman.

Gunny - a familiar term for the rank of gunnery sergeant.

Hatch - a door.

Head - a bathroom.

Irish Pennant - an untidy loose end of a line; a string on a uniform that is unsightly.

Ladderwell - a stairway.

Liberty - permission to be absent from the ship or station.

MEU - The smallest component of a force in readiness that is deployed in a six month period to handle any contingencies that may arise.

MOS - Military Occupational Specialty.

MREs - Meals Ready to Eat; precooked meals for use in the field.

NCO - non commissioned officer; Marines of the rank corporal and sergeant.

Ooh Rah - Originally a Turkish war cry, now used by Marines as a form of acknowledgement and motivation.

PFT - physical fitness test.

Secure - to leave work, to put something away.

SNCO - staff non commissioned officer; enlisted Marines from the rank of staff sergeant and above.

Squad Bay - open living quarters used during recruit training.

Recruiting Station Denver

Recruiting Sub-Station Contact Numbers

RSS Casper
601 SE Wyoming Blvd, Suite 1338
Casper, WY 82609
307-237-4332

RSS Cheyenne
1400 Dell Range Blvd, Suite 33
Cheyenne WY 82009
307-772-2022

RSS Fort Collins
132 W Troutman Pkwy, Suite E
Fort Collins, CO 80521
970-330-4411

RSS Grand Jxunction
2502 Highway 6 & 50, Suite 600C
Grand Junction, CO 81505
970-243-5071

RSS Metro East
14177 E Exposition Ave
Aurora, CO 80012
303-340-3700

RSS Metro West
7355 W 88th Ave, Suite G
Westminster, CO 80031
303-456-5043

RSS Metro North
3053 Walnut St, Suite AB
Boulder, CO 80303
303-404-0280

RSS Metro South
8996 W Bowles Ave, Suite 5
Littleton, CO 80123
303-972-2259

RSS Parker
11280 Twenty Mile Road, Suite 109
Parker, CO 80134
303-996-6808

RSS Pueblo
4104 Outlook Blvd, Suite 126B
Pueblo, CO 81008
719-545-4581

RSS Rapid City
2200 N Maple Ave, Suite 120B
Rapid City, SD 57701
605-348-2582

RSS Colorado Springs North
5721 N Academy Blvd
Colorado Springs, CO 80918
719-592-9597

RSS Colorado Springs South
750 Citadel Drive East, Suite 3072
Colorado Springs, CO 80909
719-638-1729

Recommended hotels

Hotel Name	Airport shuttle	Shuttle to MCRD	Parking	Pool	Restaurant on site	In-room fridge	Breakfast included	Rates (low season - high season)
Clarion Hotel, San Diego South 700 National City Blvd. National City, CA 91950 Ph: 1-916-474-2800	N	N (Walking distance to San Diego Blue Line and Trolley)	Free	H	Y	Yes (and microwave)	N	$69.00 $99.00
Crowne Plaza San Diego Mission Valley Hotel 2270 Hotel Circle North San Diego, CA 92108 Ph: 1-866-663-4592	N	Y	Free	H	Y	Limited	Full American Breakfast Buffet for two	$125.00
Howard Johnson Express Inn 521 Roosevelt Avenue National City, CA 91950 Ph: 619-474-6517	N	N	Free	Y	N	Y	Continental	$59.00 $149.00
LaQuinta Inn & Suites Mission Bay 4610 De Soto St. San Diego, CA 92109 Ph:858-483-9800	N	. N	Free	Y	N	Y	Hot American Breakfast	$79.00 $199.00
Luv-Surf, LLC 3349 Lamont St. San Diego, CA 92109 Ph: 858-270-9900	N	N	Y	N	N	Y	N	$250.00 $600.00
Old Town Inn 4444 Pacific Highway San Diego, CA 92110 619-260-8024	N	N	Free	H	N	Some room types	Continental	$84.00 $144.00
Porto Vista Hotel 1835 Columbia St. San Diego, CA 92101 1-855-504-8986	Y	Y	$10	N	Y	Y (and microwave)	Complimentary Full Breakfast for two	$109.00 $179.00
Western Inn Old Town 3889 Arista St. San Diego, CA 92110 888-475-2353	N	Y, fee required	$8	N	N	Y (and microwave)	Continental	$79.00