

HEAVY HINTS

for

LIGHT PACKS

A Guide for Using the Individual Load Carrying
Equipment



Department of the Army
Office of The Quartermaster General
Washington 25, D. C.

HEAVY

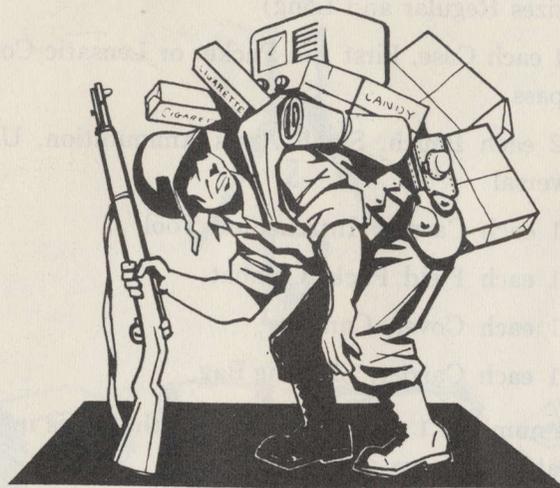
for *Hints*
LIGHT
Packs



DEPARTMENT
OF THE ARMY
OFFICE OF THE
QUARTERMASTER
GENERAL

A GUIDE
FOR USING THE
INDIVIDUAL
LOAD CARRYING
EQUIPMENT

1. The inexperienced soldier tends to load himself down with unnecessary items of clothing, food, equipment, and knickknacks.



DON'T MAKE THIS MISTAKE . . .

KEEP YOUR LOAD LIGHT

Your individual load carrying equipment is made up of the following items:

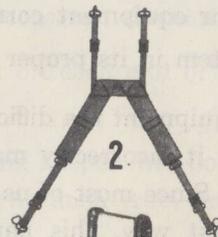
1. 1 each Belt, Pistol (two sizes Regular and Large)
2. 1 each Suspenders, Field Pack, Combat (two sizes Regular and Long)
3. 1 each Case, First Aid Packet or Lensatic Compass
4. 2 each Pouch, Small Arms Ammunition, Universal
5. 1 each Carrier, Intrenching Tool
6. 1 each Field Pack, Combat
7. 1 each Cover, Canteen
8. 1 each Carrier, Sleeping Bag

The numbers 1 to 8 above identify the items in the illustration on page 3.

COMPONENTS OF LOAD CARRYING EQUIPMENT



1



2



3



4



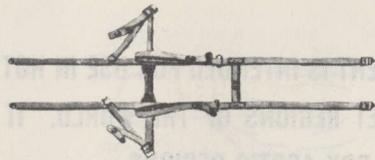
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6



7



8

Your individual load carrying equipment has been designed for *your* needs. Everything that must be carried has its place in or is attached to your load carrying equipment, and the most important items are the most easily reached.

1. Know your equipment well.
2. Assemble your equipment correctly.
3. Keep every item in its proper place.

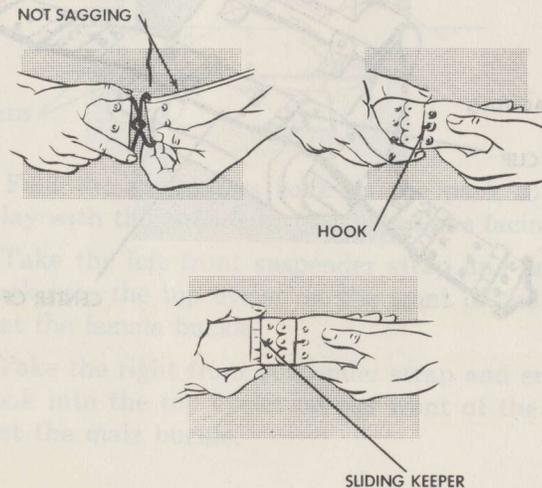
Carrying your equipment is a difficult enough job in itself, but to carry it incorrectly makes the job just that much harder. Since most of us like to do things the easiest and best way, this pamphlet has been written to help you do just that — carry your equipment in the easiest and best manner.

THIS EQUIPMENT IS INTENDED FOR USE IN HOT, TEMPERATE AND COLD-WET REGIONS OF THE WORLD. IT IS NOT FOR USE IN COLD-DRY ARCTIC REGIONS.

ASSEMBLY OF YOUR LOAD CARRYING EQUIPMENT

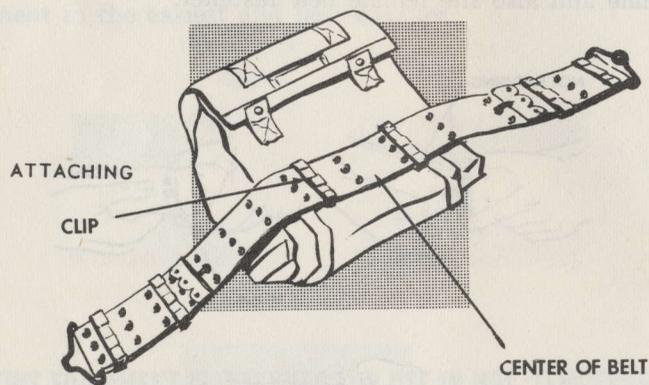
1. Adjust Pistol Belt

- a. Unfasten hook on each end of belt from the center eyelet in which it is engaged and shorten or lengthen belt so that it fits around the waist just loose enough as to not constrict the clothing.
- b. Fasten hook on each end of belt into nearest center eyelet.
- c. Move a sliding keeper into position close to each hook to prevent the hook from unfastening.
- d. Move a sliding keeper into position close to the male and also the female belt fastener.



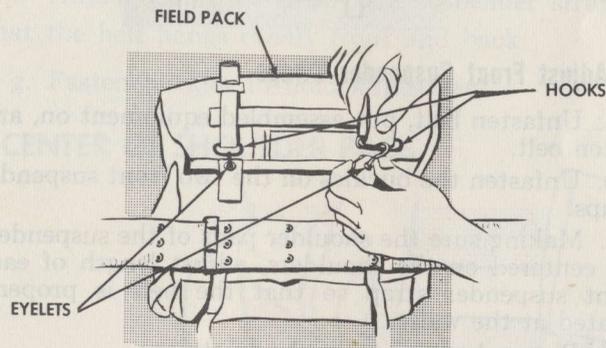
2. Attach Field Pack to Pistol Belt

- a. Lay the pack out flat with the back facing you, flap to the top, and the two attaching clips in an open position.
- b. Lay the belt out flat with the back facing you and the male belt fastener to your right.
- c. Locate the center of the belt and then insert the belt into the two open attaching clips of the pack so that the center of the belt matches the center of the pack.
- d. Close the two attaching clips of the pack.



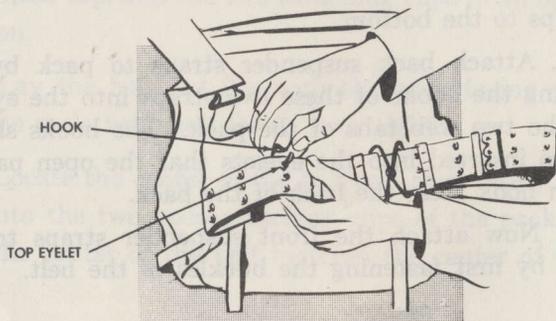
3. Attach Suspenders to Field Pack and Pistol Belt

- a. Lay the suspenders out flat, above the pack, with the inside facing you and the back suspender straps to the bottom.
- b. Attach back suspender straps to pack by engaging the hooks of these two straps into the eyelets of the two web tabs of the pack. The hooks should be so inserted into the eyelets that the open part of each hook faces the back of the pack.
- c. Now attach the front suspender straps to the belt by first fastening the buckles of the belt.



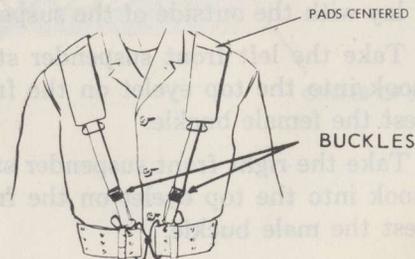
- d. Fold the suspenders back on the pack so that they lay with the outside of the suspenders facing up.
- e. Take the left front suspender strap and engage its hook into the top eyelet on the front of the belt, nearest the female buckle.
- f. Take the right front suspender strap and engage its hook into the top eyelet on the front of the belt, nearest the male buckle.

g. Hooks should be so inserted into the eyelets that the open part of each hook is to the front of the belt and the loops are located to the side, away from the belt fasteners.



4. Adjust Front Suspender Straps

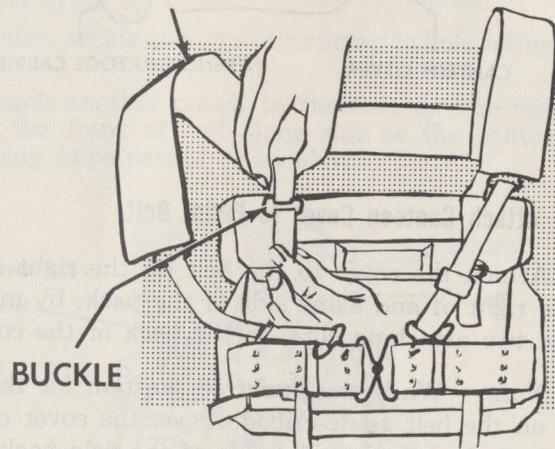
- Unfasten belt, put assembled equipment on, and fasten belt.
- Unfasten the buckles on the two front suspender straps.
- Making sure the shoulder pads of the suspenders are centered on the shoulders, adjust length of each front suspender strap so that the belt is properly located at the waist.
- Fasten buckles to hold adjustment.



5. Adjust Back Suspender Straps

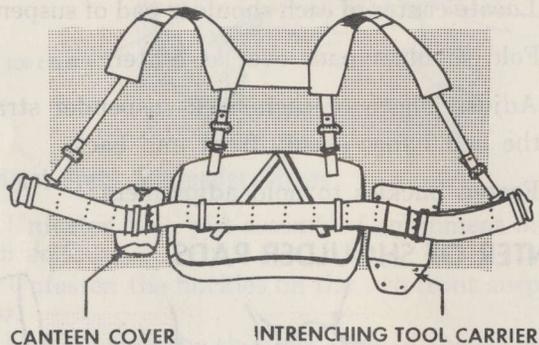
- Remove assembled equipment and place on ground with inner side of pack facing you.
- Fasten pistol belt
- Unfasten the buckles on the two back suspender straps.
- Locate center of each shoulder pad of suspenders.
- Fold shoulder pads over at center.
- Adjust length of each back suspender strap so that the belt hangs evenly front and back.
- Fasten buckles to hold adjustment.

CENTER OF SHOULDER PADS



6. Attach Intrenching Tool Carrier to Pistol Belt

Attach the carrier to the belt on the left side by means of the two attaching clips on the back of the carrier. Carrier should be so positioned that when the intrenching tool is placed in the carrier, the handle of the tool will lie parallel to and along the side of the wearer's thigh.



7. Attach Canteen Cover to Pistol Belt.

Attach the cover to the belt on the right side, to the right of and along side of the pack, by means of the two attaching clips on the back of the cover.

Note — While the preferred position for the cover is on the belt as described above, the cover can also be attached to the right side of the field pack.

8. Attach Universal Small Arms Ammunition Pouches to Pistol Belt

a. Attach a pouch to the belt on the left side, to the front of and along side of the intrenching tool carrier by means of the two attaching clips on the back of the pouch. Do not attempt to insert these clips over two thicknesses of the pistol belt webbing as these clips were designed to accommodate only one thickness of webbing.

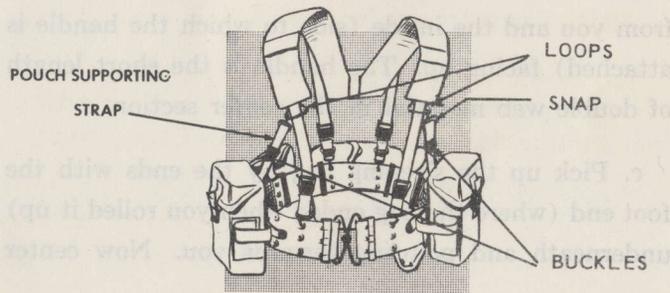
b. Unfasten the buckle on the supporting strap of the pouch.

c. Attach the snap of the supporting strap of the pouch to the metal loop, located at the bottom edge of the padded portion, of the left front suspender strap. When properly attached there should be no twist in this strap.

d. Adjust length of supporting strap so that it has the same amount of strain on it as the front suspender strap next to it.

e. Fasten buckle on supporting strap to hold adjustment.

f. Attach another pouch to the belt on the right side, to the front of and along side of the canteen cover using same procedure as above.



9. Attach Lensatic Compass or First Aid Packet Case

This case can be attached by means of the attaching clip on the back of the case in any of the following positions.

- To the belt in the front on the right side next to the ammunition pouch. (preferred position)
- To the left side of the right ammunition pouch

10. Attach Sleeping Bag Carrier to Sleeping Bag

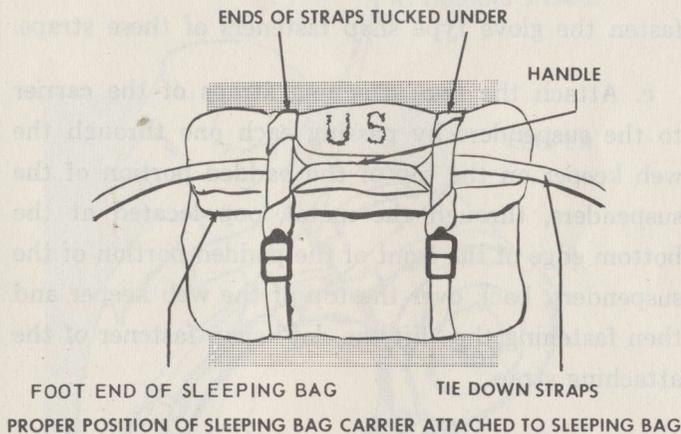
a. Roll up the sleeping bag into as small and compact a roll as possible and tie with the sleeping bag footstraps.

b. Lay the sleeping bag carrier out flat with the buckles of the two 1-inch wide securing straps away from you and the inside (side to which the handle is attached) facing up. The handle is the short length of double web material in the center section.

c. Pick up the sleeping bag by the ends with the foot end (where the bag ended when you rolled it up) underneath and pointing towards you. Now center

the bag on the carrier straps with this foot end directly on top of the carrier handle.

d. Place the two securing straps of the carrier around the bag, engage the buckles and pull the straps tight. Tuck loose ends of these two straps under.

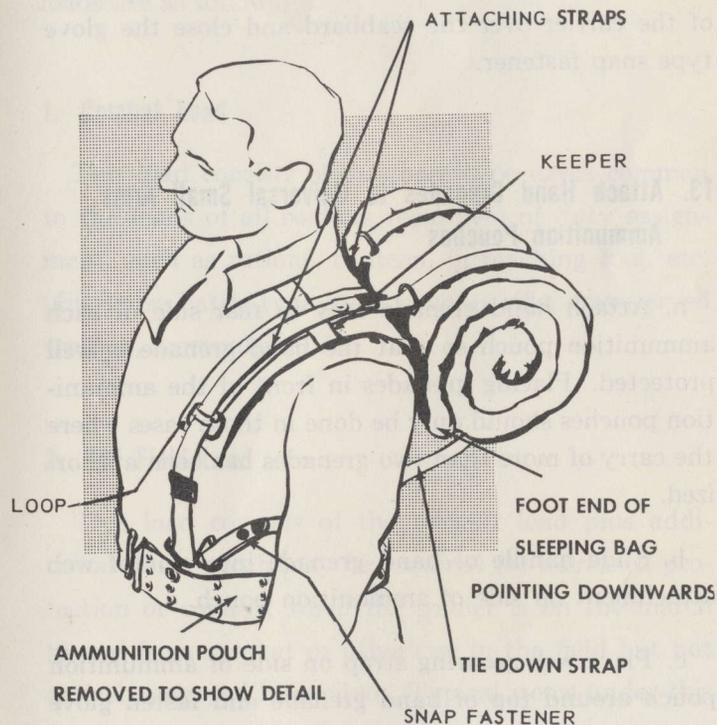


11. Attach Sleeping Bag Carrier with Sleeping Bag to Suspenders and Pistol Belt

- a. Unfasten the "lift the dot" snap fasteners on the two attaching straps of the carrier.
- b. Adjust the length of the two tie-down straps to within about two inches of their full length and unfasten the glove type snap fasteners of these straps.
- c. Attach the two attaching straps of the carrier to the suspenders by passing each one through the web keeper on the top of the padded portion of the suspenders, through the metal loop located at the bottom edge of the front of the padded portion of the suspenders, back over the top of the web keeper and then fastening the "lift the dot" snap fastener of the attaching strap.
- d. Attach the two tie-down straps to the two front suspender straps by passing each one under the supporting straps of the ammunition pouches, through the metal loop of the hook on the front suspender strap and then fastening the glove type snap fastener.
- e. After the assembled load has been put on, the wearer can then adjust the length of the two tie-down

straps so that the sleeping bag will be held firmly in position.

- f. When it is desired to drop the sleeping bag carrier with sleeping bag the two tie-down straps of the carrier must be released first, before releasing the two attaching straps of the carrier.



12. Attach Bayonet or Bayonet Knife Scabbard to Intrenching Tool Carrier

a. Fasten the double hook on the back of the scabbard into the two eyelets of the web hanger, located on the front of the carrier.

b. Place the strap located on the front lower portion of the carrier over the scabbard and close the glove type snap fastener.

13. Attach Hand Grenades to Universal Small Arms Ammunition Pouches

a. Attach hand grenade only to rear side of each ammunition pouch so that the hand grenade is well protected. Placing grenades in front of the ammunition pouches should only be done in those cases where the carry of more than two grenades has been authorized.

b. Slide handle of hand grenade into slot of web attachment on side of ammunition pouch.

c. Place web securing strap on side of ammunition pouch around top of hand grenade and fasten glove type snap fastener.

LOAD ASSEMBLIES

The load carrying equipment is designed to accommodate two basic types of loads for military operations. These loads have been designated as the combat load and full field load. They may be carried separately or combined depending on the situation. Briefly, these loads are as follows:

1. Combat Load

This load consists of existence-type items common to the loads of all soldiers regardless of duty assignment, such as rations, canteen, intrenching tool, etc. plus those battle-type items such as rifle, crew-served weapon, ammunition, etc.

2. Full Field Load

This load consists of the combat load plus additional items which may be required for increased protection or comfort when the soldier is on the march to and from combat or otherwise in the field but not actively engaged in combat. Typical items under this heading are sleeping bags and extra clothing.

COMBAT LOAD



COMBAT LOAD



FULL FIELD LOAD



FULL FIELD LOAD



ADDITIONAL HINTS

1. The field pack has been designed to permit a number of different ways for carrying certain items to meet changing conditions. As an example, the poncho may be carried inside the pack, under the expandable flap, or attached to the bottom of the pack by means of the two adjustable straps. Small extra items of clothing such as underwear, socks, etc. can be rolled and placed under the expandable flap. Outer clothing which is not in use can be secured under the pack or under the flap, depending on the location of the poncho.

2. At the edge of the flap there is a series of eyelets which will accommodate the double hooks used on the old type field equipment carriers for wire cutters, machetes, etc.

3. Each ammunition pouch is designed to carry any of the basic loads of ammunition. In some cases with special weapons it will be necessary to carry more ammunition than these pouches will accommodate. In this event bandoleers of extra ammunition will be carried cross-chest fashion. When placing bandoleers of ammunition in the ammunition pouches, make a neat bundle by folding them accordion fashion and then placing them in the pouches with the bandoleer straps on top. This method makes the bandoleers easier to insert and the straps on the top will aid in removal.

4. In placing items in the field pack the hard objects such as ration cans should be placed on the outside, with the softer items such as clothing on the inside towards the back.

5. Keeping the felt material on the inside of the canteen cover wet during hot weather will keep the water in the canteen cool. During cold weather however the cover should be kept dry as the felt material will give limited protection in preventing the water in the canteen from freezing.

6. For purposes of readily identifying ownership of equipment, a plastic card holder is located on top of the pack.

7. The preferred positions for carrying the field protective mask with this load carrying equipment is as follows:

a. The side carry with the shoulder strap passing over the right shoulder and the carrier and mask under the left arm with the top resting in the arm pit area. Body strap is around the body and fastened.

b. The leg carry with the shoulder strap fastened around the waist and the body strap fastened around the left leg at the thigh.

8. The equipment is so designed that it will balance with the pistol belt open. This makes it possible to obtain ventilation by opening the pistol belt while on the march.

9. Your load carrying equipment is *not* fire resistant. Sparks from open fires or drying it too close to a hot stove can quickly damage it. Make sure your equipment is protected from sparks and, if necessary to dry it, do it slowly. **DON'T ROAST IT.**

ADDENDUM TO "HEAVY HINTS FOR LIGHT PACKS"

A guide for Using the Individual Load Carrying Equipment.

Pistol Belt

Pistol belts are issued in two sizes; medium and long. All men with a nude waist measurement under 30" should be issued a size **MEDIUM** belt. All men with a nude waist measurement of 30" and over should be issued a size **LARGE** belt. When correct size is issued, belt can be adjusted to fit over all layers of outer clothing, including the complete cold-wet ensemble and armored vest.

Suspenders

Suspenders are issued in two sizes; regular and long. All men under 68" tall (w/o shoes) should be issued size **REGULAR**. All men 68" tall (w/shoes) and over should be issued size **LONG**. When correct size is issued, suspenders can be adjusted to fit over all layers of outer clothing, including the complete cold-wet ensemble and armored vest.

Attaching suspenders to Pistol Belt

When ammo pouches are empty or partially filled, the **FRONT** suspender straps should be attached to pistol belt by engaging hooks in a top eyelet under individual's arm. This alternate position balances the load and will prevent pistol belt from "riding up" in front.

ARMY (Lithomart, Avon, Conn.)