



**GUARD FOR A DAY OPPORTUNITY**



**OREGON ARMY NATIONAL GUARD**  
RECRUITING AND RETENTION COMMAND  
CAMP WITHECOMBE  
15300 SE MINUTEMAN WAY  
CLACKAMAS OR, 97015

Dear Community Member,

**Welcome** to the Oregon Army National Guard Recruit Sustainment Program (RSP)! RSP prepares new soldiers for the successful completion of Initial Active Duty for Training by providing pre-Basic Combat Training familiarization. New recruits are exposed to a mixture of classroom learning and hands on training that allows them to get comfortable with terminology and protocols that are a part of Guard service. The combined efforts of full-time recruiters and RSP staff members ensure soldiers are administratively screened, mentally prepared, and physically fit for the rigors of Basic Training.

In this packet you will find: a Guard For A Day (GFAD) packing list a yearly calendar of RSP drill dates and main training events, an average drill weekend training schedule, and a parental consent form. This form must be filled out, signed by consenting parties and parents, and brought with you in order to attend a RSP drill weekend.

RSP starts bright and early Saturday morning. At 730 am, there will be a bus at the Camp withecombe (15300 se Minuteman way Clackamas OR, 97055) Armory to bring you out to Camp Rilea which is near Warrenton on the Oregon coast. Make sure you are at the armory by 0730 am with all of your gear and GFAD form signed. During your stay with us at RSP, you will be provided with food and lodging at no cost to you. Saturday training usually consists of an Army Physical Fitness Test, classroom time to learn about military life and training, and integrated activities to further expand your knowledge. Sunday will consist of more Physical Training, a bus ride back to Portland to do a walk through of our medical unit and show and tell about what medics and other members of 141 SPT Bn do, then travel back to Camp Withecombe.

We are excited about your interest in the Oregon Army National Guard. Many citizens just like yourself are looking to give back and become a part of something bigger than yourself. In the Oregon Army National Guard you'll serve your community and country with honor and pride. We invite you to visit [www.oregonnationalguard.com](http://www.oregonnationalguard.com) to learn more about the benefits of becoming a member of our team and explore your different options.

If you or your parents have additional questions about RSP and what you're going to be doing feel free to contact me anytime at (503)577-9309 or [adam.d.grigg.mil@mail.mil](mailto:adam.d.grigg.mil@mail.mil) Thank you for your interest.

Adam Grigg  
MSG, ORARNG  
RRC NCOIC



## GFAD Ride Along Packing List

You will need to bring the following items with you in a backpack:

- **SLEEPING BAG**
- **PILLOW**
- **RUNNING SHOES**
- **SECONDARY SHOES (SOMETHING YOU DON'T MIND GETTING DIRTY)**
- **SHORTS (SOMETHING SUITABLE FOR RUNNING)**
- **WARM UPS (HIGHLY RECOMMENDED BUT NOT REQUIRED)**
- **2 PAIRS OF UNDERWEAR**
- **2 T-SHIRTS**
- **2 PAIRS OF LONG PANTS (JEANS, CAMO PANTS, ETC)**
- **3 PAIRS OF SOCKS**
- **JACKET (PREFERABLY WATERPROOF)**
- **SWEATSHIRT**
- **TOOTHBRUSH**
- **TOOTHPASTE**
- **DEODORANT**
- **SHAVING KIT**
- **SOAP/SHAMPOO**
- **TOWEL**
- **SHOWER SHOES (FLIP FLOPS)**



**PROHIBITED ITEMS (DO NOT BRING!): WEAPONS, TOBACCO PRODUCTS, LIGHTERS, FOOD (TO INCLUDE CANDY OR CHEWING GUM)**



## **GFAD DATES FY17**

November 19-20

December 17-18

January 21-22

February 11-12

March 18-19

April 22-23

May 20-21

June 24-25

July 24-25

August 19-20

September 16-17



## Guard for a day TRAINING SCHEDULE

### Saturday

- 0730 – 0745 Arrive Camp Withecombe
- 0800 – 0945 Travel to Camp Rilea
- 0945 – 1015 Check-in issue billets
- 1015 – 1200 Army Physical Fitness Test (APFT)
- 1200 – 1300 Lunch ( provided)
- 1300 – 1700 rappel and obstacle course
- 1700 – 1800 Dinner chow
- 1800 – 2200 training exercises
- 2200 Lights out



- 0530 – 0730 Morning Physical Training (PT)
- 0730 – 0800 Breakfast Chow
- 0800 – 1000 travel to Kleiver Armory
- 1000 – 1230 Military training 141 capabilities
- 1230 – 1300 lunch
- 1300 – 1330 travel to withecombe
- 1330 released

Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

# Guard For A Day (GFAD)

## Acknowledge of Risk, Permission, and Release of Liability

I \_\_\_\_\_, who was born \_\_\_\_\_  
(Print your name) (Print date of birth)

expressly consent my participation in Guard for a Day on \_\_\_\_\_. I understand  
(Date of GFAD)

that these activities will include becoming familiar with the Oregon National Guard, its jobs, equipment and benefits. Activities include, but are not limited to, riding in military vehicles and learning basic soldier skills, such as marksmanship, Physical Training and sports-oriented games.

Now, therefore, in consideration of my participation in these activities, I further agree and understand that all my risks of personal injury and loss or damage of property in my custody or possession which shall in any manner arise from military equipment or apparatus of any kind whatsoever, or by any accident, however it may occur or be caused, arising out of the above granted permission ins assumed by the undersigned. This waiver does not limit the right of the undersigned to seek compensation through the exercise of State or Federal Law or Regulation as may apply.

I further agree to release and forever discharge for myself, the United States of America, the State of Oregon, the Oregon National Guard, from all claims, demands, actions, or causes of action on account of injury or loss or damage of property which may occur from any cause during the period of the above granted permission

If I am unable to communicate I authorize the representative of the Oregon Army National Guard to make any emergency medical decisions concerning my health on my behalf.

Adult/Parent/Guardian \_\_\_\_\_ Phone \_\_\_\_\_

In case of emergency call \_\_\_\_\_ Phone \_\_\_\_\_

Home Address \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Adult/Parent/Guardian Signature

\_\_\_\_\_  
(Date Signed)

OR

\_\_\_\_\_  
Participant Signature (if over 18 years of age)

\_\_\_\_\_  
(Date Signed)