I'm not a bot



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necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. RAP Week Ruck... By Rob Shaul Ranger School is a right of passage and badge of professional excellence for Infantry. The fitness programming to prepare athletes for Ranger School has two distinct missions: (1)
Prepare athletes for the intensity and specific physical gates of RAP week. (2) Prepare athletes' physical and mental stamina, endurance, durability and resiliency for the long "grind" during Packet detail 43 weeks (approx 9.5 months) of
training with these two missions at the forefront. The first 5 training plans introduce athletes to the intensity of MTI programming and build the foundation fitness, durability and resiliency. You'll begin with the MTI Military On-Ramp Training Plan which will introduce you to the intensity and scope of MTI programming and lay the base for the
following programming. The next four plans in the packet, Humility, Fortitude, Valor, and Gratitude come from our Virtue Series of training plans which were originally deployed as day-to-day fitness for SOF and have since evolved and been updated to represent the latest elements of MTI's programming approach for military athletes. These four
training plans are potent tools which work progressively together to build your physical and mental fitness, durability and resiliency moving toward Ranger School. Directly before Ranger School Training Plan which is laser-focused on preparing you to pass the gates during RAP week, including the Ranger PFT and
12-mile ruck, and build your endurance/stamina for the months at Ranger School that follow. We're on Version 3 of this plan - just updated in July 2017. This packet is organized so that each plan will build fitness for the next. The purpose is to build sufficient fitness to complete Ranger School regardless of the athlete's incoming fitness level. The
six plans, in the order you'll complete them: (1) Military On-Ramp - Bodyweight Strength, Gym-Based Strength, sprint intervals. The place to start with MTI Programming for Military Athletes. 5 day/week training plan. (2) Humility - Limited Equipment Training Plan with
slight endurance emphasis. Bodyweight strength endurance and dumbbell strength endurance and dumbbell strength, unloaded running and ruck running. Unloaded running. Chassis Integrity work. Humility has a "hardening" effect on athletes who complete it. 5 day/week training plan. (3) Fortitude - Heavy gym-based strength, unloaded running and ruck running. Unloaded
running and rucking intervals, gym-based Strength, Work Capacity, and Chassis Integrity. 5 day/week training plan. (4) Valor- Work capacity and speed over ground focused training plan. (5) Gratitude - Strong endurance and stamina emphasis.
Heavy, barbell-focused strength work. Endurance deploys gym-based endurance, unloaded running, and ruck running, Rucking, and Work Capacity. It's very important you complete the final, Ranger School Training Plan the 8 weeks
directly before you report for reporting. This plan includes a taper, so there's no need to take rest week after it's completion. COMMON QUESTIONS What equipment is required? Click the individual training plan links below to find the specific equipment requirements for each training plan. In general, Humility and the final Ranger School Training
Plan are limited equipment training plans. Fortitude, Valor, and Gratitude require a fully-equipped functional Fitness Gym including barbells, racks, bumper plates, sandbags (40# for men), Dumbbells and/or kettlebells, plyo boxes, etc. All the training plans include rucking, so you'll need a ruck
and up to 65# of filler/load. Other equipment includes a stopwatch and foam roller. Optionial: gps watch for measuring running and rucking distance. Again, click the individual training plans below to see the required equipment for each: Who is this plan appropriate for? Military athletes attending Ranger School in the next 6-12 months. What if I
don't have 42 weeks before attending Ranger School? It's important you begin this programming with the Ranger School Training Plan and finish with the Ranger School Training 
specific guidance and planning. Please email coach@mtntactical.com. How long will I have access to these training plans? Forever, or as long as MTI is in business, whichever comes first. You will also get access to any updates we make to the training plans. Can I see sample training? To see/experience the first week of programming for each of these
training plans click on the individual training plans above, and then click the "Sample Training" tab to see the entire first week of programming. I don't want the entire packet of plans. Can I purchase the plans individually? Yes. Click the plan links above to purchase individually. What if I miss a day? Begin where you left off when you return to
training. This program is program is progressed - each session builds upon the prior session or skip a round. Follow the training sessions in order, regardless. Where do I find unfamiliar exercises? See our Exercise Library HERE. The Run/Ruck Calculator is listed as an exercise. What about nutrition? See our Nutritional Guidelines HERE.
How do I access the plan? Pdf? Online? Plan access is online, via username and password. Can I print out sessions to take to the gym? Yes - you can print a week of programming at a time More Questions? Email coach@mtntactical.com The price for this packet of plans, $209, represents a 30% savings over the combined price of the individual plans.
Sign-up for our BETA newsletter. Training tips, research updates, videos and articles - and we'll never sell your info. Skip to content A portion of net profits are returned to the Army Emergency Relief Fund. Veteran owned and veteran run. Rapid turn around. If you ask for a quote or place an order I'll usually get back with you in 4 business hours. Our
business is set up to supply the Military for the new ACRT. I know the requirements and have relationships with the suppliers Expedited shipping available. Able to accept GSA purchase cards, purchase orders, and convenience checks. Able to accept GSA purchase orders, and convenience checks.
you. Free T-Shirt Guarantee - If this is not the easiest supply purchase you've ever done I'll send you a free T-Shirt. Price Match Guarantee - If I can't match a competitors price I'll send you a free T-Shirt just for trying. (provide your size).
program specifically designed to prepare you for the demands of the most difficult training the US ARMY has to offer. This program is great for anyone that is looking to significantly increase their endurance, strength, core, ruck-march ability, and overall cardiovascular abilities. Each week will consist of 6-days of training (many days with 2-workouts a
day), with one rest day. Overall, the workload is designed to maximize gains for specific physical attributes that will be tested during school, while avoiding overtraining. training highlights + Specially designed warm-ups + Critical functional and bodyweight exercises + Strength improvement hypertrophy workouts + VO2 Max improvement sessions +
Long runs/ruck marches + Calisthenics intensive + Progressive increase in difficulty + Assembled, tested, and approved by Ranger Tab holders Comprehensive and Structured 13x full weeks of day-by-day training. Every workout is provided for you. All you have to do is put in the work. Full Spectrum Fitness Training focused on improving endurance,
strength, and speed while maintaining just the right amount of recovery to avoid injury or over-training. Minimal Equipment (i.e. barbell, bench, squat rack, and dumbbells), a pull-up bar, and a ruck sack. GET THE PROGRAM 13-week ranger school fitness program COMPLETE TRAINING GUIDEThis
program comes to you with EVERYTHING you need to be successful (and more). Well organized and fully functional, with training guidance, references, and "jump to" quick links to get you right back into your next workout. HIGH SPEED TRACKINGTrack your training easily and effectively, with EVERYTHING available at your fingertips. Full program
will be delivered as an e-book download upon payment. The program is also printable. 13-week ranger school fitness Test (April 2025)This plan has recently been adjusted to account for the RPA 2.0 and includes three deliberate rehearsal sessions, each with a worksheet to account for
your forward progress during training. NASM-CERTIFIED/PROFESSIONALLY BUILT PROGRAMMINGPLEASE VIEW OUR DISCLAIMER PRIOR TO PURCHASE Still Have Questions? See Our F.A.Q. Page United States Army training course This article is about the United States Army training course This article is about the United States Army unit, see Army Ranger School. For
the New York forestry school, see SUNY-ESF Ranger School training, April 2009. Active 1950-present Country United States Branch United States ArmyTypeMilitary trainingRoleSpecial skills trainingPart of Airborne and Ranger Training Brigade, United States
Army Infantry SchoolGarrison/HQFort Benning, GeorgiaMotto(s)"Ranger Training Brigade and its 4th, 5th, and 6th Ranger Training Brigade and its 4th, 5th, and 6th Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade and its 4th, 5th, and 6th Ranger Training Brigade and its 4th, 5th, and 6th Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade and its 4th, 5th, and 6th Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne and Ranger Training Brigade Unit flash of the Airborne Unit flash
day United States Army small unit tactics and leadership course that develops functional skills directly related to units whose mission is to engage the enemy in close combat and direct fire battles.[1][2] Ranger training was established in September 1950 at Fort Benning, Georgia. The Ranger course has changed little since its inception. Since 1995,
[3] it was an eight-week course divided into three phases. The 62 day course of instruction is divided into three phases. The 62 day course of instruction is divided into three phases. The 62 day course of instruction is divided into three phases. The 62 day course of instruction is divided into three phases. The 62 day course of instruction is divided into three phases. The 62 day course of instruction is divided into three phases. The 62 day course of instruction is divided into three phases. The 62 day course of instruction is divided into three phases. The 62 day course of instruction is divided into three phases. The 62 day course of instruction is divided into three phases. The 62 day course of instruction is divided into three phases. The 62 day course of instruction is divided into three phases. The 62 day course of instruction is divided into three phases. The 62 day course of instruction is divided into three phases.
with the United States. The course is conducted in various locations. Benning Phase occurs in and around Camp Rogers and Camp Merrill, in the remote mountains near Dahlonega, Georgia. Swamp Phase is conducted in the coastal swamps at various locations near Camp Rudder,
Eglin Air Force Base in Florida.[citation needed] The school is not organizationally affiliated with the 75th Ranger Regiment is a Special Operations warfighting
unit organized under the United States Army Special Operations Common heritage and subordinate battalions common lineage, and Ranger School is a requirement for all officers and non-commissioned officers (NCO) of the 75th Ranger Regiment.[5] Those graduating from Ranger School is a requirement for all officers and non-commissioned officers (NCO) of the 75th Ranger Regiment.[5] Those graduating from Ranger School is a requirement for all officers and non-commissioned officers (NCO) of the 75th Ranger Regiment.[5] Those graduating from Ranger School is a requirement for all officers (NCO) of the 75th Ranger Regiment.[5] Those graduating from Ranger School is a requirement for all officers (NCO) of the 75th Ranger Regiment.[5] Those graduating from Ranger Regiment.[5] Those graduating from Ranger School is a requirement for all officers and non-commissioned officers (NCO) of the 75th Ranger Regiment.[5] Those graduating from Ranger Regiment.[5
Tab, which is worn on the upper shoulder of the left sleeve of a military uniform, according to U.S. Army regulations[6] Wearing the tab is permitted for the remainder of a soldier's military career. The cloth version of the tab is permitted for the remainder of a soldier's military career. The cloth version of the tab is permitted for the remainder of a soldier's military career. The cloth version of the tab is worn on the Army Combat Uniform and Army Green Service Uniform; a smaller, metal version is worn on the Army Service
Uniform.[7] "Without a doubt, Ranger School is the most physically and mentally demanding course in the U.S. Army." Major General Scott Miller, Commander of the U.S. Maneuver Center of Excellence, July 2015.[8] First graduates of Ranger School (1950). Army Ranger training film, circa 1953. Ranger Training had begun in September 1950 at
Fort Benning Georgia "with the formation and training of 17 Airborne Companies by the Ranger Training Command".[9] The first class graduated from Ranger training in November 1950, becoming the 1st Ranger Infantry Company.[10] The United States Army's Infantry School officially established the Ranger Department in December 1951. Under
the Ranger Department, the first Ranger School Class was conducted in January-March 1952, with a graduation date of 1 March 1952. Its duration was 59 days.[11] At the time, Ranger training mandatory for all Regular Army officers upon
commissioning. On 16 August 1966, the Chief of Staff of the Army, General Harold K. Johnson, directed it so. This policy was implemented in July 1967. It was rescinded on 21 June 1972 by General William Westmoreland. Once again, Ranger training was voluntary.[11] In August 1987, the Ranger Department was split from the Infantry School and
the Ranger Training Brigade was established. The Ranger Companies that made up the Ranger Companies that made up the Ranger Training Battalions.[3] Desert Phase was added in 1983 and the length of the Ranger course was extended to 65 days. The duration was again expanded in October 1991 to 68
days, concurrently with the reshuffling of the Desert Phase from the last phase to the second. The 7th Ranger School occurred in May 1995, when the Desert Phase was removed from the Ranger course, and Ranger School was reduced to its current 61-
day length of training, at 19.6 hours of training per day. [3] The Ranger School was permanently opened to women. [13] [14] An Airman 1st Class from the 823rd Base Defense Squadron receives his Ranger Tab after completing Ranger School (April 2011).
Ranger School is open to all Military Occupational Specialties (MOSs) in the U.S. Army, although—as of April 2011—an Army combat exclusion zone still limits some from units in the United States Army, Marine Corps, Air Force, Navy, Coast Guard, and from foreign military services. However, the two
largest groups of attendees for Ranger School are from the U.S. Army's Infantry Basic Officer Leadership Course (IBOLC), and the 75th Ranger Regiment.[15] Competitions and pre-Ranger school each year, while the Air Force is only allotted
six.[16] Ranger students typically range in rank from Private First Class to Captain, with lieutenants and specialists making up the largest group. The average age of a student is 23, and the average class consists of 366 students, with 11 classes conducted per year.[15] The vast majority of Ranger students have already graduated from Airborne
School, and will make multiple jumps during the course. However, a small number of students have entered and completed tasks assigned by cadre instead of taking part in the jumps alongside their classmates. Following the graduation of Captain Kristen Marie Griest and
First Lieutenant Shaye Lynne Haver in August 2015, the Army announced that Ranger School would have doubted a woman could pass the rigorous course",[17] Brigade Command Sergeant Major Curtis Arnold described Griest and Haver as "tough soldiers"
[17] who "proved their mettle beyond a doubt"[17] and "absolutely earned the respect of every ranger instructor".[17] In October 2015, Major Lisa Jaster also graduated from Ranger School, becoming the first female Air Force officer to
graduate from Ranger School.[19] In 2024, Captain Molly Murphy became the first female Army nurse to graduate from Ranger School training has a basic scenario: the flourishing drug and terrorist operations of the enemy forces, the "Aragon Liberation Front," must be
stopped. To do so, the Rangers will take the fight to their territory, the rough terrain surrounding Fort Benning, the mountains of northern Georgia, and the swamps and coast of Florida. Ranger students are given a clear mission, but they determine how to best execute it. The purpose of the course is learning to soldier as a combat leader while
raids against dispersed targets, followed by stealthy movement to a new patrol base to plan the next mission. Ranger students conduct about 2,200 calories (9,200 kJ), with an average of 3.5 hours of sleep a day. Students sleep more before a parachute jump for
safety considerations. Ranger students typically wear and carry some 65-90 pounds (29-41 kg) of weapons, equipment, and training ammunition while patrolling more than 200 miles (320 km) throughout the course.[15] MAJ Jaster was the first
female US Army Reserve officer to graduate from the course (October 2015). The first phase of Ranger School is conducted by the 4th Ranger Training Battalion. The "Darby Phase" is the "crawl" phase of Ranger School, where students learn the fundamentals of squad-level
mission planning. It is "designed to assess a Soldier's physical stamina, mental toughness, leadership abilities, and establishes the tactical fundamentals required for follow-on phases of Ranger Assessment Phase (RAP) and Squad Combat Operations. The Ranger Assessment
three events that test the Ranger student's ability to calmly overcome any fear of heights or water. Students must calmly walk across a log suspended thirty-five feet above the pond and ditch their rifle and load-bearing equipment while
submerged. Finally, each student climbs a ladder to the top of a seventy-foot tower and traverses down to the water on a pulley attached to a suspended cable, subsequently plunging into the pond. All of these tasks must be performed calmly without any type of safety harness. If a student fails to negotiate an obstacle (through fear, hesitation or by
not completing it correctly) they are dropped from the course. Combination Night/Day land navigation test - This has proven to be one of the more difficult events for students, as sending units fail to teach land navigation using a map and compass. Students are given a predetermined number of MGRS locations and begin testing approximately two
hours prior to dawn. Flashlights, with red lens filters, may only be used for map referencing; the use of flashlight to navigate across terrain will result in an immediate dismissal from the school. Later in the course, Ranger students will be expected to conduct, and navigate, patrols at night without violating light discipline. The land navigation test
instills this skill early in each student's mind, thus making the task second nature when graded patrolling begins. A 2.1 mile buddy run, followed by the Malvesti Field Obstacle Covered by knee-high barbed wire. The obstacle must be negotiated—usually several times—on
one's back and belly. Demolitions training and airborne refresher training and airborne refresher training was removed as a part of a new POI at the start of 2009; it was reinstated with practical application in Swamp Phase. However, MACP
has been removed from Ranger again, starting with the Combatives Program in Mountains and Florida and followed by the removal of RAP week combatives in class 06-12. A 12-mile forced, individual ruck march with full gear on roads and trails surrounding Camp Rogers. This is the last test during RAP and is a pass/fail event. If the Ranger student
paced instruction on troop leading procedures, principles of patrolling, demolitions, field craft, and basic battle drills focused towards squad ambush and reconnaissance missions. [22] The Ranger student receives instruction on airborne/air assault operations, demolitions, environmental and "field craft" training, executes the infamous "Darby Queen"
obstacle course, and learns the fundamentals of patrolling, warning and operations orders, and communications. The fundamentals of combat operations include battle drills (React to Contact, Break Contact, React to Ambush, React to Indirect Fire, and Crossing a Danger Area), which are focused on providing the principles and techniques that
Phase of Ranger School (February 2011). The second phase of Ranger School is conducted at the remote Camp Merrill near Dahlonega, Georgia by the 5th Ranger Training, as well as techniques for employing a platoon for continuous combat patrol
operations in a mountainous environment".[22] Adding to the physical hardships endured in the Darby phase, in this phase "the stamina and commitment of the Ranger student is stressed to the maximum. At any time, they may be selected to lead tired, hungry, physically expended students to accomplish yet another combat patrol mission".[22] The
Ranger student continues learning how to sustain themselves and their subordinates in the mountains. The rugged terrain, severe weather, hunger, mental and physical fatigue, and their fellow soldiers. In addition to combat
operations, the student receives four days of military mountaineering training. The sequence of training has changed in past decades. As of 2010, the training sequence is as follows. In the first two days students learn knots, belays, anchor points, rope management, mobility evacuation, and the fundamentals of climbing and abseiling. The training
ends in a two-day Upper mountaineering exercise at Yonah Mountain, to apply the skills learned during Lower mountaineering exercise (FTX), students execute a mission requiring mountaineering skills. Combat missions are against a
conventionally equipped threat force in a Mid-Intensity Conflict. These missions are both day and night in a two part, four and five-day FTX, and include moving cross country over mountains, vehicle ambushes, raiding communications and mortar sites, river crossing, and scaling steeply sloped mountains, vehicle ambushes, raiding communications are both day and include moving cross country over mountains, vehicle ambushes, raiding communications are both day and include moving cross country over mountains, vehicle ambushes, raiding communications and mortar sites, river crossing, and scaling steeply sloped mountains, vehicle ambushes, raiding communications are both day and include moving cross country over mountains, vehicle ambushes, raiding communications are both day and include moving cross country over mountains, vehicle ambushes, raiding communications are both day and include moving cross country over mountains, vehicle ambushes, raiding communications are both day and include moving cross country over mountains, vehicle ambushes, raiding communications are both day and include moving cross country over mountains, vehicle ambushes, raiding communications are both day and include moving cross country over mountains, vehicle ambushes, raiding communications are both day and include moving cross country over mountains.
objective in several ways: cross-country movement, parachuting into small drop zones, air assaults into small, mountain-side landing zones, or a 10-mile march across the Tennessee Valley Divide. The students travel by bus to a
nearby airfield and conduct an airborne operation, parachuting into Swamp Phase. Non-airborne are bused to Eglin Air Force Base (July 2016). The third phase of Ranger School is
conducted at Camp James E. Rudder (Auxiliary Field #6), Eglin Air Force Base, Florida by the 6th Ranger Training Battalion. According to the Ranger Student's combat arms functional skills. Students receive instruction on waterborne operations, small boat
movements, and stream crossings upon arrival. Practical exercises in extended platoon level operations of extreme mental and physical stress. This training further develops the Students' ability to operate effectively under conditions of extreme mental and physical stress. This training further develops the Students' ability to operate effectively under conditions of extreme mental and physical stress.
and coordinated airborne, air assault, small boat, and dismounted combat environment against a well trained, sophisticated enemy. [22] The Swamp Phase continues the progressive, realistic OPFOR (opposing forces) scenario. As the scenario develops, the students receive "in-country" technique training that
assists them in accomplishing the tactical missions later in the phase. Technique training includes: small boat operate in a rainforest/swamp environment by learning how to deal with reptiles and how to determine the difference between venomous and non-venomous
snakes. Camp Rudder has specially trained reptile experts who teach the students to not fear the wildlife they encounter. The Ranger students are updated on the scenario that eventually commits the unit to combat during techniques training. The 10-day FTX comprises "fast paced, highly stressful, challenging exercises in which the Students are
evaluated on their ability to apply small unit tactics and techniques during the execution of raids, ambushes, movements to contact, and urban assaults to accomplish their assigned missions".[22] The capstone of the execution of raids, ambushes, movements to contact, and urban assaults to accomplish their assigned missions".[22] The capstone of the execution of raids, ambushes, movements to contact, and urban assaults to accomplish their assigned missions".[22] The capstone of the execution of raids, ambushes, movements to contact, and urban assaults to accomplish their assigned missions [22] The capstone of the execution of raids, ambushes, movements to contact, and urban assaults to accomplish their assigned missions [22] The capstone of the execution of raids, ambushes, movements to contact, and urban assaults are accomplished to the execution of raids, ambushes, movements to contact, and urban assaults are accomplished to the execution of raids are accomplished to the execution of the execution of raids are accomplished to the execution of the e
each platoon in the class, all working together on separate missions to take down the simulated cartel's final point of strength. Afterwards, students who have met graduation requirements spend several days cleaning their weapons and equipment before returning to Fort Benning. By then they have earned PX (Post Exchange) privileges, and access
to a community center where they can use a telephone, eat civilian food, and watch television. In years past, the "Gator Lounge" has been built, maintaining many of the features of the original. Graduation is at Fort Benning. In an elaborate
ceremony at Victory Pond, the black-and-gold Ranger Tab is pinned to the graduating soldier's left shoulder (usually by a relative, a respected RI, or soldier from the student's original unit). The Ranger Tab is permanently worn above the soldier's unit patch. The Desert Phase was designed to instruct its students in Desert Warfare operations and
basic survival in the deserts of the Middle East. John Lock describes the Desert Phase as follows. The phase commenced with an in-flight rigging and airborne assault—or an air assault landing by non-airborne personnel, onto an objective. Following the mission, the students moved into a cantonment area. Remaining in garrison for five days, they then
received classes on desert-survival techniques to include water preservation. Leadership responsibilities, standing operating procedures (SOPs), reconnaissance, and ambush techniques were also reviewed. Additional emphasis was placed on battle drills to include react to enemy contact, react to indirect fire, and react to near
and far ambushes. Drills on how to breach barbed and concertina wire with wire cutters and assault ladders were techniques on how to clear a trench line and how to assault a fortified bunker. [23] The remainder of the phase comprised patrolling during field training exercises—"reconnaissance, raid, or ambush missions". "The phase
culminated with an airborne assault—with non-Airborne trucked—by the entire class on a joint objective."[24] Ranger School's initial evaluation of a Desert Phase was a cadre-lead patrol at White Sands Missile Range, New Mexico in early 1971 called Arid Fox I. In June 1971, the Ranger Training Brigade conducted Arid Fox II, the first student-lead
patrol. This was part of the brigade's continuing evaluation of the possibility of integrating a Desert Phase into the Ranger course. The first students to undergo the Desert Phase were selected from Ranger Class 13-71 (class 13 in 1971). When the bulk of the class went on to begin the Swamp phase, the airborne qualified members of Ranger Class
13-71 (Desert) donned MC1-1 parachutes, boarded a C-130 aircraft and parachuted into the White Sands Missile Ranger School's 4th (Desert Ranger) Training Company stationed at Fort Bliss, Texas from 1983 to 1987. When the Desert Phase was
officially introduced, the length of Ranger School was lengthened to 65 days. At the outset, the Desert Phase was the last phase of the Ranger Course—following the Benning, Mountain and Swamp Phases, respectively.[3] In 1987, the unit was expanded into the 7th Ranger Craining Battalion and moved to Dugway Proving Grounds, Utah. In October
1991, the course was increased to sixty-eight days and the sequence was changed to Fort Bliss, Texas), Mountain, and Florida. In May 1995, the school underwent its most recent course change when the Desert Phase was class 7-95.[citation
needed] The U.S. Army has not given up on small unit desert training. In 2015, the 1st Armored Division created the Desert Warrior Course that focuses on honing combat tracking, night land navigation, live-fire drills, and a myriad of other tasks.[25] A student's graduation is highly dependent on their performance in graded positions of leadership and a myriad of other tasks.[25] A student's graduation is highly dependent on their performance in graded positions of leadership and a myriad of other tasks.[25] A student's graduation is highly dependent on their performance in graded positions of leadership and a myriad of other tasks.[25] A student's graduation is highly dependent on their performance in graded positions of leadership and a myriad of other tasks.[25] A student's graduation is highly dependent on their performance in graded positions of leadership and a myriad of other tasks.[25] A student's graduation is highly dependent on their performance in graded positions of leadership and a myriad of other tasks.[25] A student's graduation is highly dependent on their performance in graded positions of leadership and a myriad of other tasks.[25] A student's graduation is highly dependent on their performance in graded positions of leadership and a myriad of other tasks.[25] A student's graduation is highly dependent of the performance in graduation is highly dependent of the perform
This leadership ability is evaluated at various situations, and is observed while they are in one of typically two graded leadership roles per phase. The student must demonstrate the ability to meet
the standard in order to move forward, and can thus only afford one unsuccessful patrol. The student may be required to lead up to an entire 45-person
platoon. The student's success can be dependent on the performance and teamwork of these individuals, whom they must motivate and lead. Missions are typically broken up into four stages: planning, movement, actions on the objective, and establishment of a patrol base. The Platoon Leader position (in Mountains and Florida) will be rotated
throughout the mission, and the same is true for the platoon sergeant position. The squad leader position is on a 24-hour rotation which is the same for all of the ungraded key leadership positions: Medic, Forward Observer (FO) and Radio Telephone Operator (RTO). Another part of the evaluation of the student is a peer evaluation; failing a peer
evaluation (scoring less than a 60% approval rating from your squad) can result in disqualification, though usually only if it happens twice. Due to unit loyalties, certain individuals within a squad who may be "the odd one out" will sometimes be singled out by the squad arbitrarily. Because of this, someone who has been "peered out" or "peered," will
be moved to another squad, sometimes within another platoon, in order to ensure that this was not the reason the student was peered. If it happens within this new squad, however, this is taken as an indication that student will usually be
removed from the course. If a student performs successfully, but suffers an injury that keeps them from finishing, they may be medically recycled (med recycle) at the discretion of either the battalion or the Ranger Training Brigade commander; the students recycled (med recycle) at the discretion of either the battalion or the Ranger Training Brigade commander; the students recycled (med recycle) at the discretion of either the battalion or the Ranger Training Brigade commander; the students recycled (med recycle) at the discretion of either the battalion or the Ranger Training Brigade commander; the students recycled (med recycle) at the discretion of either the battalion or the Ranger Training Brigade commander; the students recycled (med recycle) at the discretion of either the battalion or the Ranger Training Brigade commander; the students recycled (med recycle) at the discretion of either the battalion or the Ranger Training Brigade commander; the students recycled (med recycle) at the discretion of either the battalion or the Ranger Training Brigade commander; the students recycled (med recycle) at the discretion of either the battalion or the Ranger Training Brigade commander; the students recycled (med recycle) at the discretion of either the battalion or the Ranger Training Brigade commander (med recycle) at the discretion of either the battalion of either the batta
in the first phase are temporarily assigned to Vaughn's Platoon (informally known as the "Gulag" to Ranger School is not always pleasant, those who have
been recycled typically perform well when reinserted back into the course, with pass rates well over 80%. Students can also be recycled for a variety of other reasons, including failing their patrol evaluation, collecting 3 or more bad spot reports in a phase, or receiving a Serious Observation Report (SOR). Students may receive SORs
for actions including, but not limited to, negligent discharges, safety violations involving demolitions or mountaineering, not looking through their sights while firing, or throwing away ammunition to lighten their load while on patrol. If a student fails a phase twice for the same reason (patrols, peers, etc.) they will usually be dropped from the course,
but may possibly be offered a "day one restart," and will restart on Day 1 of the next Ranger School class. In rare cases, those assessed of honor violations (lying, cheating, stealing) and SORs may be offered a day one restart as opposed to being dropped from the course. Ranger School graduate congratulated by his superior officer (June 2015)
Historically, the graduation rate has been around 50%, but this has fluctuated. In the period prior to 1980, the Ranger School class 10-80 graduation rate was over 65%. 64% in 2005, 54% in 2006, 56% in 2007, 49% in 2008, 46% in 2009, 43% in 2010,
and 42% in 2011. Recycles are included in the graduation rates. Recycles are tracked by the class's graduation rates. Recycles are tracked by the class's graduation rates. Recycles are tracked by the class's graduation rates. Recycles are included in the graduation rates. Recycles are tracked by the class's graduation rates. Recycles are tracked by the class's graduation rates. Recycles are tracked by the class's graduation rates.
natural aging; high levels of fight-or-flight stress hormones (epinephrine, cortisol), along with standard sleep deprivation and continual physical art inhibit full physical and mental recovery throughout the course. Common maladies during the course include weight loss, dehydration, trench foot, heatstroke, frostbite, chilblains,
fractures, tissue tears (ligaments, tendons, muscles), swollen hands, feet, knees, nerve damage, loss of limb sensitivity, cellulitis, contact dermatitis, cuts, and insect, spider, bee, and other wildlife bites. Because of the physical and psychological effect of low calorie intake over an extended period of time, it is not uncommon for many Ranger School
graduates to encounter weight problems as they return to their units and their bodies and minds slowly adjust to routine again. A drastically lowered metabolic rate, combined with a nearly insatiable appetite (the result of food deprivation and the ensuing survivalist mentality) can cause quick weight gain, as the body is already in energy (fat) storing
mode. A Ranger student's diet and sleep are strictly controlled by the Ranger Instructors. During time in garrison, students are given one to three meals a day, but forced to eat extremely quickly and without any talking. During field exercises, Ranger students are given two MREs (Meal, Ready-to-eat) per day, but not allowed to eat them until given
permission. This is enforced most harshly in Darby and Mountain phases. Since food and sleep are at the bottom of the priorities of those in the infantry behind security, weapons maintenance, and personal hygiene, it is generally the last thing Ranger students are allowed to do. As such, the two MREs are generally eaten within three hours of each
other, one post mission, and the other prior to the planning portion of the mission. Though the Ranger student's daily caloric intake of 2200 calories would be more than enough for the average person, Ranger students are under such physical stress that this amount is insufficient. The Ranger Training Brigade does not maintain weight information in
the 21st century, but in the 1980s, Ranger students lost an average of 25-30 pounds during the Ranger course. [27] The awards listed below are designed to recognize outstanding achievement during the Ranger course.
(Distinguished Honor Graduate) The Darby Award is awarded to the Ranger that shows the best tactical and administrative leadership performance, has the most positive spot reports, and may not recycle. This award is named in the
honor of BG William O. Darby, who organized the 1st Ranger Battalion in 1942 with handpicked volunteers leading the way onto the beaches of North Africa. Ranger Battalion served with distinction in the Philippines
Ralph Puckett Award (Officer Honor Graduate) The Puckett Award is awarded to the Ranger that passes all graded leadership positions; peer reports, and may not have any critical tasks. This award is named in honor of Colonel Ralph Puckett. Colonel
Puckett earned the Distinguished Service Cross (upgraded to the Medal of Honor in 2021) during the war. Then-First Lieutenant Puckett, in an attack against numerically superior Chinese forces, established defensive
 fighting positions on the captured objective. His Rangers held off five successive Chinese counterattacks before he was severely wounded during a sixth counterattack and evacuated despite his protests. Glenn M. Hall Award (Enlisted Honor Graduate) The Hall is awarded to the Ranger that passes all graded leadership positions; peer reports, and
may not recycle. The Ranger may not have any lost equipment due to negligence and may not have any retests on any critical tasks. This award is named in honor of Corporal Glenn M. Hall. Corporal Hall was awarded the Distinguished Service Cross while serving with the 1st Airborne Ranger Company for his gallant actions at Chipyon-Ni during the
Korean War. He exposed himself to direct enemy fire to cover his platoon's movement. Once his weapon jammed he joined his platoon and volunteered to contact friendly forces on an adjacent hill. When he reached the hill, it was covered with enemy troops. Corporal Hall killed a Chinese soldier in a foxhole and used that position to drive the enemy
from the hill. He was wounded during that action by a grenade. LTC Keith Antonia Officer Leadership Award Awarded to the highest ranked enlisted
Ranger as selected by their peers for demonstrating outstanding leadership, initiative, and motivation. While Ranger School is designed to physically stress students in class 2-77 died of hypothermia while on patrol in the Florida swamp. In
1985, in the Swamp phase, a student drowned crossing a stream against a strong current. In March 1992, a student with sickle cell trait died after exposure to high altitude and stress in the mountain phase. The Ranger Training Brigade did not know about his medical issue until after his death.[citation needed] In March 1992, a student died from a
fall on the Slide for Life.[29] On 15 February 1995, the "worst incident in the 44-year history of the school" occurred during the Swamp Phase of class 3-95. Captain Milton Palmer, 2LT Spencer Dodge, 2LT Curt Sansoucie, and SGT Norman Tillman died from hypothermia. Investigations were conducted by the U.S. Air Force, the Ranger Training
Brigade, and the U.S. Army's Safety Board. The incident was determined to be a result of a combination of human errors exacerbated by "unexpected weather conditions". Nine Ranger Instructors were disciplined and the 6th Ranger Training Battalion commander was relieved. As there was no basis for criminal charges, none were court-martialed
[30] The four students were posthumously awarded the Ranger Tab.[31] As a result, 38 new safety measures were implemented in the Swamp Phase. According to John Lock, New equipment is now on hand to assist troubled students; equipment which includes one-man inflatable rafts designed to get Rangers out of the water and to arrest
hypothermia, water measuring devices, and global positioning systems. Monitoring stations have also been installed in swamp locations to provide better information on weather and water conditions. Command and control procedures now include the Ranger Battalion Commander who will make the final call as to whether waterborne operations are a
Go, No Go, or modified—on-site RIs [Ranger Instructors] also have the authority to call off an operation should the situation warrant it. Additionally, training lanes will be walked by RIs prior to the exercise and there will be no deviation in the landing sites for the patrols.[32] On 25 March 2021, Cpl. James A. Requenez died due to drowning during an
unspecified training incident at Eglin Air Force Base in Florida. The incident was under investigation.[33][34] On 9 August 2022, Staff Sgt. George Taber and 2nd Lt. Evan Fitzgibbon were killed while conducting mountaineering training in the north Georgia mountains. Both were struck by a falling tree while sheltering during a weather-induced
training hold. Three additional students were injured during the event and treated at a hospital.[35][36][37] Ranger Assessment and Selection Program Recondo School United States Army Air Assault School United States Army 
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Wikimedia Commons Official website US Army Ranger Training Manuals Retrieved from "2 This article needs additional citations for verification. Please help improve this article by adding citations for verification. Please help improve this article by adding citations for verification.
JSTOR (April 2009) (Learn how and when to remove this message) 1st Battalion, 75th Ranger Regiment1st Ranger Battalion shoulder sleeve insigniaActive1942-44, 1948-51, 1974-presentCountry United States of AmericaBranch United States of AmericaBranch
RegimentGarrison/HQHunter Army Airfield, GeorgiaEngagementsWorld War II North Africa campaign Italian Campaign Korean WarVietnam WarOperation Inherent Resolve[1] CommandersNotablecommandersWilliam Orlando
DarbyInsigniaDistinctive unit insigniaUnit beret flashNATO Map Symbol(1998)NATO Map Symbol(2017)Military unit The 1st Ranger Battalion, currently based at Hunter Army Airfield in Savannah, Georgia, United States, is the first of three ranger battalion, belonging to the United States Army's 75th Ranger Regiment. It was originally formed
shortly after the United States' entry into World War II and was modeled after the British Commandos during the war. Members from the unit were the first American soldiers to see combat in the European theater when they participated in the failed raid on Dieppe in France in 1942, during which three Rangers were killed and several more were
captured. Later, the 1st Ranger Battalion was sent to North Africa where they participated in the landings in Algeria and the fighting in Tunisia in 1943. Also in 1943 the unit provided training cadre to train up two more Ranger battalions between the campaigns in Sicily and Italy.[2] After World War II, the 1st Ranger Battalion went through a number
of changes of name and composition as it has been activated, and reorganized on a number of occasions. However, the unit has lived on in one form or another since then, serving in the Korean and Vietnam Wars before being consolidated into the 75th Ranger Regiment of which it is a part today. Deployments have included operations in
Syria, Iraq, and Afghanistan as part of the wider global war on terrorism. Rangers from 1st Battalion conduct a training area, Germany, 26 August 2015. Major General Lucian Truscott, U.S. Army, in liaison with the British General Staff, submitted proposals
to General George Marshall that "we undertake immediately an American unit along the lines of the British Commandos" in 1942. A subsequent cable from the U.S. Department of War authorized the activation of the 1st U.S. Army Ranger Battalion. [2] After much deliberation, Company A, 1st Ranger Battalion was constituted on 27 May 1942. Captain
William Orlando Darby, 31-year-old graduate of West Point with amphibious training, was chosen as its commanding officer. Within weeks he was promoted to major for his efforts in organizing the unit. Of the 1,500 men to volunteer for the original Rangers Rattalion, only 600 were chosen. Eighty percent of these original Rangers came from the Red
Bulls U.S. 34th Infantry Division.[3] On 19 June 1942, Company A, 1st Ranger Battalion, was officially activated in Carrickfergus, Northern Ireland.[4][5] A select team of four officers toured the existing commando training camps and selected the center at Achnacarry, Scotland for the Rangers. Here they underwent intense training. Coached by the
battle-seasoned commando instructors (commanded by Lt. Col. Charles Vaughan),[6] the Rangers learned the basics of commando warfare. Five hundred of the 600 volunteers (83.33%) that Darby brought with him to Achnacarry completed the commando warfare.
wounded in realistic training executed under live fire. [7] The first Americans to see active combat in the European theater of World War II were forty-four enlisted men and five officers from the 1st Ranger Battalion. Dispersed among the Canadians and the British commandos, these men were the first American ground soldiers to see active against
the Germans in the disastrous Dieppe Raid, officially known as Operation Jubilee. Three Rangers were killed, including Lieutenant E. V. Loustalot (the first American soldier killed in Europe in World War II), and several captured. During the mission, the British Captain leading the assault was killed. Loustalot took command and, with his men,
attacked a clifftop machine gun nest. Scaling the steep cliff, Loustalot was wounded three times before being killed by enemy crossfire.[3] Attempting to prevent German occupation of seaports in North Africa, the 1st Ranger Battalion spearheaded an invasion at the Port of Arzew in Algeria. This was accomplished by executing a surprise night
amphibious landing, silencing two gun batteries, and opening the way for the capture of Oran.[2] In Tunisia in 1943, the 1st Battalion executed the first Ranger behind-enemy. On 11 February, 12 Rangers crossed 32-mile (51 km) on foot for their first raid at an Italian
camp at Sened Station. Using the cloak of night, the Rangers slipped to within 50 yards (46 m) of the Italian outpost and began their attack. It took the battalion only 20 minutes to achieve area control. Fifty enemy were killed and an additional 10 were taken prisoner. Darby, along with fellow commanders, was awarded the Silver Star for this victory
and the battalion itself gained the nickname the "Black Death" by the Italians.[2] Later, in March, American units were being decimated time and again while trying to break through rugged terrain to reach the heights of
Dibel Ank where, at dawn, the Rangers surprised the enemy from the rear, capturing two hundred prisoners and giving General Patton an opening though which he began the final and victorious battle in North Africa. Rangers played a crucial role in the battle of El Guettar which immediately followed, for which the First Ranger Battalion won its first
Presidential Unit Citation (US).[3] The early success of the 1st Ranger Battalion brought about the creation of the Battalions. The original 1st Battalions 1-3-4. 3rd Ranger Battalion was activated on 21 May 1943 at Nemours,
Morocco, while 4th Ranger Battalion was activated on 29 May 1943 in Tunisia. The 1st, 3rd, and 4th Battalions, the 6615th Ranger Force (Provisional) was established. This force was rounded out with the addition of the 83rd Chemical Mortar
Battalion, and the 2/509th Parachute Infantry Regiment. The battle-seasoned 1st Battalion moved into their newly assigned positions and trained under Darby in Nemours, Morocco and prepared for the invasion of Sicily and Italy. Following the 1st Ranger Battalion success at the amphibious
battle of Gela, all four of the initial Ranger Battalions were redesignated as Ranger Infantry Battalions on 1 August 1943 Had it not been for the accomplishments of the 1st Ranger Battalions were redesignated as Ranger Infantry Battalions on 1 August 1943 Had it not been for the accomplishments of the 1st Ranger Battalions were redesignated as Ranger Infantry Battalions on 1 August 1943 Had it not been for the accomplishments of the 1st Ranger Battalions were redesignated as Ranger Infantry Battalions on 1 August 1943 Had it not been for the accomplishments of the 2st Ranger Battalions were redesignated as Ranger Infantry Battalions on 1 August 1943 Had it not been for the accomplishments of the 2st Ranger Battalions were redesignated as Ranger Battalions on 1 August 1943 Had it not been for the accomplishments of the 2st Ranger Battalions were redesignated as Ranger Battalions on 1 August 1943 Had it not been for the accomplishments of the 2st Ranger Battalions were redesignated as Ranger Battalions were redesignat
Allies were then able to move ships and equipment to support subsequent campaigns, enabling the later forces to successfully infiltrate enemy lines along the African coast, in Sicily, and up into Italy. The Ranger Force attacked Salerno on 9 September 1943, and participated in the Naples-Foggia Campaign. They then moved on to Anzio on 22 January
1944. The entire 6615th Ranger Force (Provisional) was destroyed behind enemy lines in a heavily outnumbered encounter at Cisterna, Italy on 30 January 1944, and was officially disbanded on 15 August 1944. The 4th Ranger Battalion suffered some casualties while attempting to break through enemy lines to rescue their comrades in the 1st and
3rd Battalions. The 1st Ranger Infantry Battalion, in response to parallel missions in Berlin, was reconstituted on 1 September 1948 as Company A, 1st Infantry Battalion, and activated in the Canal Zone. It served there until it was inactivated on 4 January 1950.[8] Main article: 1st Ranger Infantry Company (United States) The outbreak of hostilities
in Korea in June 1950 again signaled the need for Rangers. Colonel John Gibson Van Houten was selected by the Army Chief of Staff to head the Ranger Infantry Company (Airborne) inherited its lineage from Company A, 1st Infantry Battalion [8] and departed from Ft. Benning, Georgia on 15
November 1950, and arrived in Korea on 17 December 1950, where it was attached to the 2nd Infantry Division. The enemy installation was later
identified by a prisoner as the headquarters of the 12th North Korean Division. Caught by surprise and unaware of the American force, two North Korean Regiments hastily withdrew from the area. The 1st Company was in the middle of the major battle of Chipyong-Ni and the "May Massacre." It was awarded two Distinguished Unit
Citations.[9] As a result of budgetary considerations, the US Army spent much of the 1950s and 1960s consolidating and redesignating units that were on inactive status and was consolidated on 15 April 1960 with the A Company, 1st
Battalion, 1st Regiment, 1st Special Service Force, and the consolidated unit was redesignated as Headquarters Company, 7th Special Forces Group, and the consolidated unit was further co
designated as Headquarters and Headquarters Company, 7th SFG, 1st SF (organic elements constituted 20 May 1960 and activated 6 June 1960).[8] Main article: 75th Infantry Regiment (Ranger) On 1 January 1969, under the new U.S. Army Combat Arms Regimental System (CARS), U.S. Army Rangers were re-formed in South Vietnam as the 75th
Infantry Regiment (Ranger). Fifteen companies of Rangers, two of which (A-75 & B-75) were based in the US, were raised from units that had been performing missions in Europe since the late 1950s and in Vietnam War, division and brigade
commanders determined that the U.S. Army needed an elite, rapid deployment, light infantry, so in 1974 General Creighton Abrams charged General Kenneth C. Leuer with the task of activated under the 75th Infantry Regiment
(Ranger) on 31 January 1974. It received its colors and lineage from the Vietnam War Company C, 75th Infantry, which traced back through Company C, 475th back to the 5307th Composite unit, also known as Merrill's Marauders. Because of its success the 2nd Battalion was constituted eight months later. In 1984 the 3rd Battalion and their
regimental headquarters were created. On 3 February 1986, the 1st Battalion, 75th Infantry was consolidated with the former Company A, 1st Ranger Battalion. As a result, the unit was redesignated the 1st Battalion.
Concurrently, the 2nd and 3rd Battalions were also consolidated with other past Ranger Battalion has participated in the following operations: Operation Eagle Claw, the 1980 rescue attempt of American hostages in Tehran, Iran; Operation
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Urgent Fury, the invasion of Grenada in 1983; Operation Just Cause, the U.S. invasion of Panama in 1989; Bravo Company was deployed in the First Persian Gulf War (Operations Desert Storm and Desert Shield) in 1991; all three battalions were to be deployed to Haiti in 1994 (before the operation's cancellation only 5 miles (8.0 km) from the Haitian coast). [12] A Ranger from 1st Ranger Battalion scans for insurgents during a combat operation in Afghanistan. In 2002, the entire battalion returned to Afghanistan to

support the continuing Global War on Terrorism. In March 2002, during Operation Anaconda, 35 Rangers from the battalion had been assigned as QRF for all Task Force 11 operations, but only half of the platoon was available for the Battle of Takur Ghar.[13][11] In 2003, 1st Battalion participated in combat operations in support of Iraq War, conducting missions across the entire country of Iraq. 290 Rangers from 1/75th and 2/75th distinguished themselves during the successful rescue of prisoner-of-war, PFC Jessica Lynch.[13][11] The battalion currently supports the Global War on Terrorism, regularly rotating elements to Afghanistan continuing to successfully dismantle terrorist networks;[11] For actions between 14 and 16 November 2010, Charlie Company received the Valorous Unit Award for extraordinary heroism, combat achievement and conspicuous gallantry while executing combat operations in support of a named operation. The battalion received the Meritorious Unit Award for extraordinary heroism, combat achievement and conspicuous gallantry while executing combat operations in support of a named operation. Valorous Unit Award, for actions in support of Operation Enduring Freedom between 15 May - 28 August 2011 that included: conducting continuous combat operations, including time sensitive raids and deliberate movement to contact operations while in enemy held terrain out of reach by other friendly forces, in places like Khost, Paktika, and Nangarhar Province.[14] As of March 2019[update], the battalion has made 22 deployments during the Global War on Terrorism. During these deployments, the battalion took part in 198 combat operations in which 1,900 terrorists were killed or captured.[15] Algeria-French Morocco (with arrowhead) Tunisia Sicily (with arrowhead) Naples-Foggia (with arrowhead) Anzio (with arrowhead) Anzio (with arrowhead) Rome-Arno CCF Intervention First UN Counteroffensive Counterof (with arrowhead) Haiti GWOT (expeditionary) Afghanistan Service Medal Iraq Service Medal RIVER AREA Presidential Unit Citation (Army) for HONGCHON Valorous Unit Award for VIETNAM - II CORPS AREA Valorous Unit Award for PANAMA Republic of Vietnam Cross of Gallantry with Palm for VIETNAM 1969-1970 Republic of Vietnam Cross of Gallantry with Palm for VIETNAM 1970-1971 Republic of Vietnam Civil Action (Army) for Afghanistan[16] Valorous Unit Award for Iraq[17] Sergeant Major Thomas Payne, Medal of Honor recipient for actions during a mission that rescued 70 Iraqi prisoners from an ISIL prison in Kirkuk Province, Iraq, 2015. Previously with Company A, 1st Ranger Battalion, Payne was a member of Delta Force during the raid. He was initially awarded the Distinguished Service Cross which was later upgraded to the Medal of Honor in 2020, making him the first living Delta Force Medal of Honor recipient, and first Medal of Honor recipient for Operation Inherent Resolve. He was also the winner of the Best Ranger Company A, 1st Ranger Battalion. He was deployed to Afghanistan shortly after 9/11. Self commanded a Quick Reaction Force for Operation Anaconda. He and half of his platoon were on 2 Chinooks on the mission to rescue missing DEVGRU Red Squadron Navy SEAL Neil Roberts and USAF Combat Controller John Chapman during the Battle of Takur Ghar. For his actions during the battle he was awarded the Silver Star, Bronze Star, and Purple Heart. Captain Alejandro Villanueva, retired NFL player. Served with the 2nd Battalion, 87th Infantry Regiment and later 1st Ranger Battalion before starting his career in the NFL, with multiple deployments to Afghanistan. [20] Sergeant Major of the Army Glen E. Morrell, former 1st Ranger Battalion command sergeant major and served as the Sergeant Major of the Army from 1983 to 1987. Sergeant First Class Christopher Celiz, posthumous Medal of Honor recipient. Peter Kassig, a former Ranger with 1st Ranger Battalion, 75th Ranger Battalion, 75th Rangers United States Army Rangers Ranger Creed Ranger School Darby's Rangers (1958 film) This article incorporates public domain material from Lineage and Honors — 1st Battalion, 75th Ranger Regiment. United States Army Center of Military History. Archived from the original on 8 October 2020. ^ Seck, Hope Hodge (28 May 2017). "DoD Identifies Soldier Killed by Vehicle Rollover in Syria". Military.com. Archived from the original on 12 March 2021. ^ a b c d "The 1st Ranger Battalion". 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Sadoski, a member of Darby's Rangers during WWII Archived 11 December 2012 at archive.today from the Veterans History Project at Central Connecticut State University Retrieved from "3 The following pages link to 1st Ranger Battalion External tools (link count transclusion count sorted list). See help page for transcluding these entries Showing 50 items. View (previous 50 | next 50) (20 | 50 | 100 | 250 | 500) January 31 (links | edit) United Kingdom) (links | edit) United William Orlando Darby (links | edit) John R. 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