

Airman Carmichael's guide to

BASIC MILITARY TRAINING

Basic Military Training is a short course that trainees must pass in order to earn their way into the Air Force. The highly stressful environment is designed to push you both mentally and physically, but emotionally as well - which in my experience was the hardest part of BMT. To help new recruits prepare themselves for BMT I took the liberty of taking as much notes as I can in order to provide a resource for those looking to serve their country, and enrich their own lives in the same manner as I did.

Aim High, Fly, Fight, Win!

The First Night

Something I'm often asked about is how I felt on the first night, many Airmen will vaguely remember being smoked off the bus, but vividly remember just how tired they were. This is normal, and I expected it, so I made sure NOT to forget what happened the first night. Here is my experience;

Upon arriving in your squadron area an MTI (Military Training Instructor) will enter your bus and hastily instruct you to grab your stuff, step off the bus and proceed to the drill pad in front. This is where the fun begins, you will then be instructed to take out your MRE (Meal Ready to Eat) and finish it in ten minutes - although this sounds very simple, you will soon learn that performing simple tasks under great pressure will prove to be difficult, the commotion will confuse you, you'll want to look around and gain information on your new surroundings but you will quickly regret not keeping your head and eyes straight forward. Everybody is experiencing the yelling for the first time, don't take it personally, and don't get discouraged.

When the time for eating is done, you will then throw away the trash from your MRE and head upstairs and see your new living arrangements for the first time. You will then be instructed to find a bed, the corresponding wall locker, where to place your ID and you will then be sent to bed.

A lot of people, the vast majority in my flight would admit to be thinking "what have I gotten myself into?" when their head hit the pillow, however, do not get discouraged - you are being trained to work under stress and unfortunately, practice makes perfect! Get as much rest as you can, these next few days are going to be interesting.

What to bring

There is an ATM at BMT, so I wouldn't stress taking cash. I did take \$40, during week 3 you are given the opportunity to buy squadron gear but you don't really need any cash.

A lint roller and a clipboard will go a REALLY long way.

Before heading into BMT I would search on YouTube how to roll socks for AFBMT, how to roll T-shirts, and how to make hospital corners on beds. Becoming good at this early will help save you a TONNE of time.

I personally used a toiletry tray that I found online, it really helped me organise the drawer on my wall locker.

For men - bring extra razors.

Aside from that, the packing list is super accurate - but, extra cotton, plain, black face masks would help

Tips and Tricks!

I seemed to quickly adapt to the shouting, I would constantly remind myself why I joined the Air Force and I wouldn't let anybody take that from me. However, others took a little longer, this is the advice I gave them;

- The MTI is not going to hit you, they are just putting you under pressure.
- Whether they admit it or not, there is a method to the madness, trust the process, and work hard.

I also had quite an easy time preparing myself for every day, this was because my alarm went off roughly thirty minutes before the MTIs came to wake the flight up. I had thirty minutes of self reflection, coaching and motivating myself to attack the day - it helped a lot.

It's okay to admit that BMT is hard, many of the men in my flight who claim "BMT is easy" were people I seen struggle, it is okay to struggle, utilise this experience to find your weaknesses and work on them.

When I felt like BMT wasn't 'going my way' per se, whether we were having to drills because somebody messed up, or maybe because I was being smoked, I would always remind myself that the clock is going to tick regardless of what is going on, I will still be fed, I will be given ample time to shower, look after my hygiene, and Basic Military Training will not last forever. Remember that, and the fastest way to leave BMT is to graduate!

Phone Calls

Phone Calls were weekly, longer phone calls were earned, but this is subject to change as nothing in BMT is set in stone, regardless of how long it has been in practice.

Families at Graduation

As of July 22nd 2021, families and guests are now able to attend BMT Graduation again - although my squadron limited invitations to 2 per trainee, this is also subject to change.

ISSUED ITEMS

Aim High, Fly, Fight, Win!

Issued Items

When you get to BMT you will be given an EasyPay card, which only works at Lackland AFB and is the primary tool used by trainees when they are looking to make purchases at BMT. Note: The \$400 balance will come out of your paycheck, leftover money will be returned to you but you can not use this card at an ATM to get cash out.

Backpack	\$44.99
Reflective Belt	\$6.95
Silver Permanent Markers	\$2.95
Black Permanent Markers	\$1.99
Ball Point Pens	\$1.30
Highlighters	\$2.30
Write StenoBook Notepad	\$1.05
3&1 Old Spice Body Wash	\$3.99
Rubbermaid (container)	\$6.49
Toothbrush	\$1.49
Toothpaste	\$2.10
Toothbrush Holder	\$1.75
Plackers 90ct Mint Flossers	\$2.89
Gold Bond Medium Foot Powder	\$4.19
Deoderant	\$1.99
Tide Liquid Pods	\$4.99
Toe/nail clippers	\$1.29
Camelback Water Bottle	\$9.95
Flashlight	\$9.99
Netted Bath Sponge	\$1.29
Blouser Elastic	\$1.75
Fortress Lock	\$3.95
White Mesh Bags	\$15.96
Green Laundry Bag	\$7.30
Brown Towel	\$11.00
ID Holder	\$5.00
Garbage Bags	\$1.99
Scissors	\$1.79
Shower Shoes	\$1.10
Sunscreen	\$8.99
Face Mask	\$3.99
TOTAL	\$176.75

PHYSICAL TRAINING

Physical Training will occur everyday except Sunday and is divided into strength, cardio intensity training and aerobics.

The training is designed to make sure you are able to pass your final fitness assesment but I would strongly reccomend being able to pass the requirements before attending BMT

Aim High, Fly, Fight, Win!

Fitness Standards

It's important to remember that the fitness standards will constantly fluctuate, and that the BMT standards are different than those in the operational Air Force.

BMT Schedule

Week 3

FLY, FIGHT, WIN!

Made by Airman Carmichael

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00	wake up	wake up	wake up	wake up	wake up	wake up	wake up
6:00	Breakfast	PT strength	PT Appraisal (practice test)	PT Cardio Intensity Training	PT Strength	PT Cardio Intensity Training	PT Strength
7:00		Breakfast	Breakfast/ Dorm Prep	Breakfast	Breakfast	Breakfast	Breakfast
8:00	Chapel	Military Entitlements		Career Guidance	2nd Clothing Issue	Student Training time	
9:00			Supervised self study				Recruit Living Area 2
10:00		Suicide Awareness					
11:00	lunch	Comprehensive Airman Fitness	Airmans Time	lunch			
12:00	student training time	lunch	Student Training Time	What Now Airman			
13:00		Student Training Time	Lunch	Student Training Time			Recruit Living Area 2
14:00		Financial Readiness	Student Training Time	Weapons Tactical Movement			
15:00		Nutrition Principles	Professional Interpersonal Relationships	Student Training Time			
16:00				Dress & Appearance 1	Dry Cleaning briefing		
17:00	Dinner	Dinner	Evening Briefing				
18:00	Student training time	Evening Briefing	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	Mandatory study time	Mandatory study time	Mandatory study time	Mandatory study time	Mandatory study time	Mandatory study time	Mandatory study time
20:00	hygeine	hygeine	hygeine	hygeine	hygeine	hygeine	hygeine
21:00	lights out	lights out	lights out	lights out	lights out	lights out	lights out

NOTES

Sundays often had a lot of downtime, however, there would be a list of certain activities given to our flight from out MTI - that list would be signed off by all element leaders and the dorm chief.

Week three also has a lot of classes, by this point all the processing should be complete, the diagnostic PT test has been done and everybody is focusing on learning what they need

to make the most out of BMT.

MIT's are almost free to do as they wish with the blank space in the schedule. 'What Now Airman' is a video series designed to make the trainee think about

certain situations that they may find themselves, and the importance of AF core values.

2nd Clothing issue took all day. We ate MRE's for lunch.

Most of Friday was spent taking strings out and folding our OCP's & Blues.

BMT Schedule

Week 4

FLY, FIGHT, WIN!

Made by Airman Carmichael

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00	wake up	wake up	wake up	wake up	wake up	wake up	wake up
6:00	Breakfast	PT strength	PT Aerobics Training	PT Cardio Intensity Training	PT Aerobics Training	PT Cardio Intensity Training	PT Strength
7:00		Breakfast	Breakfast/ Dorm Prep	Breakfast	Breakfast	Breakfast	Breakfast
8:00	Chapel		Sensitive Skills	Flight/Independent Photos	Sexual Assault Prevention Response		
9:00		Open Ranks/ RLA PC	Drill 2	Student Training Time		COVID Vaccine	Recruit Living Area
10:00		Drill 3				Student Training Time	
11:00	lunch	Airmans Time		Airmans Time			
12:00	student training time	lunch	Lunch	What Now Airman			Lunch
13:00		Student Training Time	Student Training Time	Lunch	lunch	Lunch	Recruit Living Area Appraisal
14:00		Law of War	Supervised Self Study	Student Training Time	Drill 3		
15:00		Career Progression		Supervised Self Study			
16:00		Weapons Mechanics Appraisal	Weapons Mechanics				
17:00	Evening Briefing	Evening Briefing	Evening Briefing	Evening Briefing	Evening Briefing	Evening Briefing	Evening Briefing
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	Mandatory study time	Mandatory study time	Mandatory study time	Mandatory study time	Mandatory study time	Mandatory study time	Mandatory study time
20:00	hygeine	hygeine	hygeine	hygeine	hygeine	hygeine	hygeine
21:00	lights out	lights out	lights out	lights out	lights out	lights out	lights out

NOTES

Week 4 was a lot of progress checks, gearing up towards week 5 which was filled with tests that are needed to pass in order to graduate BMT.

BMT Schedule

Week 5

FLY, FIGHT, WIN!

Made by Airman Carmichael

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00	wake up	wake up	wake up	wake up	wake up	wake up	wake up
6:00	Breakfast	PT strength	FINAL PT TEST	PT Cardio Intensity Training	PT Strength	PT Road Run	PT Strength
7:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00		Recruit Living Area					
9:00			Air & Space Expedition		Weapons Progress Check	Open Ranks Progress Check	Recruit Living Area 2 Progress Check
10:00			Drill 3			Recruit Living Area 2 Progress Check	
11:00			What Now Airman	What Now Airman			
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
13:00			Airmans Time	Tactical Care Combat Casualties	Airmans Time	CATM video	
14:00			Military Skills Development				
15:00				Foundational Expeditionary Skills Training	Weapons & Mechanics		
16:00						Team Building	
17:00	Dinner	Dinner	Evening Briefing	Evening Briefing	Evening Briefing	Evening Briefing	Evening Briefing
18:00	Student training time	Evening Briefing	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	Mandatory study time	Mandatory study time	Mandatory study time	Mandatory study time	Mandatory study time	Mandatory study time	Mandatory study time
20:00	hygeine	hygeine	hygeine	hygeine	hygeine	hygeine	hygeine
21:00	lights out	lights out	lights out	lights out	lights out	lights out	lights out

NOTES

Mainly tests, after passing everything in week 5, the only remaining requirements to graduate BMT are BEAST week and the EOC. To efficiently study for the EOC I would answer

the questions in the back of your BMTSG (Basic Military Training Study Guide). **HINT HINT**

Most of the tests are Recruit Living Area which takes a surprsignly long time because it is your MTI going through roughly 50 people's wall locker's which does take some time.

Whilst the RLA PC is scheduled for Friday and Saturday, the MTI's tried to start doing the

progress checks early on in the week.

BMT Schedule

Week 6

FLY, FIGHT, WIN!

Made by Airman Carmichael

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00	wake up	wake up	wake up	wake up	wake up	wake up	wake up
6:00	Breakfast	Transit	Breakfast	Breakfast	Breakfast	PT Aerobics	PT Strength
7:00		Breakfast			Details	Breakfast	Breakfast
8:00		CATOM	Tactical Casualty Combat Care	Tactical Movements			
9:00						End of Course exam	
10:00							
11:00							
12:00	Lunch		Lunch	Lunch	Lunch		Lunch
13:00					Commencement Ceremony		
14:00							
15:00					Transit back to squadron		
16:00							
17:00							
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00							
20:00	hygeine	hygeine	hygeine	hygeine	hygeine	hygeine	hygeine
21:00	lights out	lights out	lights out	lights out	lights out	lights out	lights out

NOTES

BEAST week is a simulated deployment, and a lot of fun too. It felt like a vacation.

Day one was mainly shooting and getting a tour of the campsite, day two was performing

TCCC on dummies in order to pass the progress check, as well as practicing defending

an outpost, and day three was all tactical movement fun as well as practicing putting

on protective gear in case of a gas attack.

The schedule for BEAST is very loose, almost weather dependant, and it appeared to be

a check list for the 'cadres' (BEAST MTI) to check off on, so it is also a much more

relaxed environment - however, that doesnt mean you lose your military bearing.

Hydrate, constantly, and you will be fine.

BMT Schedule

Week 7

FLY, FIGHT, WIN!

Made by Airman Carmichael

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00	wake up	wake up	wake up	wake up	wake up	wake up	wake up
6:00	Breakfast	PT strength	PT Aerobics Training	PT Cardio Intensity Training	PT Strength		
7:00		Breakfast	Breakfast	Breakfast	Breakfast		
8:00		EOC Resits					
9:00					GRADUATION		
10:00							
11:00				What Now Airman			
12:00	Lunch	Lunch	Lunch	Lunch	Lunch		
13:00							
14:00							
15:00							
16:00							
17:00	Dinner	Dinner	Evening Briefing	Evening Briefing	Evening Briefing		
18:00	Student training time	Evening Briefing	Dinner	Dinner	Dinner		
19:00	Mandatory study time	Mandatory study time	Mandatory study time	Mandatory study time	Mandatory study time		
20:00	hygeine	hygeine	hygeine	hygeine	hygeine		
21:00	lights out	lights out	lights out	lights out	lights out		

NOTES

Although many trainees feel as if week 7 is going to be a brisk walk in the park, that is highly unlikely. You are still expected to perform just as you have previous weeks, do not begin to get lazy or undisciplined, it is not worth it.

During week 7 your MTI may ask the flight for honest feedback, make sure to be honest with your feedback, as helping your MTI will in turn help out new trainees looking to become

Airmen and this helps out the Air Force at large.
