

Core Academy Pre-Work Checklist

(click on hyperlinks to go to respective web pages & documents)

Complete the following:

- Read, sign and date the [Student Letter](#). You will hand this in during your academy check-in, and will be expected to fully understand and adhere to its content.
- For L-380 pre-course work, read: CA65-69 [Into Thin Air](#), Jon Krakauer
CA70 [Endurance; Shackleton's Incredible Voyage](#), Alfred Lansing.
- Complete the [online portion of S-219](#). Students are required to complete this online training portion of the course prior to taking the instructor-led portion. It will take no more than two hours to complete.

Optional:

- Print or bookmark: [The National Apprenticeship Standards](#) – for your reference
- Review: [Fitness and Work Capacity \(2009 Edition\)](#) and: [Introduction to FireFit](#)
- Print: [Directions to Academy](#) – if needed