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“Victory Loves the Prepared”

Light Foot Civil Defense Corps **New Recruit Guide**

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Welcome to the North Carolina Light Foot Civil Defense Corps!

We are a group of American Patriots who believe in the U.S. Constitution and are dedicated to protecting this Nation, our State, our families and our communities. If you believe as we do, and wish to join us in our mission, we welcome you.

1. The Light Foot Mission

Our mission is to create and maintain civil defense and emergency relief measures in case of attack against our communities or our Constitution, or in the event of natural or man-made disasters. We want to ensure that our citizens are empowered with a comprehensive understanding of reasonable preparedness strategies and techniques through the promotion of a self-reliant, pro-active approach to protecting themselves, their families and their communities.

We are looking for dedicated like-minded individuals who are willing to put forth the effort to better prepare themselves for the future, and to build a strong group of Patriots to defend our State, our Nation and the American Constitution.

We take training seriously and hold regular field training exercises (FTX)

If you are interested, please send us an email at 12thffnclightfoot@gmail.com

2. About Us

Legal Background

Under North Carolina Law nearly all adult citizens of the state are members-in-waiting of the unorganized militia to be called up by the Governor in case of need. The state organized militia is the National Guard. LFCDC is not a militia unless we are called up by the Governor as part of the unorganized militia. See North Carolina laws G.S. 127A-16 and G.S. 127A-17; G.S. 127A-87; G.S. 127A-151

How We Perform Our Mission

As an organization we do not engage in political acts or public political demonstrations. G.S. 14-277.2. As an organization we are non-partisan and membership is open to all citizens of North Carolina. Persons that are known to have felony convictions may not be permitted to join. As a private organization we reserve the right to be selective in membership based on the needs of our organization.

We believe in the constitutional rights of all citizens to engage in civil defense and lawfully protect their families and their communities. [FN1]

We believe that we must be prepared to render emergency relief and first aid.

We believe in the First Amendment that protects freedom of speech and the right to peaceably assemble, but we do not condone non-expressive conduct or speech that is plainly likely to incite violence, or assembling for criminal purposes.

We believe in the right to keep and bear arms in defense of our Constitution and in self-defense and defense of others. We engage in firearms training but we train in firearm safety and self-defense and lawful use of firearms in accordance with North Carolina's Castle Doctrine under GS 14-51.3 and the state and federal Constitutions. [FN2] We encourage all members to get training in firearms use and safety.

Footnotes

1. See the definition of civil defense at:
<https://www.merriam-webster.com/dictionary/civil%20defense>

2. N.C.G.S.A. § 14-51.3

§ 14-51.3. Use of force in defense of person; relief from criminal or civil liability

(a) A person is justified in using force, except deadly force, against another when and to the extent that the person reasonably believes that the conduct is necessary to defend himself or

herself or another against the other's imminent use of unlawful force. However, a person is justified in the use of deadly force and does not have a duty to retreat in any place he or she has the lawful right to be if either of the following applies:

(1) He or she reasonably believes that such force is necessary to prevent imminent death or great bodily harm to himself or herself or another.

(2) Under the circumstances permitted pursuant to G.S. 14-51.2.

(b) A person who uses force as permitted by this section is justified in using such force and is immune from civil or criminal liability for the use of such force, unless the person against whom force was used is a law enforcement officer or bail bondsman who was lawfully acting in the performance of his or her official duties and the officer or bail bondsman identified himself or herself in accordance with any applicable law or the person using force knew or reasonably should have known that the person was a law enforcement officer or bail bondsman in the lawful performance of his or her official duties.

Credits

Added by S.L. 2011-268, § 1, eff. Dec. 1, 2011.

3. Training

We assemble to learn the following:

1. First aid
2. Disaster preparedness and relief
3. Survival techniques
4. Preparation for hostile attack, sabotage, or natural disaster
5. To learn about our rights as citizens and to be familiar with the US and North Carolina Constitutions and laws.
6. Emergency communications
7. Firearms safety and proper use of firearms and firearms laws
8. Self-defense and defense of others

Many of our members are former military, and/or EMTs, health care providers or firefighters and other first responders who have received extensive training and who train us.

4. Membership

Membership is open to all lawful citizens of a state, ages 18 and up. There shall be no discrimination due to race, sex, or national origin. We do have a junior membership for those under the age of 18.

Membership is voluntary.

All prospective members shall be required to give their name, date of birth, address, contact information, next of kin and general information detailing prior military or first responder experience or medical training and/or other such skills as may be utilized.

All such information shall be kept private under all circumstances and destroyed in the event of crisis. It shall be used for no other purpose than the internal business of the unit.

Upon application, recruits will be interviewed by either the Chief Executive Officer (CEO), the Chief Operations officer (COO), the Chief Intelligence Officer (CIO) or any Assistant Executive Officer (AEO). If any of the above officers decide that the person may be a candidate, he or she will be placed in the Recruit Chat to be interviewed by other members who will provide their confidential feedback to the officer who placed the person in the Recruit Chat. This process will take no longer than a month. Recruits may be asked to consent to a criminal background check. Evidence of rehabilitation will be considered.

The final decision to offer membership will be made by a recruitment committee appointed by the Chief Executive Officer (CEO). If the person is accepted as a recruit, they will receive a sponsor who will guide them through the early stages of membership. All full members of Light Foot are expected to serve as sponsors if asked.

All recruits are required to meet with the Chief Executive Officer (CEO) or Chief Operations officer (COO) or Chief Intelligence Officer (CIO) or an Assistant Executive Officer (AEO) and attend an event within 90 days. A person will be a recruit for 6 months and will be required to obtain an Individual First Aid Kit (IFAK) and to attend at least two local Field Training Exercises and one state Field Training Exercise. (FTX)

If you have experience you feel would benefit others, please step up and ask to be considered for a leadership position. After consideration by your teammates, they will hold a vote and, if accepted, you will be given a rank suitable to your talents. If you do not have any beneficial experience or do not wish to lead, then you must agree to accept the instructions of those above you.

Periodic assemblies, and meetings are necessary and shall be called to achieve the overall goals of each unit. Regular monthly meetings shall be conducted in each county. Members must discipline themselves to schedule and set aside time each month for assembly for such purposes as field training exercises. Members will be notified of such dates, times, and places of all meetings.

Probationary

In order to advance to full member status, all probationary members are required to

1. Maintain all requirements of a recruit
2. Maintain a fully stocked 24-hour pack
3. Participate in an additional qualifying State or Local event, such as an FTX.
4. Acquire an Individual First Aid Kit (IFAK)
5. Meet the State qualifications on their Primary and Secondary armaments
 - a. Rifle Qualification - 8 out of 10 rounds in an 8-inch diameter target at 25 yards
 - b. Pistol Qualification - 8 out of 10 rounds in an 8-inch diameter target at 10 yards

A final decision to admit the person as a full member after completing all requirements will be by vote of all members. If accepted, the recruit will receive a "Light Foot Patch" and will be required to take an Oath. [FN1]

Membership Dues

All regular members shall be required to pay monthly dues to the amount of \$20.00 per month or \$240 per year.

Payment shall be required by FTX of that month. Payments shall be paid by any means deemed appropriate by the State Treasurer as stated prior to the due date of that month.

To prevent membership deterrent, there shall be a probationary period before dues are collected from new members. No member will be required to pay dues until reporting to their second FTX. After their first payment, they shall be expected to continue making monthly dues payments as a regular member.

An individual member's dues may be waived, in the event of a personal and/or financial hardship on a monthly/quarterly basis. Petition shall be made with the member's the chain of command prior to the next due date, so that proper determination be made as to whether or not a dues waiver is warranted

Reduction Due to Inactivity

Any Light Foot member may be reduced to probationary status for inactivity and/or absenteeism of official Light Foot events. Missing four events in a row without official authorization shall constitute sufficient inactivity for reduction. Members of a special team will be removed from that team and any in leadership positions will lose that position. They will be eligible to return only after returning to full member status.

Oaths

Enlisted personnel -

"I, _____ (state your name), do solemnly swear that I will support and defend the Constitution of the State of North Carolina and the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; and that I will obey the orders of the leaders appointed over me. So, help me God."

Officers -

"I, _____ (state your name), having been elected by my peers and a Executive Staff member in the LFMAG, do solemnly swear that I will support and defend the Constitution of the State of (your state) and the Constitution of the united States against all enemies, foreign or domestic, that I will bear true faith and allegiance to the same; that I take this obligation freely, without any mental reservations or purpose of evasion; and that I will well and faithfully discharge the duties of the office upon which I am about to enter. So, help me God."

5. Organizational Structure

All officers are voted on by the members below them. This is not the military. Our members cannot be threatened with court martial to make them obey orders. They must trust and respect those who wish to lead them.

Light Foot Rank Structure	
Rank	Military Equivalent
Crew Member	Private
Crew leader	Private 1st Class
Team Leader	Corporal
Squad leader	Sergeant
Unit Leader	Lieutenant
2nd Executive Officer	Captain
1st Executive Officer	Major
Executive Officer	Colonel

Light Foot Executive Staff		
Position	Rank	Military Equivalent
Chief Executive Officer (CEO)	Executive Officer	CO
Chief Operations Officer (COO)	1st Executive Officer	XO
Communications Officer (COMO)	2nd Executive Officer	S6
Intelligence Officer (CIO)	2nd Executive Officer	S2
Training Officer (TO)	2nd Executive Officer	S3
Supply Officer (SO)	2nd Executive Officer	S4
Firearms Maintenance Officer (FMO)	2nd Executive Officer	S4 (Logistics)
Chaplin	1st Executive Officer	Chaplin

Basic Light Foot Unit					
Element	Military Equivalent	Comprise	Led By (Rank)	Military Equivalent	Total # Personnel
Crew	Fire Team	4 Team Members	Crew Leader	Pvt 1st Class	4 (x3 Crew+CL)
Team	Squad	x2 Crews	Team Leader	Corporal	9 (x2 Crews+TL)
Squad	Platoon	x3 Teams	Squad Leader	Sergeant**	28(x3 Teams+SL)
Unit	Company	x3 Squads	Unit Leader	Lieutenant**	85 (x3 Squads+UL)

***In a typical Army Unit, a Platoon size element is typically commanded by a Lieutenant. However, due to our significantly smaller size, lower ranks are given larger leadership roles over more personnel.*

6. Personal Equipment

Each member will be issued an itemized list of certain personal which he must procure and maintain. This equipment is necessary to the performance of his duties, personal sustenance, and hygiene; and shall be maintained, packed and ready, for deployment at all times. A 20 minute, or shorter, departure capability is strongly recommended.

Each member shall bring with them enough food rations and water and shelter to sustain them during meetings, training, and field training exercises (FTX).

IFAK's

All members must acquire Individual First Aid Kits (IFAKs). IFAKS must be brought to all Field Training Exercises where they will be subject to inspection. Since we may engage in firearms training this is for individual safety in case of injury

All IFAKs must contain the following:

1. Two Israeli bandages
2. NPA with lube packet - NPA is a soft, flexible, uncuffed tube placed through the nasal passages so that the distal tip rests in the nasopharynx.
3. Medical examination gloves
4. Medical tape
5. Compression gauze in a zfold.
6. A CAT Tourniquet
7. Trauma scissors
8. Indelible black marker
9. Emergency blanket
10. Sutures - not required
11. Gauze squares
12. Chest decompression needle
13. Eye first aid kit - not required
14. Compression wrap
15. Tactical Combat Casualty Care (TCCC) cards

24-Hour Pack

The 24-Hour Pack is specifically designed to carry with you at all times. It should contain only the bare essentials that an individual needs to sustain them for a 24-hour period until they are able to reach their 72-hour pack. Pack only what you NEED. The items in your 24 never really change.

1. 100 feet of paracord
2. 25 feet of 1-inch tubular webbing
3. One days' worth of survival food
4. Compass
5. Monocle or small binoculars
6. Multitool
7. Weapons cleaning kit
8. First aid kit
9. Water filtration
10. Spare batteries
11. Flashlight
12. Poncho
13. Water containment/camelback
14. Food and water.

Rifle

Should be semi-auto and be of a common caliber e.g., 7.62x39, .223/556, .308 win.

Sidearm

If you choose a secondary weapon, it should be of a major caliber: 9mm, .40 S&W, or .45 acp for semi-autos, and .38sp1/.357mag for revolvers are going to be the most common. Be sure to choose a reliable handgun with a well-established reputation.

Boots

Be good to your feet and they will be good to you. Uncle Sam spends millions of dollars to figure out what boot is best for his soldiers. Having said that, any boot worn by our combat troops will be more than sufficient. Go get a good pair of boots, and don't skimp.

Water

Without it you're dead in 3 days. It is that simple. You absolutely must have water purification tablets. Plus, you'll need something to carry it in. USGI canteens can be had for less than \$20 each, they hold 1 quart, and you can normally fit two canteen pouches on your LBE along with all of your other gear (and they have a neat little pocket on the pouch made especially for the little water purification pill bottle). Two-quart canteens can also be carried or attached to your pack with Alice clips. There are also hydration packs available (Camel Backs). These can be had in a variety of capacities.

Shelter

Tent and/or sleeping bag. Some may opt to sleep under the stars and save the weight, but if you are in a harsh climate a tent will keep you from getting baked (it can be used as a lean-to during the day to provide shade) or during the long cold winters, a decent sleeping bag will keep you from getting frostbite or hypothermia. To conserve weight in your ruck, two men can share a sleeping bag (sleeping in shifts). Also, military issue "pup tents" can be split between soldiers (each carries one shelter half w/ poles).

Food

You should have at least a 3-day supply in your 72-hour pack. MREs are expensive, but they will last a long time. You can save space by breaking open the MRE and tightly wrapping the contents into a smaller package. But keep the heavy plastic bag. It has a multitude of uses (including as a dressing for a sucking chest wound). Canned food is cheaper, but heavier than an MRE. Another option is Coast guard survival rations. A three-day supply of food is about the size of one MRE, but they have nowhere near the calorie content. They taste like a sugar cookie, and you need about a quart of water to wash down one ration, but they will keep you alive.

Uniform

We recommend sturdy hunting or military style camouflaged clothing.

Knife

This should be of the fixed blade variety, not a folder. A 5 inch blade seems to be the unspoken standard. The USMC issued K-BAR fills this requirement and is relatively inexpensive.

Compass

Preferably the lensatic, military style with some manner of luminous dial. Along with a compass you should have topographical maps of your area of operations and surrounding areas, and a copy of the "Map Reading and Land Navigation" Army field manual.

Entrenching Tool

An E-Tool, if you don't know, is a shovel. They are available at any camping store or military surplus outlet. Some have said, "If you buy from a military surplus store, opt for the more current tri-folder, versus the WWII style with the wooden handle. The tri-folders are more compact and lighter." The tri-folds are more compact and have that nice handle for digging.

Flashlight

Any size or style just make sure that it has a second red colored lens to use at night in tactical situations (reading a map), under a poncho, of course. Remember, even a red lens covered flashlight lights up like a Christmas Tree in Night Vision Goggles.

Cold/Wet Weather Gear

For the cold, you'll want to be sure you have some decent thermal layers to wear under your uniform, along with a good pair of wool or polypro socks to keep your feet warm and dry. For wet weather, you'll need a poncho, preferably two (one in your ruck and one under your butt-pack with a poncho liner). If you have the money, you may want to look at the Gortex parka and pant sets.

Hygiene Gear

You have to keep clean, otherwise you are going to come down with nasty diseases and infection; soap, razors, shaving creme, toothpaste, toothbrush, etc. These are not optional things that are nice to have on hand, they are essential pieces of gear that you absolutely must have in order to fulfill the mission.

Helpful hint: Take a roll of TP, pull out the cardboard tube, then flatten and stuff into a ziplock sandwich bag. Dispense by pulling tissue from the center of the roll.

Additional Gear - (Get this as your budget allows)

Helmet

A compact first responder or military style Kevlar or steel pot, is worth its weight in gold. Get one. (FYI. the Kevlar helmet will better protect your head but you can't use it as a shaving/wash basin).

30 Day Food Supply

Hopefully you will have a base of operations, because there is no way you are going to be able to carry a 30-day food supply on your back. Same as the 3-day supply for your 72-hour kit, it should be nonperishable, nothing that requires refrigeration.

Binoculars

You need a good set of Binoculars. Stieners are probably the best you can get, but you can get a decent set of 10 x50's from the "Big Box" or similar stores for less than \$60.

Body Armor

Body armor is worth its weight in gold for obvious reasons. Unfortunately, it weighs about as much, too. So, there's a trade-off. (Protection vs. mobility)

GPS

GPS (Global Positioning System) is a piece of electronic gear that uses satellites to triangulate your position on the Earth. Since it is electronic, it is not foolproof, and does not replace your compass and topo maps.

Water Filtration System

If you are pulling your water from a river and not your kitchen spigot, you need some way to get all of the unknown nasties out of it.

Night Vision Equipment

If you decide to buy night vision equipment, be it goggles, or rifle scopes, don't skimp. Be sure to get 3rd generation technology. 1st generation plain is not good, 2nd isn't much better, but 3rd generation actually works.

Spare Rifle/Pistol Parts

You never know when something in the field is going to fail, and out in the field there's no gunsmith to rely on for parts! So always carry spare parts for your weapons.

Standard Uniform

We recommend the Multi-Cam or OCP camo pattern fatigues as the official uniform. The ACU or BDU pattern fatigues are acceptable for all training events unless specified otherwise by your superiors.

Weapons and Ammunition

Each member is required to provide and maintain his own weapons, stocks of ammunition and disaster/medical deployment gear. Members are required to remain proficient in the maintenance and safe and legal operation of their weapon as well as a cleaning kit and spare parts.

Final Note

Only in self-defense, hunting, sport shooting or during properly supervised training sessions will a member discharge his weapons. All members are expected to abide by all Constitutional state firearms regulations. In addition, the Firearms Maintenance Officer (FMO) will develop firing range safety protocols to insure safe operation of firearms.