



COMMANDO TRAINING CENTER ROYAL MARINES CADET COURSES INFORMATION



ADULT INSTRUCTORS/SUPERVISORS – INSTRUCTIONS:

CTCRM is the home of the Royal Marines and is the centre for all training within the Corps. As well as the hundreds of recruits that undergo training at CTCRM each year, the training centre also plays a pivotal role in the further development and training of Royal Marines, such as command courses and specialist training courses. CTCRM also conducts training for visiting foreign forces, hosting high profile visits for outside agencies and VIPs.

Travel:

You are appointed to attend a course, which will be held at CTCRM Lympstone, Exmouth, Devon, EX8 5AR. Candidates travelling by train should take the Exmouth train from Exeter St David's, alighting at CTCRM (Commando Halt). Be aware that this service no longer automatically stops at CTCRM; therefore, you must request the train to halt by speaking to a member of the train staff. Candidates travelling by road should leave the M5 motorway at junction 30, taking the Exmouth bound A376 for approximately 6 miles, CTCRM situated on the right hand side shortly after passing the village of Exton.

Joining details:

You are to liaise with the course instructor or the SRMO to establish what time you are to report to CTCRM. The students will generally join between 1500-2000h on the Sunday. You will only be secured and free to leave once the Course Officer or SRMO has acknowledged that all students/Cadets have left the Camp.

Uniform/clothing:

Your uniform and other clothing requirements are:

IMMACULATE CS95 is required for the entire course. Field kit is also required for field lessons and exercises. Civilian clothing will also be required while living in the Sergeant's Mess at CTCRM. Sports kit of any nature is **NOT ALLOWED IN THE DINING HALL. This includes Track Suits.** Clean, tidy trousers may be worn with a clean, ironed shirt or polo shirt. Footwear must be clean, NO TRAINERS. Stationary will not be provided by CTCRM.

CS95 Pattern

2 x Trousers

2 x Shirts

2 x Combat Jackets

Belt Green

Beret Blue (Bronze Cap Badge)

2 x Boots Combat (serviceable) (pair)

3 x T-Shirts (green)

4 x Socks (green/black)

JWH or Norgi shirt

CEMO (Complete Equipment Marching Order)

Smart civilian clothes

Personal underwear/washing kit

Swimming Gear

Trainers

Padlock

Flip Flops

Watch

Sleeping bag (service type)

CEFO (Complete Equipment Fighting Order)

Course fees:

The Course fee for **ALL Marine Cadet Adult Instructors/Supervisors** is now **£4.00 per day, which will cover your Mess Fee and Meals.** This is to be paid by Cheque (to the Marine Society and Sea Cadets) with the Course application. **Applications submitted without payment will be returned by post and could result in you not being allocated a place.**

Mobile Phones:

There are ample BT phones on camp, however if you do bring a mobile phone with you, it must be locked away during instructional hours – Required for Instructors.

Security:

All personal and issued equipment must be securely stored when you are not in your accommodation. The SCC and the Royal Marines will accept no responsibility for the loss or theft of your kit if you fail to comply with this instruction

Conduct / behaviour on camp:

CTCRM is the Training Centre of the Royal Marines and a high standard of bearing, turnout and conduct is expected of you whilst you are here. Royal Marines Cadets are renowned for their discipline, good character and leadership qualities. All candidates are therefore reminded to uphold the standards that come with wearing the RM cap badge. You are privileged to be a guest of CTCRM and therefore you are to act accordingly. Do not let yourself down and more importantly do not let your parent unit down.

Pay and Travel:

Remuneration will be awarded refer HQTM 141/07 and paid direct into your bank account within four to six weeks. If you have travelled by your own transport, a claim may be made for expenses incurred using the T17 system.

CONTENTS OF A COMBAT JACKET/SMOCK

Your Combat Jacket/Smock is an essential part of your field kit and must be kept up together as much as your webbing (CEFO)

Field Dressing Lighter Small Torch and spare batteries Small First Aid Kit Cam Cream Whistle Clasp Knife/Multi Tool (see HQTM 134/07) Notebook Pens/Pencils Gloves Bush Hat	All contents must be water proofed in plastic bags This is a guide to essential requirements. If you want to carry extra items then you may but remember; Extra Items = Extra weight.
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COMBAT EQUIPMENT FIGHTING ORDER (CEFO)

ALL CANDIDATES Waterbottle Mug KFS Sandbag Hexi Burner (issued on course) Mess Tins Waterproof Bags Brillo Pad Hexi Fuel (issued on course) Rations (issued on course)	Nothing is to be carried in magazine pouches other than magazines or ammunition. Magazines or ammunition are not to be carried anywhere else. All contents must be water proofed in plastic bags This is a guide to essential requirements. No Combat Vests or Chest Webbing.
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Combat Equipment Marching Order (CEMO)**ALL CANDIDATES**

LEFT SIDE POUCH	BERGAN	RIGHT SIDE POUCH
Side Pouch Norgi Shirt JHW Towel Kit Wash Roll & Towel Boot Cleaning Kit	Bergan Roll Mat Sleeping Bag in Bivi Bag Fleece/Warm Midlayer Trainers T-Shirt Spare Combat 95's Thermal Top Socks Underwear Thermal Bottoms	Side Pouch Rations (issued on course) 30m of Green String Pegs Bungee's Poncho Spare Waterbottle Waterproof Trousers Waterproof Jacket

All contents must be water proofed in plastic bags

This is a guide to essential requirements.