



UNITED STATES MARINE CORPS
11TH MARINES
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3502
S-3

JAN 29 2021

REGIMENTAL ORDER 3502

From: Commanding Officer
To: Distribution List

Subj: 11TH MARINE REGIMENT HIKE AND CONDITIONING PROGRAM

Ref: (a) MCO 1553.3 Unit Training Management
(b) NAVMC 3500.7C Artillery Training and Readiness Manual
(c) MCO 3501.E Marine Corps Combat Readiness Evaluation
(d) CAMPENO 3500.1 MCI-W Camp Pendleton Range and Training Standard Operating Procedure
(e) CCO 3500.4L Marine Air Ground Task Force Training Command, MCAGCC Range, Training Area, and Airspace Program
(f) RegtO 3501.1F Marine Corps Combat Readiness Evaluation
(g) RegtO 3500 Long-Range Training Plan
(h) ATP 3-21.18 (FM 21-18) Foot Marches (dated 17 April 2017)

Encl: (1) MCCS-COND-1003 Conduct A Forced March

1. Situation. A conditioning hike is any foot march that covers three or more miles and is used to build physical and mental endurance as well as unit cohesion. This order is to provide comprehensive and effective guidance to all units in the 11th Marine Regiment. The goal of the conditioning hike program is to build the physical and mental endurance of the Marines and Sailors of the Regiment and to ensure that any deploying unit is capable of operating at the highest standard.

2. Cancellation. Regimental Order 3500 dtd May 2018.

3. Mission. Upon receipt of this order, all 11th Marine units aboard MCB Camp Pendleton and MCAGCC Twentynine Palms will provide appropriate training, education, and leadership of personnel in order to ensure the implementation of safe and realistic hike conditioning programs.

4. Execution

a. Commander's Intent. Hikes must be conducted regularly and executed incrementally in order to gain maximum benefit. Safety must remain a primary concern for all conditioning hikes, and commanders will ensure strict compliance with all directives. Deploying units will execute a conditioning hike program that occurs on a monthly basis over a four-month period as part of their pre-deployment work-up. Units not in the work-up cycle, including all headquarters batteries, will maintain at the minimum one conditioning hike per quarter.

b. Concept of Operations

(1) Conditioning

(a) Hikes will be progressive in nature, increasing not only in distance, but also combat load. Increases in distance will not exceed three miles per month and the combat load will not exceed 70 lbs.

(b) Hikes will follow a format of fifty minutes of hiking followed by ten minutes of rest. The ten minutes will not begin until all personnel have come to a halt.

(c) At no time will units march on roads that are highly trafficked and/or have a speed limit greater than 25 MPH (e.g. Las Pulgas Road).

Subj: 11TH MARINE REGIMENT HIKE AND CONDITIONING PROGRAM

(2) MCCRE

(a) Per references (b), (c) and (f) utilizing enclosure (1), units will incorporate execution of MCCS-COND-1003 "Conduct a forced march" into the MCCRE.

(b) Forced march will be integrated as part of the MCCRE, but may be executed as a stand-alone event. Design of the integration shall be directed by the HHQ.

(c) Utilizing the METLs and training plan, commanders must develop a corresponding evaluation plan. The evaluation plan will contain all E-coded T7R events and all supporting 6000 level and above, as outlined by the unit's METL.

(d) The Marine Corps Training Information Management System (MCTIMS) Unit Training Management (UTM) Modules will be used to generate the training tasks that support the training plan and the Performance Evaluation Check List (PECL). Document the evaluation using the PECL and record in MCTIMS.

(3) Conduct of a Hike

(a) Preparation

1. Ensure that all planned hikes are annotated in MCTIMS per reference (a) and battalion Training and Exercise Employment Plans (TEEP) per reference (g).

2. Input hike route overlays, gear list, and risk management (RM) worksheet into MCTIMS seven days in advance of a hike. Once complete, notify the Regimental Operations Section via email or telephone.

3. Submit hike route overlays to the Range Scheduling Office at least seven days in advance of a hike per references (d) and (e).

4. Ensure all personnel receive adequate sustenance prior to a hike. In the event that conditioning hikes are scheduled during hours that messing facilities are not operational, units will provide their personnel Meals Ready to Eat (MREs) or similar field rations. Supplements (fruit, snack bars, etc.) must be provided for hikes distancing 12 miles or greater.

5. Two days prior to any hike, monitor hydration to ensure that all personnel are drinking the required amount of water.

6. Ensure accountability of all personnel and weapons before stepping off on hike.

(b) Hike Execution

1. Ensure personnel are physically ready for the hike before the unit steps off.

2. Ensure that hike rates do not exceed speed as prescribed in ref (h).

3. Provide a two-minute gear adjustment period in the first ten minutes of the hike.

4. Employ advance guards approximately fifty meters in front of the lead unit and a rear guard approximately fifty meters behind the trail unit. Guards always wear reflective safety vests or belts and carry flashlights during periods of reduced visibility.

5. In addition to advance and rear guards, employ road guards throughout the hike formation to ensure maximum visibility by passing motorists. These additional road guards also wear reflective/belts and carry flashlights during periods of reduced visibility. When crossing roads, road guards and safety vehicles are to be deployed to ensure early warning and control traffic.

6. Ensure that stragglers are not physically pushed or pulled to encourage them to finish the hike. All stragglers who become hike drops are placed in a safety vehicle. A straggler is defined as any Marine who falls fifty meters out of formation. Once dropped from a hike and placed in the safety vehicle, a Marine may only be allowed

Subj: 11TH MARINE REGIMENT HIKE AND CONDITIONING PROGRAM

to assume the hike if his core temperature is deemed to be within normal standards by the Corpsman and the unit leader approves the Marine to rejoin the hike during the next rest period. Marines rejoining a hike after being dropped may have the prescribed hike load adjusted by the unit leader.

7. Ensure that increases in distance do not exceed three miles per consecutive hike.

(c) Hike Consolidation

1. Ensure all personnel and gear are accounted for upon completion of each hike.

2. Ensure leadership and Corpsmen inspect their units for signs and symptoms of heat injuries, dehydration, and/or musculoskeletal injuries before Marines are secured from the hike event.

c. Tasks

(1) Commanding Officers, 1st, 2d, 3d, 5th Battalion, and HQ Battery Regiment

(a) Ensure that hike rates do not exceed 3.2 miles per hour (MPH).

(b) Ensure all personnel and serialized gear are accounted for at the beginning and end of each hike.

(c) Ensure no Marines are physically pushed or pulled to encourage them to complete the hike. Safety vehicle will be utilized to collect hike drops, and they will be properly counseled at the conclusion of the hike.

(d) Ensure subordinate leaders comply with all references when planning and executing hikes.

(2) Range Safety Officer. Properly report casualties through range control and ensure casualty-reporting procedures are adhered to as directed in references (d) and (e).

d. Coordinating Instructions

(1) All personnel will be accounted for at the beginning of the hike, each rest period, and upon completion of the hike.

(2) All gear will be accounted for at the beginning and end of each hike, at a minimum. Unit leaders are encouraged to verify gear accountability at each rest period.

(3) Units conducting foot marches will ensure that adequate corpsman support is available (at least two corpsmen per battery).

(4) Sufficient numbers of government safety vehicles will be on hand to conduct a casualty evacuation while simultaneously providing safety vehicles for personnel continuing on the hike.

(5) For battalion hikes, at least one vehicle with working air conditioning and communication assets is designated as a medical evacuation (MEDEVAC) vehicle, and is equipped with at least two ice chests with ice, six tarps, six bed sheets, two intravenous saline bags per ten Marines training, six full water cans, and poleless litters.

(6) MEDEVAC vehicle drivers are briefed on the most direct route(s) to the Regimental Aid Station (RAS) and installation hospital, have maps of the routes, and communication capabilities.

(7) Report hike start, completion, number of heat cases (if any), and all personnel and gear accounted to the Regimental Operations Section and that that proper procedures for casualty reporting are adhered to for all personnel evacuated from the training event.

(8) In anticipation of possible aerial medevac, ensure your unit is capable of marking a landing zone during day and low light conditions.

Subj: 11TH MARINE REGIMENT HIKE AND CONDITIONING PROGRAM

(9) Commanders are highly encouraged to hike during the coolest times of the day. Hikes of ten miles or greater are recommended to begin after sunset and complete prior to sunrise from May through September or during high heat index conditions.

(10) Confirmation Briefs. Prior to the conduct of the conditioning hike, OIC and RSO of the hiking unit will brief the Commanding Officer of the parent unit on the scheme of maneuver for the event.

(11) Units will maintain ice as a capability to cool down body core temperature during a heat case incident. Enough ice will be on hand to fill a large cooler.

5. Administration and Logistics

a. Administration. Units are responsible to maintain accountability at all times and report completion to their immediate higher headquarters.

b. Logistics. Units requiring additional support outside their own capabilities are required to submit their request to the Regiment via a logistics support request and confirmed at the Operations/Non-Operations Synchronization meeting at least ten working days prior to execution of the conditioning hike.

6. Command and Signal

a. Command. This order is applicable to the 11th Marine Regiment.

b. Signal

(1) At a minimum, ensure radio communication is maintained between the front, the rear elements of the formation, safety/straggler vehicles, and with the ground MEDEVAC vehicles.

(2) Maintain radio communication requirements with Range Control (LONGRIFLE/BEARMAT) in accordance with reference (d) and (e).



D. I. SKUCE

Distribution List:
HQ Battery, Regiment
1st Battalion, 11th Marines
2d Battalion, 11th Marines
3d Battalion, 11th Marines
5th Battalion, 11th Marines