Qatar Country Handbook

1. This handbook provides basic reference information on Qatar, including its geography, history, government, military forces, and communications and transportation networks. This information is intended to familiarize military personnel with local customs and area knowledge to assist them during their assignment to Qatar.

2. This product is published under the auspices of the U.S. Department of Defense Intelligence Production Program (DoDIPP). This handbook has been published as a joint effort within the Department of Defense (DoD). This product reflects the coordinated U.S. Defense Intelligence Production Community position on Qatar.

3. Dissemination and use of this publication is restricted to official military and government personnel from the United States of America, United Kingdom, Canada, Australia, NATO member countries, and other countries as required and designated for support of coalition operations.

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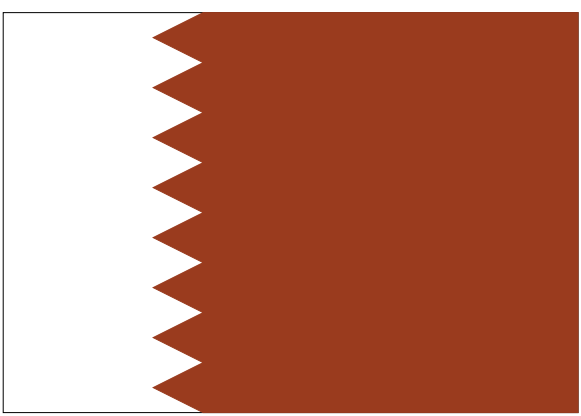
Qatar

KEY FACTS

Country Name. State of Qatar
Arabic Name. Dawlat Qatar
Country Code. QAT
Head of State. Emir Hamad bin Khalifa al Thani
Capital. Doha
National Flag. The flag is a rectangle, divided vertically into two sections. The larger maroon section is separated from the smaller white section by a vertical, zig-zag line.
Time Zone. UTC (formerly GMT) + 3
Population. 769,000 (2001)
Languages. Arabic is the official language. English, Farsi, Urdu, and Hindi are also used.
Currency. Riyal (R). 1R = 100 dirhams.
Exchange Rate. R3.64=US$1.
Calendar. Islamic. The workweek is Sunday through Thursday; Friday and Saturday are the weekend. The fiscal year is 1 April to 31 March.



National Flag

U.S. MISSION

U.S. Embassy

Chief of Mission. Ambassador Elizabeth Davenport McKune
Location. 22 February Road, Al Luqta, Doha
Mailing Address. U.S. Embassy, P.O. Box 2399, Doha, Qatar
Phone. (974) 488-4101
Fax. (974) 488-4298
E-Mail. *usembdoh@qatar.net.qa* for more information
Official Website. *www.usembassy.org.qa* for more information

Travel Advisories

The U.S. State Department regularly issues public announcements with travel warnings for the Middle East. American citizens in Qatar are at risk for terrorist attacks and may be targeted for kidnapping.

Credit Cards

Credit cards are accepted in Qatar. There are automated teller machines (ATMs) in Doha that accept credit and debit cards.

Entry Requirements

Passport and Visa Requirements

A passport and visa are required for entry into Qatar. U.S. citizens may obtain visas at the airport in Doha. Visas are valid for 14 days and may be extended for an additional 14 days. However, tourists can clear customs rapidly and be granted a longer stay by obtaining visas prior to arrival.

Immunization Requirements

The following vaccines should be current before entering Qatar: yellow fever, typhoid, and polio. Immune serum globulin to prevent hepatitis A

is necessary for stays longer than 3 weeks, or if food, water, and ice precautions cannot be followed.

Customs Restrictions

Alcohol, pork products, narcotics, firearms, and pornography are not allowed in Qatar. Videos and DVDs are screened at the port of entry and subject to seizure or censorship.

GEOGRAPHY AND CLIMATE

Geography

Qatar is a peninsula located off Saudi Arabia in the Arabian Gulf. Qatar covers 11,437 square kilometers (4,460 square miles), which is slightly smaller than Connecticut. Qatar projects northward into the Gulf from the Arabian peninsula, extending 160 kilometers (99 miles) north to south and 90 kilometers (56 miles) east to west. Qatar also includes several small islands, most notably Halul. This island, located 97 kilometers (60 miles) east of Doha, is the receiving and storage point for Qatar's three offshore oil fields.

Boundaries

Qatar shares a 60-kilometer (37-mile) border with Saudi Arabia to the southwest, and a 30-kilometer (19-mile) border with the United Arab Emirates (UAE) to the southeast.

The Arabian Gulf borders Qatar on the north, east, and west. Qatar's total coastline area is 563 kilometers (349 miles). Qatar has a 12-nautical mile territorial sea and a 24-nautical mile contiguous zone.

Topography

Qatar's terrain is flat and its soil sandy. Land rises gradually to a central limestone plateau. At 56 kilometers- (35-miles) long, the Dukhan anticline rises from the west coast as a chain of hills as high as 100 meters

Area Comparison

(328 feet). Low cliffs mark the northern end of the east coast. Qatar has no rivers or streams and little vegetation.

Climate

Qatar has a desert climate with hot summers and dust storms. The little rain Qatar receives averages 100 millimeters (4 inches) per year in winter; it falls in brief but heavy storms that often flood small ravines and wadis.

Middle East

Summer lasts from May to October with average high temperatures from 42 to 46° C (108 to 115° F). The prevailing northwest wind (*shamal*) is a cooling breeze that brings dust storms in June and July. Visibility in dust storms is often less than a kilometer (half a mile). Fine dust particles are frequently carried by the wind 183 to 305 meters (600 to 1,000 feet). The winter season lasts from November to April when temperatures may fall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0 10 20 km
0 15 mi

Topography

to 17° C (63° F). Humidity is high throughout the year and is noticeably higher toward the coast. Haze is common in coastal areas.

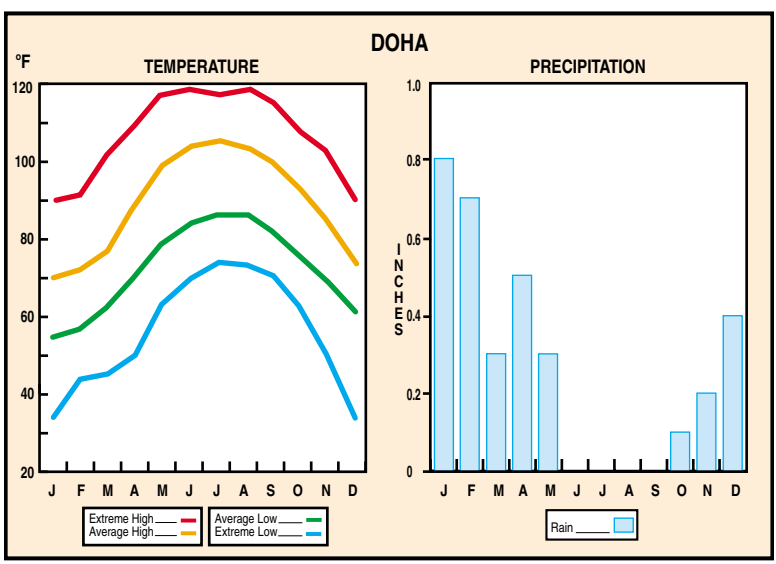
Environment

Qatar's desert environment is harsh and supports little life. Qatar has no reusable water supply and relies on wells and desalination facilities. Oil pollution has damaged marine life.

Cross-country Movement

High temperatures combined with intense sunlight and blowing sand can limit mobility in the desert. Sudden cloudbursts can damage roads.

Maintaining one's orientation from the air or on the ground is difficult in the desert. There are few checkpoints, distances are deceiving, and the



Doha Weather

landscape is monotonous. Mirages can distort landmarks and cause people to lose sight of each other.

Soft sand and salt flats inhibit cross-country movement of trucks, especially those that tow trailers. The monotonous color makes it difficult to distinguish different elevations, except during morning and evening hours when terrain features cast long shadows.

Surface glare is a problem in the desert. It produces an effect similar to snow blindness and restricts the use of optical instruments. The combined effect of glare, haze, and shimmering blur the edges and fine detail of images making detection, identification, ranging, and tracking almost impossible. Ground-level observation is better on clear nights than at midday when glare is intense. Radars are unlikely to be affected by haze so they may be valuable on flat terrain during midday heat.

TRANSPORTATION AND COMMUNICATION

Transportation

Qatar is improving its transportation network to accommodate a growing population and increased gas production. Maritime transportation has received the highest priority, with significant improvements made to the liquefied natural gas (LNG) terminal at Ras Laffen. Air transportation includes one dual-use international airport and one heliport. Qatar's four ports include two commercial cargo facilities, one oil terminal facility, and one gas terminal facility. The road system is adequate and travel in most desert areas is possible using four-wheel drive vehicles. There are no railways or waterways in Qatar.

Roads

There are 1,500 kilometers (930 miles) of road, two-thirds of which is paved; the rest are gravel or sand. Traffic moves on the right side of the road. Most road signs are in Arabic and English. From Doha, roads

Transportation

extend southeast to Umm Sa'id (Musayid), west and southwest to Umm Bab and Dukhan, and north to Al Khawr and Ar Ruways.

There is no public bus service but taxis and rental cars are available. Most taxis have meters, but the fare should be negotiated for any trip outside Doha. Car rental agencies are located at Doha International Airport and in Doha. It is possible to rent a car with most foreign driving licenses. The international driving permit is also accepted.

Air

Doha International Airport, a joint military and civilian airfield, is the only international airport. Located 5.6 kilometers (3.5 miles) from Doha, the airport is accessed via the major highway. Qatar Airlines and Gulf Airlines provide regional service to all Gulf states and extended service to many European and Asian cities. The Doha Heliport provides commercial helicopter service to several Gulf states. There are no internal air services in Qatar.

Airport Name/ Coordinates	Max Runway Length/Width	Runway Surface	Elevation	Cond.	Load Class. Number
DOHA INTL/ 251540N/ 0513354E	4,572 x 46 m (15,000 x 151 ft)	ASP	10.6 (35)	Good	93
UMM SA'ID/ 245918N/ 0513006E	1,235 x 11 m (4,053 x 36 ft)	BIT	7.6 (25)	Poor	39
DOHA HELIPORT/ 251721N/ 0513445E	331 x 9 m (1,085 x 30 ft)	GRE	10.6 (35)	Fair	

Maritime

Qatar has two commercial ports (Doha and Umm Sa'id) and two special purpose facilities (Halul Island POL Terminal and Ras Laffen LNG Terminal). All are available year-round.

Name	Coordinates	Berthing	Material Handling
DOHA (AD DAHWAH)	251735N/ 0513239E	20 wharves, 29 berths	14 mobile cranes, 2 container cranes
UMM SA'ID (MUSAYID)	245707N/ 0513526E	12 wharves, 19 berths	6 mobile cranes, 2 fixed cranes
HALUL ISLAND	254009N/ 0522437E	2 SBM offshore	No cranes
RAS LAFFEN	255430N/ 0513440E	6 wharves, 10 berths	Unknown

Communication

Qatar's telecommunication network is modern and comparable to other Gulf States. Qatar is linked to Kuwait, Bahrain, and the UAE via a fiber-optic cable.

Radio and Television

Seven AM and three FM radio stations broadcast in Arabic, French, Urdu, and English. Qatar FM broadcasts programs in English from early morning until late evening, with an eclectic music selection. A powerful short-wave station with broadcasts in Arabic and English can be heard worldwide.

Qatar Television's second channel (channel 37, UHF) broadcasts programs in English from late afternoon until midnight. With a good antenna, CNN is available on channel 55 (Bahrain TV's English-language frequency) from 2300 until 1800. Bahrain airs BBC World Service Television continuously.

Telephone

Domestic telephone traffic is carried by microwave radio-relay, coaxial cable, open wire, and fiber-optic cable. Telephone service is carried via tropospheric scatter to Bahrain and coaxial cable and microwave radio-relay to Saudi Arabia and the UAE. A cellular telephone system operates throughout Qatar, and the country is well supplied with pay telephones. International calls can be direct-dialed from card phones (R50 and R100 cards are available). When calling Qatar from outside the country, the country code is 974, followed by the local, seven-digit number. There are no city or area codes.

Newspapers and Magazines

Qatar has no official censorship. However, newspapers do not publish material critical of the ruling family, the government, or religious issues. The privately owned newspapers are: *Arrayah, Al Arab, Shahab Al Yom*, and *Al Sharq*. The Ministry of Information and Culture operates the *Qatar News Agency.*

The *Gulf Daily News* is the local English-language newspaper.

Postal Service

Letters usually take 12 days to reach Qatar and 7 days to travel from Qatar to the United States. Post offices are in Doha and several larger towns. Mail can also be sent from major hotels.

Satellite

Satellite earth stations include one Atlantic Ocean and one Indian Ocean Intelsat and one Arabsat. Satellite telephone service is available and used primarily by corporations.

Internet

There is one internet service provider with 45,000 subscribers. Internet cafes offering public access are available in Doha.

CULTURE

Society

Ethnic Groups

Arabs comprise 40 percent of Qatar's population. Other groups include: Pakistanis (18 percent), Indians (18 percent), and Iranians (10 percent).

People

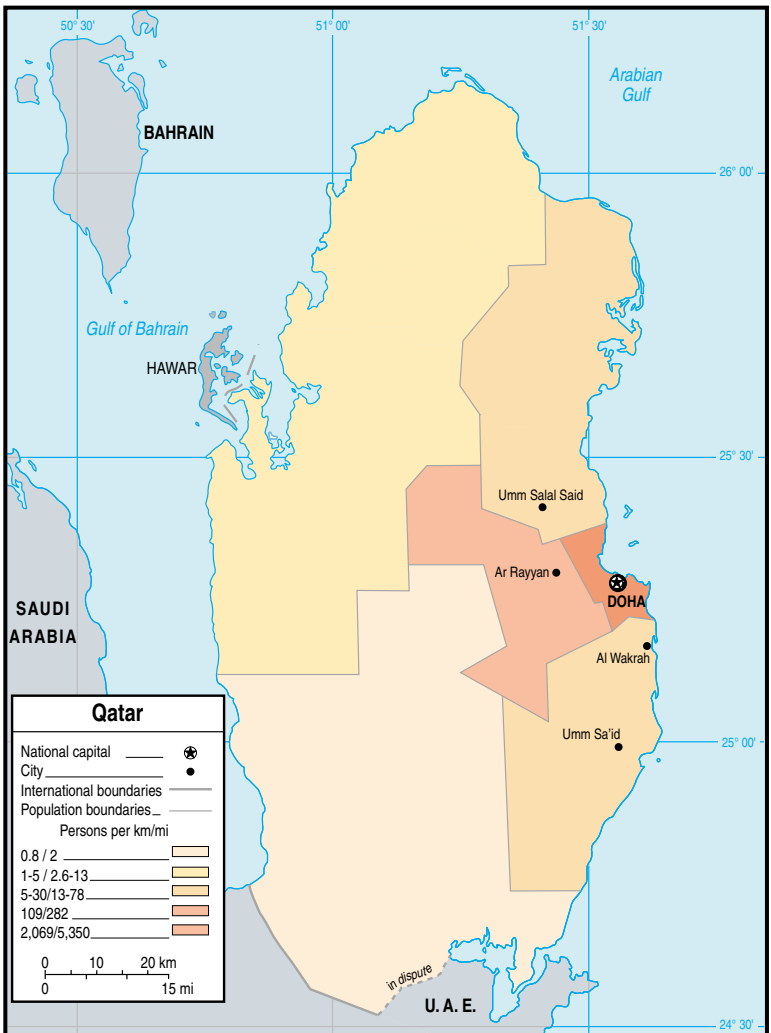
Qatar's population of 769,000 includes 425,000 foreign workers (55 percent). Most foreign workers are men employed in the oil industry or various high-technology positions. Eighty-four percent of the population lives in Doha and the neighboring town of Ar Rayyan.

Arab families are the basic unit of society and are very strong and close knit. The father is the head of the family (a patriarchal system). Although the mother's activities may be limited to housework and taking care of the children, she may exercise considerable influence in the home. Few women work outside the home, but the number is increasing. All activities revolve around family members and family life, and any achievement advances the reputation of the entire family. One's family is a source of reputation and honor, as well as financial and psychological support.

Education and Literacy Rates

Qatar has a literacy rate comparable to the other Arabian Gulf states. Seventy-nine percent of the population is literate.

Qatar provides primary, secondary, and higher education. Qatar's secondary education program is offered only to boys and includes schools specializing in religion, commerce, and technical studies. Girls are allowed to attend teacher-training institutions. The University of Qatar is the only institution of higher learning, offering undergraduate degrees



Population Density

in science and technology, the liberal arts, and Islamic studies. The government also provides scholarships for study in other Arab countries, Britain, France, and the United States.

Many foreign communities have private schools for their children. Although the government offers financial assistance to these schools, they are primarily funded through tuition and private sources.

Religion

Islam is the official religion of Qatar. Qataris are mainly Sunni Muslims and belong to the strict Wahhabi sect. Ninety-five percent of the population is Muslim. Other religions among foreign workers include Hindu, Christianity, and Baha'i.

Islam

Life in the Arabian Gulf states revolves around Islam. Islam is a system of beliefs and provides the foundation for an entire way of life. The word Islam literally means submission, and a Muslim is one who submits; thus, the religion of Islam is the religion of the submission to the will of Allah (Arabic for god). Muslims believe that Allah revealed the Qur'an to the prophet Mohammed during the 7th century A.D. The Qur'an contains rules governing society and the proper conduct of its members. In

The Holy Mosque in Mecca

613 A.D., when Mohammed was 43, he began to preach this message to citizens of Mecca. He denounced the prevalent practice of polytheism and proclaimed that there was only one god, and he was Allah. Mohammed's message was poorly received by the people of Mecca, who were enjoying great prosperity due to the pilgrimage trade associated with Mecca's pagan holy sites. In 622 A.D., Mohammed and his followers fled from Mecca to Medina. The move, or *Hajra*, marks the beginning of the Islamic era and Islam as a force in history; the Islamic calendar begins in 622 A.D. While in Medina, Mohammed continued to preach and win converts. He eventually conquered Mecca in 630 A.D. and returned to perform the pilgrimage in 632 A.D., shortly before his death.

After Mohammed's death, his closest followers compiled those sayings that Mohammed has indicated as being directly from God into the Qur'an, the Holy Scripture of Islam. Mohammed's personal teachings and sayings were also compiled and are known today as *hadith*. The compilation of Mohammed's actions is known as the *sunna*, or tradition. Together with the Qur'an, the *hadith* and *sunna* serve as the comprehensive guide to the spiritual, ethical, and social life of orthodox Muslims.

Five Pillars of Islam

The five pillars (or practices) prescribed by the *Shari'a* are the *shahada* (declaration of faith), *salat* (ritual prayer and ablutions five times a day), *zakat* (almsgiving), *sawm* (fasting during daylight hours during the month of Ramadan), and *haj* (the pilgrimage to Mecca once in a lifetime). These are the acts that are set forth as necessary to demonstrate and reinforce the faith.

Shahada: By reciting the *shahada* one professes himself to be a Muslim. In Arabic the *shahada* is: *Ana ashadu ina la illaha illa allah wa ana ashadu ina mohammedan rasul allah*.

Salat: Muslims pray five times daily: at dawn (*fajr*), midday (*dhuhr*), afternoon (*asr*), sunset (*maghrib*), and 1.5 hours after sunset (*'isha*). Muslims may pray inside a mosque or outside. The only stipulation is

that they pray toward the *kaaba*, the ancient shrine in the center of Mecca. Prior to praying, Muslims must perform ritual cleansing, usually at a fountain located in the courtyard of a mosque. It is not uncommon to see Muslims praying along the sidewalks in busy cities. Proper courtesies apply; one should never walk in front of a Muslim engaged in prayer. As a general rule, non-Muslims should not enter mosques unless invited to do so by a Muslim host.

Zakat: Muslims must give a portion of their incomes to those poorer than themselves. The collection of *zakat* has varied over the centuries. At times it has been considered an individual duty and at other times the state has collected the *zakat* as a form of income tax to be redistributed through mosques. Regardless, beggars asking for alms may on occasion confront visitors in the market. The local populace looks on these people with great kindness and generosity. One is not compelled to give but should always treat these beggars with respect. To do otherwise would certainly have negative repercussions.

Sawm: The month of Ramadan is considered the holiest Islamic month. It marks the yearly tradition of *sawm*, or fast. During Ramadan, Muslims do not eat, drink, smoke, or have sexual relations between sunrise and sunset. During Ramadan, most restaurants are closed during the day. Non-Muslims should avoid eating, drinking, or smoking in front of Muslims who are fasting. At best, this type of behavior is inconsiderate; at worst, it is illegal and may lead to a confrontation with police.

Haj: All Muslims who are able are enjoined to make the pilgrimage to Mecca at least once during their lifetime. Accomplishment of this task confers upon the Muslim a title of great honor, *Al Haj*. The *haj* must be performed during a specific few days during the month of *Dhu al Hijja*. When addressing an older Muslim of unknown social rank or status, one may be certain that the liberal use of the title *haj* or *haji* will endear the speaker to the audience.

The Prophets Mosque in Medina, Burial Place of the Prophet

Shari'a

The *Shari'a* (or Islamic Law) is compiled from the following sources: the Qur'an, or revelations of Allah to the prophet Mohammed; the *hadith*, or sayings of Mohammed; *sunna*, or traditions; consensus among the *Ulema* (Islamic scholars); and *ijtihad*, or analogy. The *Shari'a* contains Islamic doctrines of monotheism, angels, prophets, revelations (books), predestination, and final judgment.

Sunni versus Shi'a Islam

After the death of Mohammed, the senior leaders of the Muslim community selected Abu Bakr, the Prophet's father-in-law, as the *caliph*, or leader of the Muslim community. Ali ibn Talib, Mohammed's son-in-law, was championed by some, but was deemed to young for the position. The next two *caliphs*, Umar and Uthman, were selected in a similar manner. Ali's supporters opposed the appointment of Uthman. Uthman

was eventually murdered and Ali came to power. One of Uthman's kinsmen, Muawiyah, the governor of Syria, rebelled against Ali. After Ali's murder, Muawiyah claimed the Caliphate from his capital in Damascus. The supporters of Ali (*Shi'at Ali*) refused to recognize Muawiyah's rule or the rule of his descendants. Instead, the Shi'a insisted that the proper line of succession of the Caliphate was the descendant of Mohammed through his son-in-law, Ali.

Ali is considered to be the first Shi'a Imam, or spiritual leader. Ali's descendants continued the line of the Imams until the twelfth Imam, who disappeared in 880 A.D. The Shi'a have awaited his return ever since, and until he does, the Shi'a sect is ruled by an appointed ayatollah. Despite an ayatollah's position, he is still looked at as only half legitimate by the Shi'a population.

Most of the world's Muslims belong to the Sunni sect of Islam. Among the Arabian Gulf states, Shi'as are a majority only in Bahrain. Kuwait and the UAE have sizable Shi'a minorities.

The Islamic Calendar

The Islamic calendar is computed from the *Hajra* (or the flight of Mohammed from Mecca to Medina) and often designated with the letters A.H. (for Anno Hajra). The calendar is lunar and consists of 354 days. It is 11 days shorter than the solar year, which has 365 days. Leap years occur every 2 to 3 years. The following Western dates indicate the beginning of contemporary Islamic years:

Islamic Date	Western Date	Islamic Date	Western Date
1422	26 March 2001	1427	31 January 2006
1423	15 March 2002	1428	21 January 2007
1424	4 March 2003	1429	10 January 2008
1425	22 February 2004	1430	29 December 2008
1426	10 February 2005		

Calendar months begin with the first crescent of the new moon and alternately contain 30 or 29 days and are named as follows:

Muharram, Safar, Rabi I, Rabi II, Jumada I, Jumada II, Rajab, Shaban, Ramadan, Shawawal, Dhu al Qadfa, and *Dhu al Hijja*.

The Islamic calendar has 7 days per week. The Islamic week begins with Sunday: *Yowm al-Ahed*, which means the first day. *Yowm al-Sabt* means the seventh day. *Yowm al-Juma'a* is the day that Muslims gather for the larger prayer sessions. It is the equivalent to the Jewish Sabbath or Christian Sunday. The name came through Arabic tradition when Fridays were days that people would bring their goods to the local market and gathered to catch up on local gossip and politics. The normal workweek runs from Sunday through Thursday. Friday and Saturday are the weekend. The Islamic day is from sundown to sundown although Muslims are active during all hours during certain months of the year.

Islamic Day	Western Day	Islamic Day	Western Day
Yowm al-Ahed	Sunday	*Yowm al-Khamiys*	Thursday
Yowm al-Ithnayn	Monday	*Yowm al-Juma'a*	Friday
Yowm al-Thulaatha	Tuesday	*Yowm as-Sabt*	Saturday
Yowm al-Arba'a	Wednesday		

Recreation

Activities tend to revolve around the home, family, and religious institutions.

Customs and Courtesies

Gestures

Arabs make liberal use of gestures when they talk, especially if they are enthusiastic about the subject. Hand and facial gestures are thus an important part of Arab communication. Some of the most common gestures used in Arab countries, to include Qatar, are listed. Using the gestures is not recommended.

- There are several gestures which indicate no, such as moving the head slightly back and raising the eyebrows, moving the head back and chin forward, moving the chin back slightly and making a clicking sound with the tongue.
- After shaking hands, placing the right hand over the heart indicates respect and sincerity.
- Holding the right hand out, palm downward, and moving it as if scooping something away from you indicates go away.
- To kiss the forehead, nose, or the right hand of a person who is being greeted is a sign of extreme respect.
- Patting the heart a few times may indicate "That's enough, thank you."
- To beckon another person, all fingers wave with the palm facing downward.
- Holding the right hand out, palm upward, and touching the thumb to all of the fingertips and then moving the hand up and down slightly indicates, "Have patience, slow down, and listen."

Friendship

Friendship to an Arab does not necessarily mean the same thing as it does to an American. Among Arabs, a friend is someone whose company is enjoyed. However, equally important to the relationship is the duty of a friend to give help and favors to the best of his ability.

For an Arab, good manners require never openly refusing a request from a friend. This does not mean that the favor must actually be done, but rather that the response must not be stated as no. If an Arab friend asks for a favor that is unreasonable, illegal, or too difficult, the correct response is to listen carefully and suggest that while doubtful about the outcome, one will try to help. Later, express regrets and offer to do something else for him in the future.

Arabs like to discuss money and may ask what people paid for things or what their salary is. Arabs consider it unusual for an adult to be unmar-

ried, since marriage is arranged for most people by their families and is expected of everyone. Arabs place special significance on children, especially male children since they enhance prestige and assure care of the parents in old age. Questions that Arabs consider too personal are those pertaining to women in the family (if asked by a man). It is best to ask about the family, not a wife, sister, or grown daughter.

Arabs value personal relations more than time constraints, mission requirements, or professional skills. One key for establishing good working relations with an Arab is to establish a good personal relationship. Relationships are maintained through fairly strict and formalized rules of behavior and politeness. There is little satisfaction in Arab tradition in getting down to business immediately. Instead, the Arab has a strong sense of the formal social occasion and protocol. An initial business meeting is not necessarily a time for business. Therefore, protocol will be emphasized through polite conversation and the serving of refreshments. Business may occur at a later meeting, or at a more informal setting such as a dinner.

Criticism can threaten or damage an Arab's honor; it may be taken as a personal insult. A Westerner would do well to take a very indirect approach towards Arabs with any corrective remarks and include praise of any good points, as well as assurances of high regard for the individual himself.

Muslims enjoy discussing religion with Westerners because of their curiosity about Western religious beliefs and because they feel motivated to share information about Islam with friends. They are secure in their belief about the completeness of Islam, since it is accepted as the third and final refinement of the two previously revealed religions, Judaism and Christianity. They like to teach about Islam, which eventually leads to the question: Why don't you consider conversion? The simplest, most gracious and acceptable answer is to state that you appreciate the information and respect Islam highly as a religion, but that you cannot consider conversion because it would offend your family.

Arabs like to discuss politics and readily bring up controversial issues like the Palestinian problem and the legacy of colonialism and imperialism. The safest response, if one cannot fully agree, is to confine the conversation to platitudes and wait for the subject to change, expressing concern for the victims of war and hopes for a lasting peace.

Americans generally put a distance of about one arm's length between themselves and others. Arab space is 12 inches – even less in a very private conversation. The American will have a tendency to back up when the Arab stands very close to him, but the Arab will merely step forward. If the American continues to back away, the Arab will continue to step closer. This situation has been dubbed the diplomatic shuffle.

Arabs are generous to friends and strangers and value the same in others. Generosity to guests is essential for a good reputation. It is an insult to characterize someone as stingy or inhospitable.

Arabs assume the role of host in the office, home, or shop. A guest never stays long without being offered something to drink, and it is assumed that the guest will accept at least a small quantity as an expression of friendship or esteem. No matter how much coffee or tea the guest has had elsewhere, this offer is never declined. Shops and business offices have employees whose sole duty is to serve beverages to guests. When served a beverage, accept and hold the cup with the right hand.

Values

The maintenance of family honor is one of the highest values in Arab society. Since misbehavior by women can do more damage to family honor than misbehavior by men, clearly defined patterns of behavior have been developed to protect women and help them avoid situations which may give rise to false impressions or unfounded gossip. Westerners must be aware of the restrictions that pertain to contact between men and women. Arabs quickly gain a negative impression of one who behaves with too much familiarity toward a person of the opposite sex.

A Western man should never approach an Arab woman with the intent to pursue a personal relationship.

The public display of intimacy between men and women is strictly forbidden by the Arab social code, including holding hands or linking arms, or any gesture of affection such as kissing or prolonged touching. Such actions, even between husband and wife, are highly embarrassing to Arab observers.

Etiquette

- Slouching, draping legs over the arm of a chair, or otherwise sitting carelessly when talking with someone communicates a lack of respect for that person. Legs are never crossed on top of a desk or table.
- Leaning against a wall or keeping the hands in pockets while conversing conveys a lack of respect.
- Sitting in a manner that allows the sole of one's shoe to face another person is a very serious insult. One should always sit with both feet on the floor.
- Failure to shake hands when meeting or saying goodbye is rude. It is the woman's choice whether to shake hands or not.
- Social events normally call for formal dress: a suit and tie for men, and a dress and high heels for women. Failure to dress appropriately may be taken as a lack of respect for the host.
- Anyone who lights a cigarette in a group must be prepared to offer them to everyone.
- Men stand when a woman enters the room; everyone stands when new guests arrive at a social gathering and when an elderly or high-ranking person arrives or departs.
- Men allow women to precede them through doorways and offer their seats to them if no others are available.
- If guests admire something small and portable, an Arab may insist that it be taken as a gift. Guests need to be careful about expressing admiration for small, expensive possessions.

- Gifts are given and accepted with both hands and are not opened in the presence of the donor.
- When eating with Arabs, especially when taking food from communal dishes, the left hand is not used as it is considered unclean.
- At a restaurant Arabs will almost always insist on paying, especially if there are not many people in the party or if it is a business-related occasion. Giving in graciously after a ritual gesture to pay and then returning the favor later is an appropriate response.
- Arabs, especially women, should not be photographed without permission.

MEDICAL ASSESSMENT

Disease Risks to Deployed Personnel

Food- or Waterborne Diseases

Acute, chronic diarrheal diseases caused by bacteria, protozoa, and viruses pose the greatest risk to deployed forces. Risk of hepatitis A, which most Gulf state natives contract as children, is high. Risk of typhoid and paratyphoid fevers is low to intermediate. Hepatitis E is a risk.

Insect-, Tick-, and Miteborne Diseases

Sand fly fever and leishmaniasis, transmitted by sand flies, pose the greatest risk from April through November, particularly in Kuwait, Qatar, and UAE. Other insect- and tick-borne diseases likely to be a risk include West Nile fever, Sindbis virus disease, and Crimean-Congo hemorrhagic fever. Dengue fever occurs in the region and the mosquito vectors exist in the Gulf states.

Respiratory Diseases

Acute respiratory infections are a risk, particularly in crowded living conditions. Risk of acute respiratory infections such as colds, pharyngitis, bronchitis, pneumonia, and influenza increases from November

through March. Meningococcal meningitis cases occur sporadically, and risk is greatest from November through March. Tuberculosis levels are low, with highest levels in lower socioeconomic groups.

Sexually Transmitted and/or Bloodborne Diseases

Sexually transmitted diseases, including gonorrhea, syphilis, and cervicitis/urethritis, are a risk. HIV/AIDS is underreported. Hepatitis B/D and C are caused by exposure to infective body fluids.

Animal-associated Diseases

Brucellosis occurs in livestock and is commonly spread to humans by consumption of unpasteurized milk products. Leptospirosis (spread primarily by rat urine), anthrax, and rabies are also risks.

Medical Capabilities

Medical services in Qatar provide quality routine care. Individuals requiring complicated care or specialized services must go abroad for adequate treatment. While Arabic is the country's traditional language, English is a common second language among the nation's medical community. Whenever U.S. personnel need medical care, it should be sought through the U.S. Embassy health unit or supporting military medical unit or detachment.

Hospitals in Qatar are modern with some very advanced medical diagnostic equipment. However, sanitation and cleanliness are poor. Qatar, like other countries in the region, relies heavily on foreign contract medical workers, especially for specialty care. This phenomenon makes Qatar vulnerable to medical personnel shortages, because contract personnel may flee the country during a major crisis. The Hamad General and Rumailah Hospitals have the only burn treatment facilities in Qatar.

The blood supply in Qatar is not considered safe because donated blood is not screened for most common disease-causing, blood-borne pathogens.

Key Medical Facility

Facility	**Hamad General Hospital**
Location	Al Rayyan Road and Ahmed Bin Ali Street
Type	Government
Bed capacity	630
Capabilities	Medicine: cardiology, gastroenterology, nephrology, oncology, dental, obstetrics/gynecology, pediatrics, and dermatology. Surgery: ophthalmology, orthopedics, vascular, neurosurgery, oral surgery. Ancillary services: operating rooms, emergency room staffed 24 hours with ambulance support, x-ray, burn unit, intensive care unit (ICU), critical care unit (CCU), surgical ICU, laboratory, blood bank, pharmacy, radiotherapy. Specialized equipment: endoscope, magnetic resonance imaging (MRI), computerized tomography (CT) scanner, and nuclear medicine.
Comments	One of the largest, best-equipped hospitals in the Arabian Gulf region. Connected to Hamad Women's Hospital. Staff shortages limit the availability of some medical services. Qatar's main referral hospital and the center of an integrated network of hospitals, including Rumailah Hospital, Maternity and Gynecology Hospital, and Isolation Hospital. Performs heart and kidney transplants. Helipad is located nearby at Rumailah Hospital.

HISTORY

Before the discovery of oil, Qatar was an underdeveloped sheikhdom dependent on fishing and pearls like many of its Gulf neighbors. Originally under the control of Persia (Iran), the emirate came under the influence of the Khalifa dynasty of Bahrain in 1776.

In 1868, Britain installed the al Thani clan as rulers of Qatar after negotiating Bahrain's withdrawal in exchange for tribute. The Otto-

man Turks occupied the peninsula in 1872 and were expelled with the outbreak of WWI. In 1916, Britain negotiated a treaty relationship modeled on the other trucial agreements in the area, making Qatar a protectorate.

Oil was discovered in 1938, but WWII delayed production until the postwar years. Prosperity brought to Qatar some of the same problems it brought to its neighbors: a vast influx of foreign labor (now more than half the country's population) and social dislocation caused by rapidly acquired wealth.

With Britain's withdrawal from the Gulf in 1971 Qatar gained full independence. In 1972 the emir was overthrown by his cousin, Sheikh Khalifa bin Hamad al Thani, who remained emir until 1995. In June 1995 his son, Hamad, overthrew Khalifa in a bloodless palace coup.

In 1991, Qatar reestablished diplomatic and economic relations with Iraq after the liberation of Kuwait. Economic aid was limited to humanitarian supplies, and several shipments were completed in the 1990s. During a period of UN-Iraqi tension in 1996, Qatari humanitarian assistance to Iraq temporarily strained Doha's relations with other Gulf states. In 2001, the International Court of Justice peacefully resolved Qatar's territorial dispute with Bahrain over the Hawar Island area (includes Zubarah Island).

Chronology of Key Events

1776	Khalifa dynasty assumes power
1868	Al Thani dynasty assumes power
1872	Ottoman Turks occupy Qatar
1916	Qatar becomes British protectorate
1938	Qatar discovers oil fields
1971	Independence from Britain
1972	Sheikh Khalifa assumes power
1991	Qatari military forces participate in liberation of Kuwait

1992	Border clashes with Saudi Arabia
1995	Sheikh Hamad assumes power
1996	Qatar sends humanitarian aid to Iraq
2001	ICJ awards Zubarah Island to Qatar

GOVERNMENT AND POLITICS

Government

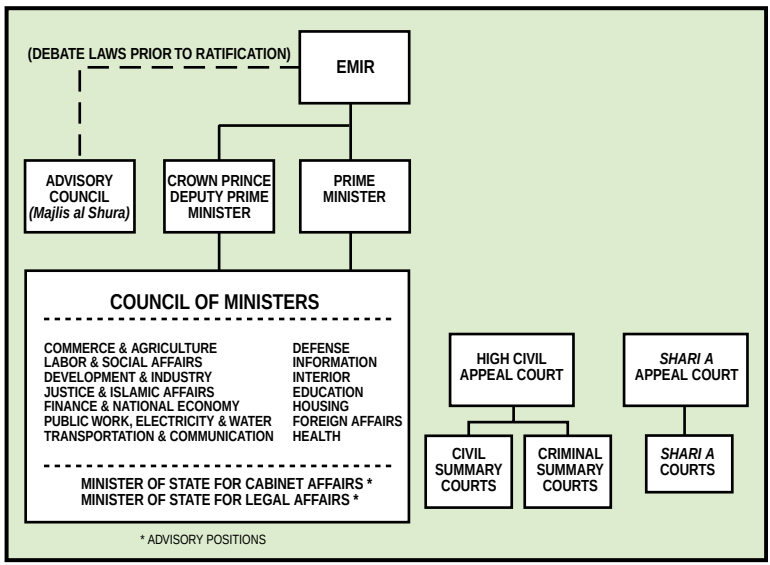
Qatar is a monarchy. The legal system is based on Islamic and civil law. The emir heads the executive branch. A prime minister leads a council of ministers. The unicameral advisory council or *Majlis al Shura* assists the emir by reviewing legislation and making recommendations to the council of ministers. It has 35 members appointed by the emir to serve 3-year terms. The civil and *shari'a* courts administer judicial affairs.

Emir Hamad bin Khalifa al Thani

The provisional constitution guarantees all fundamental democratic rights. The constitution also ensures independence of the judiciary. Qatar provides social services and free health care and education. However, Qatar is a traditional Islamic state that prohibits political parties and national elections, and has limited suffrage.

Executive Branch

The political structure of Qatar is described as an absolute hereditary monarchy. In accordance with the provisional constitution, full execu-



Government Structure

tive and legislative powers are vested in the emir as head of state. The emir exercises that power through a council of ministers, whom he appoints. The emir is also the minister of defense and commander in chief of the armed forces.

In December 1975, the advisory council was granted authority to summon individual members of the council of ministers to answer questions prior to legislation being enacted. Previously this council could only debate draft regulations before making recommendations to the council of ministers.

In June 1995, when the emir was in Switzerland on vacation, Crown Prince Hamad al Thani seized power, citing difficult circumstances that had forced him to carry out the coup. Backed by the army, which he has commanded since 1972, the coup was a success. He received immediate support from prominent members of the al Thani family.

Although Qatar remains an authoritarian regime under the new emir, Hamad has enacted several liberalization policies including a relatively free press, municipal elections, and American-style educational institutions.

Judicial Branch

The judicial system is based on five courts (higher criminal, lower criminal, commercial and civil, labor, and the court of appeal), which adjudicate on the basis of codified law. These courts try non-Muslims.

A *shari'a* court is established for specific offenses in which the defendant is Muslim or in civil disputes where the parties so elect. This court adjudicates in accordance with traditional Islamic law of the Qur'an and the Prophet's *sunna*.

Key Government Officials

Head of State, Minister of Defense	Emir Hamad bin Khalifa al Thani
Head of Government, Prime Minister, Minister of Interior	Abdallah bin Khalifa al Thani
Crown Prince	Jassim bin Hamad al Thani
Minister of Justice	Hasan bin Abdallah al Ghanim
Minister of Foreign Affairs	Hamad bin Jasim bin Jaber al Thani

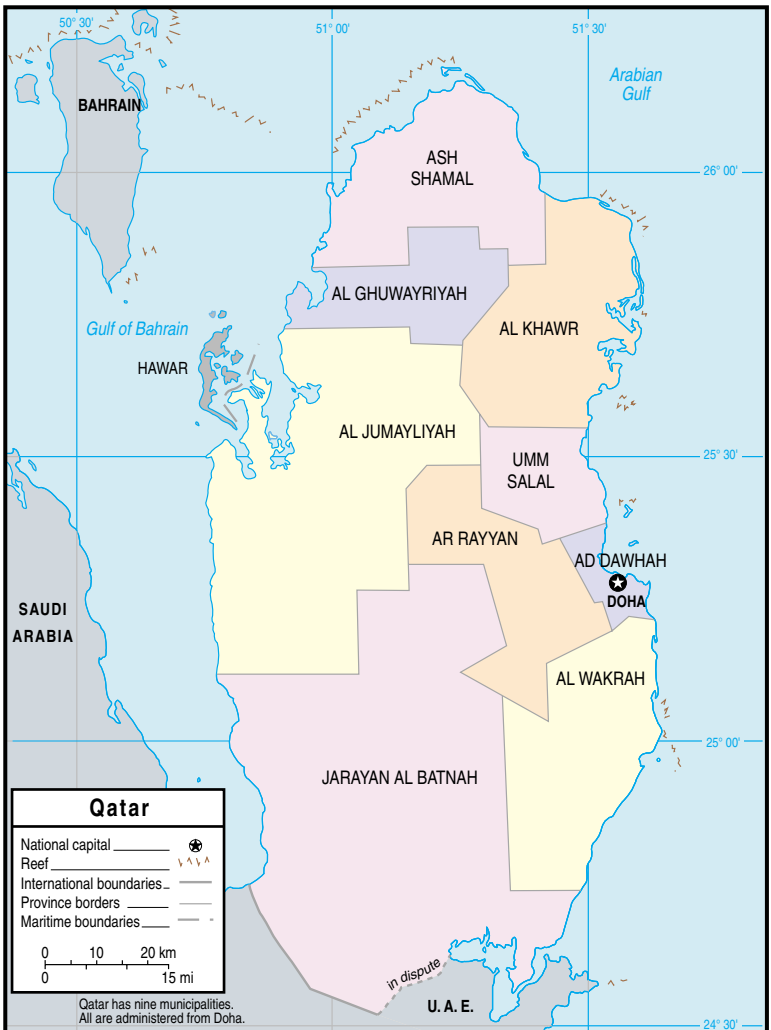
Politics

Suffrage

Suffrage is limited to municipal elections. Qatar's first municipal elections were held in March 1999.

Political Parties

The formation of political parties is illegal. Internal pressure and opposition groups are confined to the al Thani family.



Administrative Divisions

Foreign Relations

United States

Strategic ties with the United States are strong, despite Qatar's call for improved relations with Iran and Iraq. Closer relations offer Qatar increased security, while providing the United States a strategic asset offering proximity to a potential zone of conflict. The strong relationship has also provided American companies with increased access to Qatar's oil industry.

In 1994, Qatar agreed to allow U.S. Central Command to pre-position equipment for a brigade in a base constructed at Dukhan. The U.S. government is committed to deploy troops to Qatar in the event of a national or regional emergency.

In 2001, Qatari military forces completed 10 years of annual bilateral joint training exercises with U.S. forces assigned to the Arabian Gulf region.

United Kingdom

In 1996, London concluded a new defense agreement with Doha that increased military and economic cooperation. Historically, Qatari-British relations are tempered by a complex blend of suspicion and cordiality. Qataris are wary of the former colonial power; however, the long-term British presence in the Gulf fostered many political, economic, and cultural ties between the two countries.

France

Since independence, Qatar has become closer to France than to any other European nation. These ties stem from France's successful conclusion of defense agreements in the 1970s, and they have been reinforced by French arms supplies. Paris completed a new defense agreement with Doha in 1994. During 1997 the Qatari armed forces received several major arms deliveries, including Mirage 2000-5 multirole fighter aircraft. In 1999, French companies were invited to participate in exploring Qatar's massive offshore natural gas reserves.

Russia

Prior to April 2000, Qatar's relations with Russia were strained by Qatari support for Chechen separatists. In April 2000, the Qatari foreign ministry appealed for the suspension of combat operations by separatists in Chechnya. Russia responded to this positive announcement by sending trade delegations to Qatar in 2000 and 2002.

Gulf Cooperative Council

In 1981, Qatar joined Kuwait, Saudi Arabia, Oman, Bahrain, and the UAE to form the Gulf Cooperative Council (GCC). The purpose of this alliance is to coordinate defensive strategy, including joint forces training and weapons procurement. Economically, the GCC promotes free trade and cooperation among member states.

As an active member of the GCC, Qatar is interested in issues related to regional security. Qatar-Saudi relations have been close, given that both countries adhere to the same conservative Wahhabi interpretations of Islam. The two countries signed a bilateral defense agreement in 1982, and on several occasions Saudi Arabia mediated territorial disputes between Qatar and Bahrain.

Qatari military forces were involved in the liberation of Kuwait in 1991. However, after the Gulf War, Doha reestablished relations with Iraq and shipped humanitarian supplies to Iraq on several occasions.

Qatar's dispute with Bahrain over the Hawar Island area and conservative Islamic pressures prompted Qatar to reassess its policies towards other Arabian Gulf states in the late 1990s. Qatar and Bahrain brought their dispute over the Hawar Island area to the ICJ in 2000. The ICJ ruled in favor of Bahrain with respect to the Hawar area. However, Qatar was granted sovereignty over Zubarah Island. This action set the stage for continued cooperation between the two countries. Both states are more liberal than Saudi Arabia, and realize they need mutual support to enact changes within their governments that may oppose the more conservative views of Saudi Arabia.

Qatar's strategic importance within the GCC and the world community increased in May 2002 with the discovery of additional natural gas reserves in the North Field dome. The revised estimate of reserves in this offshore area was raised from about 250 trillion cubic feet to about 900 trillion cubic feet. Qatar now owns more than 15 percent of the world's total natural gas reserves.

Iraq

Qatar supported Iraq during the Iran-Iraq War. However, it condemned the 1990 Iraqi invasion of Kuwait and agreed to the deployment of Coalition forces on its territory. While Qatari forces helped liberate Kuwait, Doha reestablished ties with Iraq after the Gulf War. In 1992, Qatar re-opened its embassy in Baghdad, called for the easing of UN sanctions on Iraq, and donated food supplies to the Iraqi people.

Since assuming power in 1995, the emir has taken care not to anger the United States or Saudi Arabia by being seen as too close to Baghdad. However, Qatar's relationship with Iraq is a conduit for Kuwaiti-Iraqi talks regarding prisoners of war.

Iran

Qatar took the lead among GCC states in improving relations with Iran after the Gulf War. Doha needs Tehran's cooperation and friendship to develop its North Field gas reserve. Iranian claims that one-third of the North Field area lay under its waters led to an agreement in 1989 to exploit the field jointly. In 1993, ministerial-level meetings discussed the issues of extensive cooperation in OPEC, the exploitation of natural gas, and the supply of fresh water to Qatar. The continued high-level contacts between Doha and Tehran reflect the durability of close relations between the two countries.

ECONOMY

Statistics

Gross Domestic Product:	US$15.1 billion (2000)
Real Growth Rate:	4 percent
Per Capita:	US$20,300
Inflation Rate:	2.5 percent
Imports:	US$3.8 billion
Exports:	US$9.8 billion
External Debt:	US$13.1 billion

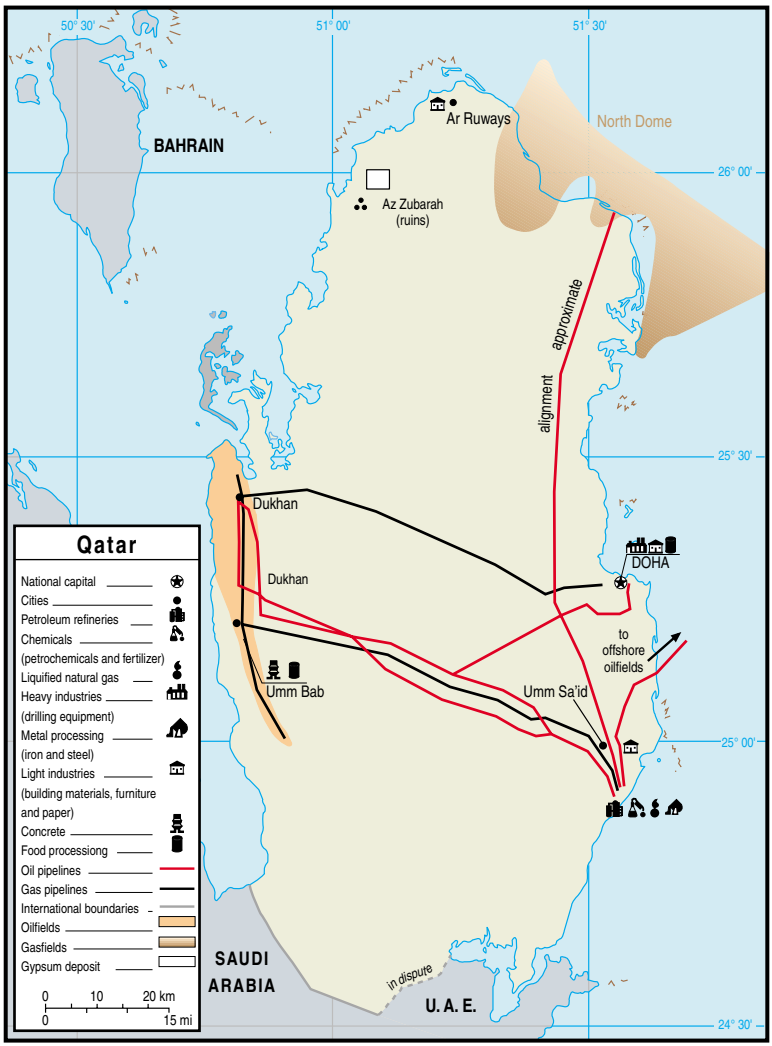
Qatar has a state-run, oil-based economy. Oil accounts for more than 30 percent of GDP, 80 percent of export earnings, and 66 percent of government revenues. Desalination, agricultural products, steel, and construction materials are the only other industries that contribute to the economy.

The government has adopted a policy of inviting private sector participation in industry by offering grants, low-interest loans, and exemptions from customs duties. Since 1988, the government has encouraged privatization in the areas of education, public health, water, and electricity.

In 2002, the Qatari cabinet announced plans to enforce a 20 percent nationalization of government jobs. Qatari nationals will fill administrative and computer jobs as well as those in insurance, banking, and public corporations. The addition of new expatriate positions would, therefore, be dependent upon the availability of Qatari workers with the required skills.

Resources

The state controls the production and marketing of all hydrocarbons. Proven oil reserves of 3.7 billion barrels should last at current levels for 23 years. Proven reserves of natural gas exceed 900 trillion cubic feet,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BAHRAIN
Ar Ruways
North Dome
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(ruins)
approximate
alignment
Dukhan
Dukhan
DOHA
to
offshore
oilfields
Umm Bab
Umm Sa'id
SAUDI
ARABIA
in dispute
U. A. E.
Qatar
National capital
Cities
Petroleum refineries
Chemicals
(petrochemicals and fertilizer)
Liquified natural gas
Heavy industries
(drilling equipment)
Metal processing
(iron and steel)
Light industries
(building materials, furniture
and paper)
Concrete
Food processiong
Oil pipelines
Gas pipelines
International boundaries
Oilfields
Gasfields
Gypsum deposit
0 10 20 km
0 15 mi

Industry


50° 30'
51° 00'
51° 30'
Arabian Gulf
BAHRAIN
26° 00'
Gulf of Bahrain
HAWAR
25° 30'
Ash Shahaniyah
DOHA
SAUDI ARABIA
Umm Bab
Al Wakrah
25° 00'
Umm Sa'id
Qatar
National capital
Cities
International boundaries
Dry lakes or salt pans
Irrigated farming
Wasteland
Urban
Rough grazing / nomadic herding
0 10 20 km
0 15 mi
in dispute
U. A. E.
24° 30'

Land Use

more than 15 percent of the world's total, and are the second largest reserves in the world.

Qatar's plan to develop the vast North Field natural gas reservoir began in 1987 with the construction of offshore drilling facilities and the installation of pipelines. After 1991, Qatar constructed port facilities and a liquefied natural gas plant to export gas products. Two additional plants were constructed in the late 1990s under a joint venture agreement with U.S. corporations.

All Qatar's heavy industrial projects rely on indigenous petroleum reserves for fuel or feedstock. The three largest enterprises are the Qatari Fertilizer Company, the Qatar Petrochemical Company, and the Qatar Steel Company. For smaller industrial projects, the government has formed joint minority ownership while providing technical, managerial, and marketing expertise.

Qatar imports machinery, transport equipment, and chemicals. Exports other than oil are restricted to small amounts of fertilizer and steel.

THREAT

Crime

The crime rate in Qatar is low. Violent crimes against foreigners are rare. However, U.S. citizens should exercise the same safety precautions they would use in the United States.

Travel Security

Americans should exercise a high level of security awareness. Vehicles should not be left unattended and should be kept locked at all times.

Threat to U.S. Personnel

Some anti-American and anti-Israeli demonstrations have occurred in Doha. All U.S. personnel are advised to remain clear of these protests.

Terrorism

The U.S. government assesses the terrorist threat to American interests in Qatar as significant. American citizens working or traveling in Qatar are at increased risk for terrorist attacks and may be targeted for kidnapping. Islamic extremist groups are operating in Qatar and are most active during periods of U.S. or Israeli operations. The Qatari government is cooperating in the war on terrorism. However, as recently as April 2002, there have been pro-Palestinian and anti-American demonstrations in response to Israeli actions in the West Bank and Gaza.

The Department of State remains concerned about the possibility of terrorist attacks against U.S. citizens and interests throughout the world. Americans should avoid attracting attention, vary routes and times for all required travel, and treat mail and packages from unfamiliar sources with suspicion. In addition, American citizens are urged to report unfamiliar objects to local authorities. U.S. government facilities may temporarily close or suspend public services as necessary to review their security posture.

Drug Trafficking

Qatar's strategic location and extended coastline in the central Arabian Gulf have provided drug smugglers from Iran with a transshipment point for opium and hashish. Qatar's navy and coast guard have increased drug interdiction patrols in response to this smuggling. Qatari law includes a mandatory death sentence for anyone involved in the sale of illicit drugs.

ARMED FORCES

Organization

The emir is the supreme commander of the Qatari armed forces. Since the 1995 coup, the emir continues to serve as both the minister of defense and the commander in chief. The defense council, empowered

to submit its opinion and advice to the ruler on all matters related to defense, assists the emir. The minister of interior is responsible for civil defense. The national police, including a coast guard and small air wing, operate under this ministry.

Qatar's forces are configured to act as a deterrent to limited incursion. Against a significant threat, the armed forces would establish a defensive perimeter until international help arrived from the GCC or Western allies. Agreements with other GCC states, the United States, and other Western powers provide for Qatar's ultimate security.

Qatar's commitment to GCC military doctrine includes participation in establishing a GCC-wide early warning and command and control network. This fiber optic network also provides a secure communication system between GCC members.

Mission

The mission of the Qatari armed forces is to defend the country from aggression and to protect the emir, royal family, and key economic facilities.

Personnel

The armed forces have 11,800 personnel. The army has 8,500 personnel; the air force 1,500; and the navy 1,800. Expatriates from Pakistan, Britain, and other Arab countries serve in Qatar's military branches.

Recruitment is by voluntary enlistment. Most enlisted personnel are recruited from Bedouin tribes that move between Qatar and Saudi Arabia.

Most Qatari officers are members of the ruling family or related tribal groups.

Training

Education standards are high and living conditions, pay, and benefits are excellent. Several officers and NCOs are sent each year to Western

nations for specialist training. American, British, and French military contractors provide training for advanced systems.

Capabilities

The army is the primary military branch and is supported by an air force. Qatar's navy is focused on defending coastal areas, including offshore islands and installations.

The armed forces recently completed a modernization program that included major equipment from France and the United Kingdom. The number of combat aircraft doubled and armed helicopters were added to the inventory. The acquisition of Mirage 2000-5 fighter aircraft has significantly increased air warfare capabilities. The purchase of fast attack craft by the navy has enhanced patrol and surface warfare effectiveness in the central Arabian Gulf.

In 1996, Qatar signed a US$835 million arms deal with Britain for jet trainers, armored personnel carriers (APCs), air defense missiles, and navy attack craft. Qatar is considering various contracts that could total US$8 billion. France, Britain, and the United States are competing to provide combat aircraft, main battle tanks (MBTs), and APCs. Qatar is also considering purchasing the U.S. Patriot air defense missile system.

For the army, Qatar is interested in purchasing 60 MBTs and 75 APCs. The MBTs under consideration are the French LeClerc, the American MlA2, and Britain's Challenger II. Various upgrades to the present inventory are also planned, including 33 AMX-VCI vehicles (including ammunition support and command post variants) and two armored recovery vehicles.

Qatar's air force may soon receive new equipment. French, British, and American aircraft are under consideration in a deal that includes 80 new fighter-bombers. The purchase of 10 transport helicopters and

2 medium fixed-wing transport aircraft is also in the negotiation phase with U.S. companies.

Key Defense Personnel

Commander in Chief	Major General Sheikh Hamad bin Khalifa al Thani
Chief of Staff	Major General Mohammad Rashid Sharaan al Khayarim
Army Commander	Colonel Hamad Ali al Attiyah
Air Force Commander	Colonel Ahmed Abdullah al Kuwari
Navy Commander	Brigadier General Said Mohammad al Suwaidi

All service headquarters are in Doha. Army units are deployed around Doha, with security force elements stationed throughout Qatar. Oil well guard units are assigned in the Dukhan and Umm Bab areas, ensuring pipeline security to Doha and Umm Sa'id. The air force operates from Doha International Airport. Naval units are assigned to Doha or Halul Island naval bases.

Army

Organization

The Qatari Emiri Land Force (QELF) is organized similarly to the British army. A single brigade headquarters supports four mechanized infantry battalions, an armor battalion, an air defense battery, a field artillery regiment, and a commando-trained special forces company. The Royal Guard Regiment, responsible for protecting the royal family, is divided into three sub-units.

Mission

The QELF mission is to train, equip, and organize to deter aggression and defend the country.

Equipment

Armor/Artillery

Type	Role	Quantity
AMX-30S	Main battle tank	44
AMX-10RC/105	Recon	12
AMX-10P	Infantry fighting vehicle	40
AMX-VCI	Armored car	30
Piranha	APC	36
Saracen	APC	6
VAB	APC	160
155-mm G5	Towed howitzer	12
155-mm Mk F3	Self-propelled howitzer	28
Astros II	MLRS	4

Antitank

Type	Role	Quantity
HOT	AT guided missile	20
Milan	AT guided missile	60
HOT/VAB	AT guided missile	24

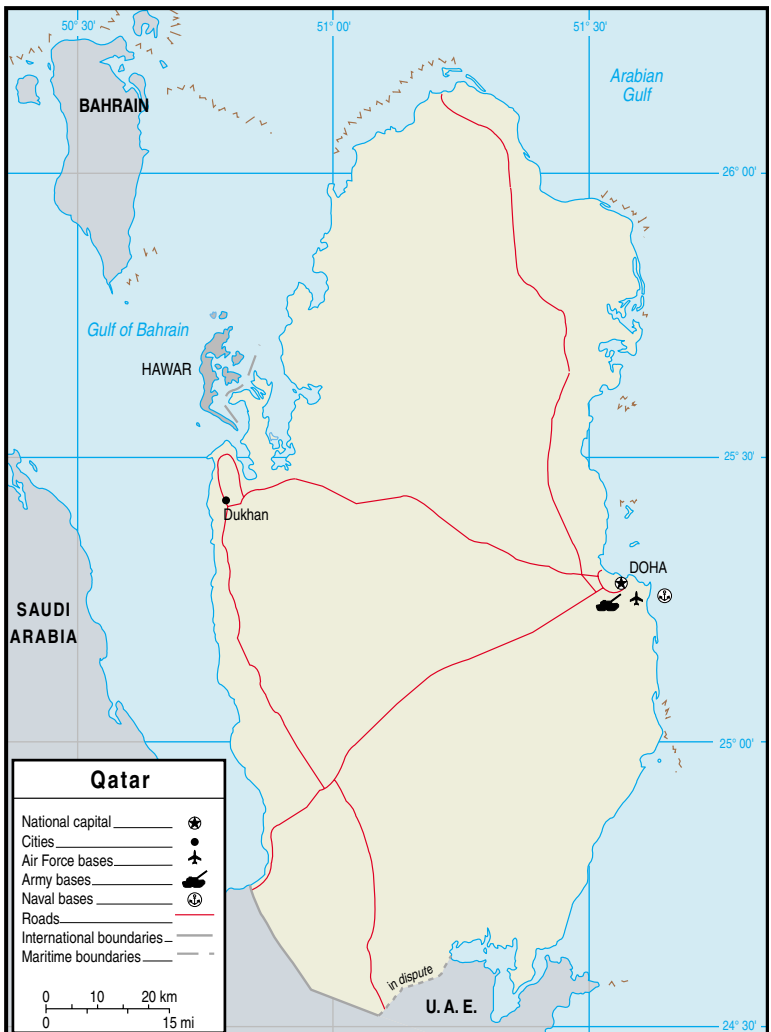
Air Defense

Type	Role	Quantity
Stinger	Short Range	12
Blowpipe	Low-Level	10
Mistral	Low-Level	24

Air Force

Organization

Qatari Emiri Air Force (QEAF) is organized into a fighter wing, a helicopter wing, and an air defense command. The fighter wing includes two


50° 30'
51° 00'
51° 30'
Arabian Gulf
BAHRAIN
26° 00'
Gulf of Bahrain
HAWAR
25° 30'
Dukhan
DOHA
SAUDI ARABIA
25° 00'
Qatar
National capital
Cities
Air Force bases
Army bases
Naval bases
Roads
International boundaries
Maritime boundaries
0 10 20 km
0 15 mi
in dispute
U. A. E.
24° 30'

Military

fixed-wing combat squadrons: No.7 Air Superiority Squadron and No.11 Close Air Support Squadron. The helicopter wing includes three helicopter combat squadrons: No.6 Close Support Squadron, No.9 Multi-role Squadron, and No.8 Surface Warfare Squadron.

Mission

The QEAF mission is to defend Qatar. This includes direction of the air defense force and support of the army and navy.

Equipment

Type	Role	Quantity
Mirage 2000-5	Fighter	12
Alpha Jet 1E	Close air support	6
SA 342L Gazelle	Attack	10
Commando Mk3	Surface warfare	8
Commando Mk2A	Support	3

Commando Mk3 helicopters are configured to carry one Exocet AM-39 SSM for surface warfare missions. The only transport aircraft are the two civilian-registered VIP Dassault Falcon 900 and a newly acquired Airbus A340-211. Helicopters provide the military's transportation needs.

Navy

Organization

The Qatari Emiri Navy (QEN) is divided into four divisions: coastal defense, stores and supply, naval armaments unit, and special forces.

Mission

The QEN mission is to defend Qatar's territorial waters, sovereignty, and economic zones, to include its fishing rights.

Equipment

Type	Role	Quantity
Barzan (Vita)*	Fast-attack missile	4
Combattante III M	Fast-attack missile	3
Damen Polycat 1450	Coastal patrol craft	3
Fairey Spear	Coastal patrol craft	12
Rahba	Landing craft	1

* Carries eight Exocet MM-40 SSMs for surface warfare.

Paramilitary

The Qatari State Police Force (QSPF) has 8,000 personnel. Its primary mission is internal security and routine law enforcement. In outlying areas the QSPF also provides border protection. The country is divided into territorial commands with a central headquarters in Doha under the ministry of interior. Major departments within the QSPF include the Qatari Emiri Coast Guard (QECG), a national firefighting force, an air wing, a marine police, and an internal security force.

The QSPF is equipped with 15 VAB APCs and 20 Eurocopter SA 342 Gazelle helicopters. The small helicopter squadron operates from Doha International Airport. One hundred marine police operate 10 coastal patrol craft.

Coastal Defense Force

The QECG assists the navy in providing security for offshore oil facilities and conducts customs and law enforcement operations. Five hundred personnel are assigned to 15 patrol and support craft. Exocet MM-40 SSMs on mobile launchers and marine police provide additional coastal defense.

Foreign Forces

Since the Gulf War, Qatari military forces have actively participated in bilateral exercises with France, the United States, and the United King-

dom. In March 1998, Qatar and France conducted a combined forces exercise designated PEARL GATHERING 3. This exercise led to a more elaborate defense cooperation agreement in October 1998. Under the terms of this agreement, the French were invited to station military advisors in Qatar and to deploy forces for training.

Qatari exercises with the United States began in the early 1990s and have increased in scope since 1996. In March 1996, the first bilateral amphibious exercise EAST MAVERICK 96 was conducted along the Qatari coast. Since then the two countries have held regular combined forces exercises, including SHINING STAR in June 1999. Aircraft from the United States have also deployed to Qatar as part of Operation SOUTHERN WATCH. The United States has pre-positioned armor, artillery, and other equipment for a heavy brigade near Dukhan.

Qatari-British exercises have emphasized joint air and naval tactics, including employment of the Barzan Class missile patrol boats (British-built Vita Class).

APPENDIX A:
Equipment Recognition

SMALL ARMS

9-mm Sterling

Maximum Effective Range	200 m
Caliber	9-mm x 19 Parabellum
System of Operation	Blowback, selective fire
Overall Length	28 in. (stock extended 19 in. (stock folded).
Feed Device	34-rd curved box magazine
Weight (Loaded)	6 lbs

Using the Sterling SMG: (1) Pull the operating handle to the rear [the bolt will remain to the rear as the **weapon fires from an open-bolt]. (2)** Engage the safety by moving the change lever [located on the left side of the pistol grip] to the letter **S. (3)** Insert a loaded 34-rd magazine into the magazine well on the left-side of the receiver, ensuring that it locks in place. **(4)** Move Safety to letter **R** for **SEMI** or **A** for **AUTO. STERLING IS READY TO FIRE.**

. 9-mm H&K MP5

Maximum Effective Range	200 m
Caliber	9-mm x 19 Parabellum
System of Operation	Delayed Blowback, selective fire
Overall Length	26 in.
Feed Device	30-rd straight or curved box magazine
Weight (Loaded)	6 lbs

7.62-mm AK-47/AKM

Maximum Effective Range	400 m
Caliber	7.62 x 39-mm
System of Operation	Gas, selective-fire
Overall Length	34.25 in.
Magazine Capacity	30-rd, staggered row detachable box magazine
Weight (Loaded)	8.7 lbs

Using the AK-47/AKM: (1) Insert the 30-rd magazine into the underside of the receiver, forward end first, then draw up the rear end of the magazine until a click is heard or until the magazine catch is felt to engage. **(2)** Pull the operating handle, located on the right side of the receiver, smartly to the rear and release it [the bolt will run home and chamber a round]. **(3)** Push the safety lever from the uppermost position: **SAFE**, to the middle position: **AUTO** or all the way down to **SEMI**.
(4) WEAPON IS READY TO FIRE.
NOTE: While the AK is a heavy weapon it climbs rapidly during automatic fire.

7.62-mm G3

Maximum Effective Range	400 m
Caliber	7.63 x 51-mm
System of Operation	delayed blowback, selective fire
Overall Length	40.2 in.
Magazine Capacity	20-rd detachable, staggered-row box magazine
Weight (Loaded)	9.9 lbs

Using the G3: (1) Put selector switch, located on the left side of pistol grip, to the Top position: **SAFE. (2)** Pull operating handle to the rear. **(3)** Insert loaded 20-rd magazine into magazine well at bottom of receiver. **(4)** Allow bolt to go home chambering a round. **G3 IS READY TO FIRE. (5)** Put selector switch to MIddle Position: **SEMI** or Bottom Position: **AUTO.**

5.56-mm M16A1

Caliber	5.56-mm.
System of Operation	Gas direct action, selective fire.
Overall Length	990 mm.
Feed Device	20- or 30-rd detachable box magiazines.
Weight (Loaded)	3.68 kg (20-rd magazine).

7.62-mm FN MAG

Maximum Effective Range	1,500 m
Caliber	7.62-mm x 51 NATO
System of Operation	Gas, automatic
Overall Length	1.26 m
Feed Device	Belt
Weight (Loaded)	13.92 kg (with butt stock and bipod)

.50 cal. Browning M2HB

Maximum Effective Range	1,500 m
Caliber	.50 caliber Browning (12.7-mm x 99)
System of Operation	Short recoil
Overall Length	1.651 m
Feed Device	100-rd disintegrating link belt
Weight (Loaded)	38 kg

NOTE: In service with French and Djibouti armed forces.

AMX-30S

Crew	4
Armament	1 x 105-mm smoothbore gun w/47 rds. 1 x 20-mm cannon w/480 rds or 1 x 12.7-mm MG w/ 1,050 rds. (coaxial). 1 x 7.62-mm MG w/2,050 rds.
Night Vision	yes.
NBC Capable	yes.
Maximum Range	450 km (road).
Maximum Speed	65 km/h.
Fuel Capacity	970 liters.
Combat Weight	36,000 kg.
Height	2.29 m (turret top).
Length	9.48 m (gun forward).
Width	3.1 m.
Fording	1.3 m (without preparation) 2.2 m (with preparation) 4 m (with snorkel).
Gradient	60%.

AMX-10RC

Crew	15,880 kg
Configuration	6 x 6
Armament	1 x 105-mm F2 rifled gun w/38 rds 1 x 7.62-mm MG w/4,000 rds 1 x 7.62-mm anti-aircraft 2 x 80-mm smoke grenade dischargers w/16 grenades (either side of turret)
Armor	Unk
Night Vision	Yes
NBC Capable	Yes
Maximum Road Range	1,000 km
Maximum Speed	85 km/h (road), 7.2 km/h (water)
Fuel Capacity	528 liters
Fording	Amphibious
Gradient	50%
Vertical Obstacle	0.8 m
Combat Weight	15,880 kg
Height	2.29 m (turret top)
Length	9.15 m (gun forward)
Width	2.95 m

Piranha

Crew	3.
Configuration	8 x 8.
Armament	1 x 90-mm gun. 1 x 7.62-mm coaxial MG. 1 x 7.62-mm AA MG.
Night Vision	yes.
NBC Capable	yes.
Maximum Road Range	668 km.
Maximum Road Speed	100 km/h.

VAB 6 x 6

Crew	2 + 10
Configuration	6 x 6
Armament	
Main	1 x 12.7-mm MG
Armor	Unk
Night Vision	No
NBC Capable	No
Maximum Road Range	1,000 km
Maximum Road Speed	92 km/h
Fuel Capacity	300 liters
Fording	Amphibious
Gradient	60%
Vertical Obstacle	0.6 m
Combat Weight	13,000 kg
Height	2.06 m
Length	5.98 m
Width	2.49 m

Saracen Armored Personnel Carrier

Crew	2 + 10
Weight	10,170 kg
Length	5.23 m
Width	2.539 m
Height	2.5 m
Maximum Road Speed	72 km/hr
Maximum Road Range	400 km
Armament & Ammunition	2 x 7.62-mm MG (3,000 rds

Comments: The Saracen Armored Personnel Carrier has been used in an infantry support role. It has an all steel hull to protect against machine gun fire. It has six rubber wheels and the engine is mounted in the front of the vehicle.

UR-416

Crew	2 + 8
Configuration	4 x 4
Armament	1 x 7.62-mm MG
Armor	Unk
Night Vision	Optional
NBC Capable	No
Maximum Road Range	600 to 700 km
Maximum Road Speed	81 km/h
Fuel Capacity	150 liters
Fording	1.3 m
Gradient	70%
Vertical Obstacle	0.55 m
Combat Weight	7,600 kg
Height	2.25 m
Length	5.1 m
Width	2.25 m

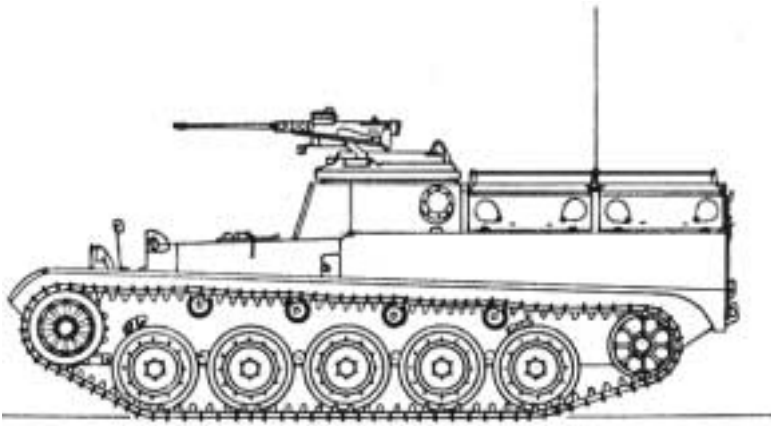
Comments: The hull of the UR-416 is of all-welded steel construction. The driver is seated behind the engine on the left. The vehicle commander is on the right. The troop compartment is in the rear. Troops enter and leave through three doors, one on each side and one in the rear. There are six firing ports altogether, two in the rear door, one in each of the side doors, and two ports in the hull sides. In addition, each sidewall has an observation block fitted with a spherical ball mount underneath. The UR-416s in Qatar are in service with the police.

AMX-10P

Crew	3 + 8
Configuration	Tracked
Armament	
Main	1 x 20-mm M693 cannon w/760 rds
Coaxial	1 x 7.62-mm MG w/2,000 rds
Smoke	4 x 80-mm smoke grenade dischargers
Armor	Unk
Night Vision	Yes
NBC Capability	Yes
Maximum Road Range	500 km
Maximum Road Speed	65 km/h (land), 7 km/h (water)
Fuel Capacity	528 liters
Fording	Amphibious
Gradient	60%
Vertical Obstacle	0.7 m
Combat Weight	14,500 kg
Height	2.83 m
Length	5.90 m
Width	2.83 m

Comments: The hull of the AMX-10P is made of all-welded aluminum with the driver's compartment at the front, engine compartment to his right, and the troop compartment in the rear. The two-man GIAT Industries turret is mounted in the center of the vehicle, offset slightly to the left of centerline. Troops enter and leave by a large electrically operated ramp at the rear, which is hinged at the bottom and has two doors with firing ports. The AMX-10P is fully amphibious.

VAB VCI



Crew/Passengers	3 + 10.
Configuration	tracked.
Armament	1 x 12.7-mm MG.
Night Vision	optional.
NBC Capable	optional.
Maximum Road Range	550 km.
Maximum Speed	64 km/h.
Fording	1 m.
Gradient	60%.
Trench	1.6 m.
Combat Weight	15,000 kg.
Height	2.1 m. (hull top).
Length	5.7 m.
Width	2.67 m.

M2 Carl Gustav 84-mm Recoilless Rifle

Weight	15.2 kg
Length	1130 mm
Ammunition &	Max Range
HEAT 450 m	HE 1,000 m
Smoke 1,300 m	Illuminating 2,300 m

Comments: The M2 Carl Gustav is a manportable, recoilless gun designed for mulitple purposes including antitank roles. The rear of the gun has a cone shaped exhaust. It moderately resembles an AT-4 anti-tank weapon.

MILAN Ground Launcher

Max Range and Flight Time	2,000 m in 12.5 seconds
Night Vision Device	Thermal Imaging
Warhead Type	Unitary Shaped Charge
Warhead Penetration	1000 mm of RHA
Guidance/Command Link	SACLOS/Wire
Attack Profile	Direct LOS
Launch Platforms	Ground Tripod, Compact Turret

VAB (HOT ATGM)

Crew	3
Configuration	4 x 4
Armament	1 x 7.62-mm w/2,200 rds 4 x HOT missile launchers Maximum range: 4000 m. Armor penetration: 1,300 mm.
Night Vision	No
NBC Capable	No
Maximum Road Range	1,000 km
Maximum Road Speed	92 km/h
Fuel Capacity	300 liters
Fording	Amphibious
Gradient	60%
Vertical Obstacle	0.6 m
Trench	1 m
Combat Weight	13,000 kg
Height	2.94 m
Length	5.98 m
Width	2.49 m

F3 155-mm SPH

Crew	2 (on weapon), 8 (on follow-on vehicle)
Configuration	Tracked
Armament	1 x 155-mm howitzer
Maximum Range	20,047 m
Rate of Fire	3 rds/min
Armor	10 to 20 mm
Night Vision	Yes
NBC Capable	No
Maximum Road Range	300 km (gas engine), 450 km/h (diesel)
Maximum Road Speed	(gas engine) 60 km/h; (diesel engine) 64 km/h
Fuel Capacity	450 liters
Fording	1 m
Gradient	40%
Vertical Obstacle	(forwards) 0.6 m; (reverse) 0.4 m
Combat Weight	17,400 kg
Height	2.085 m (traveling)
Length	6.22 m (gun forward)
Width	2.7 m

Comments: The hull of the F3 is of all-welded steel with the driver's compartment at the front on the left, the engine compartment to his right, and the armament to the rear. The F3 is recognizable by it's five rubber-type road wheels, three return rollers, manually operated recoil spades on either side of the hull rear, and the exposed crew positions. The other eight members of the crew follow the F3 in a separate vehicle. For short distances, four crew members can ride on the self-propelled howitzer.

G5 155-mm Gun-Howitzer

Crew	5.
Caliber	155-mm.
Maximum Range	30,000 m (HE), 50,000 m (VLAP).
Rate of Fire	3 rds/min.
Prime Mover	6 x 6 truck.
Maximum Towing Speed	100 km/h.
Length	9.5 m (traveling).
Weight	13,750 kg.

RECOGNITION: Long barrel; four road wheels; single-baffle muzzle brake; APU; no shield; Bogie wheels on trails.

British Mk3 25-pounder (88-mm) Gun

Crew	6
Maximum Range	12,250 m
Rate of Fire	5 rds/min
Combat Weight	1,800 kg (firing)
Length	7.924 m (travelling)
Width	2.12 m (travelling)
Height	1.65 m (travelling)
Prime Mover	4 x 4

Astros II MRL

SS-30	127-mm Max range: 30 km.	32 tubes.
SS-40	180-mm Max range: 35 km.	16 tubes.
SS-60	300-mm Max range: 60 km.	4 tubes.
SS-80	300-mm Max range: 90 km.	4 tubes.

Mistral

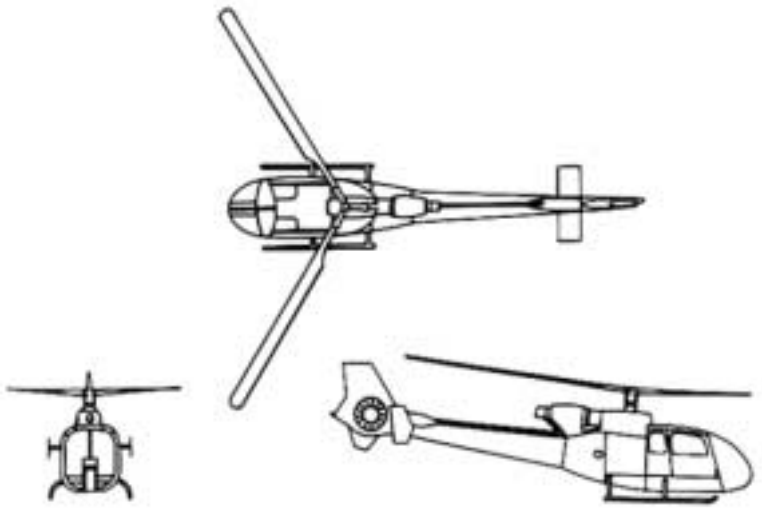
Crew	1
Type	Two-stage, low altitude
Warhead	3 kg HE
Maximum Effective Range	5,000 m to 6,000 m (depending upon target type)
Guidance	Passive IR homing
Length	2 m
Weight	24 kg (launcher plus missile)

Blowpipe SAM

Weight	20.2 kg
Canister Length	1.40 m
Maximum Speed Mach	1
Maximum Range	3,500 m
Maximum Altitude	2,500 m

Comments: The Blowpipe is a man-portable system comprised of a missile canister and an aiming unit. It can be used as an antiaircraft and anti-armor weapon.

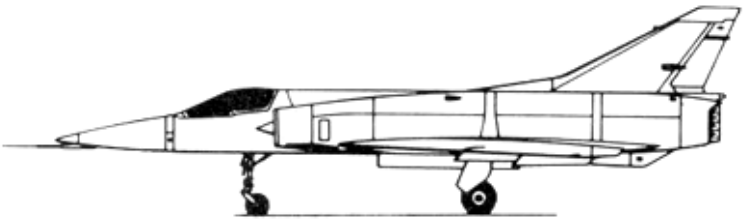
SA-342 Gazelle

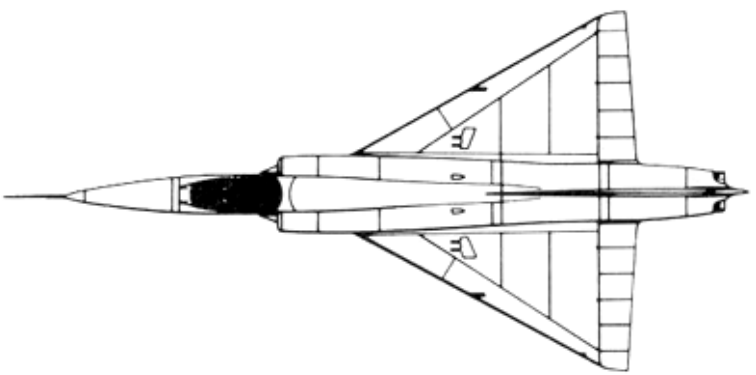


Mission	CAS and reconnaissance
Armament	possible guns, rockets, and missiles (AT, AA, AS)
Payload	700 kg or four troops
Maximum Range	355 nm
Cruising Speed	128 knots
Length	9.5 m
Width	2.0 m
Height	3.2 m
Engine	single turboshaft

Comments: Variants include SA-342L, M, and K.

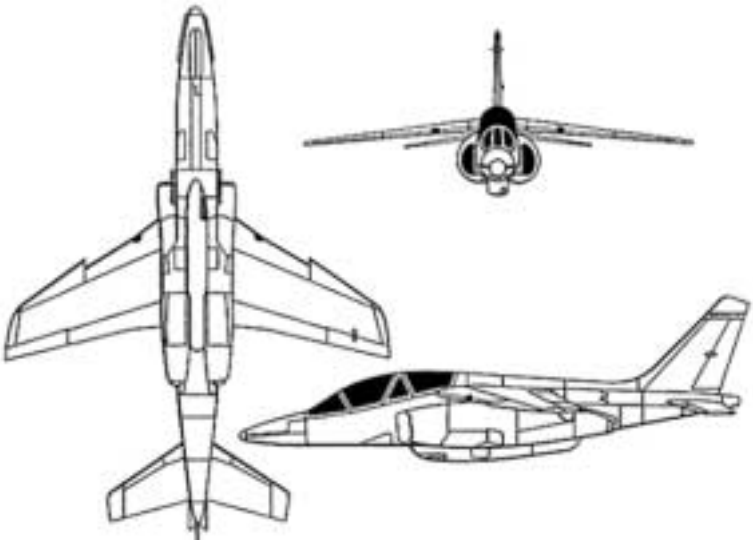
Mirage 2000





Crew	1
Armament	2 x 30-mm guns in fuselage w/125 rds each Assorted Missiles, Rockets, and/or Bombs
Maximum Speed	M2.2
Maximum Range	1,200 km
Wingspan	8.22 m
Height	4.5 m
Length	15.03 m

Alpha Jet-E



Crew	1 or 2
Wing Span	9.11 m
Length	13.23 m
Height	4.19 m
Max T/O Weight	8,000 kg
Max Speed	Mach .85
Max Range (with tanks:)	2,160 nm
Armament	None

Comments: The Alpha Jet E is a tandem seat jet designed for reconnaissance and training. The "E" version of the Alpha Jet is primarily a trainer/light attack version. First flight in November 1977. 175 delivered to French Air Force between 1978 and 1985. Approx. 135 in the service of other countries (including Egyptian-assembled MS1 aircraft).

SURFACE SHIPS

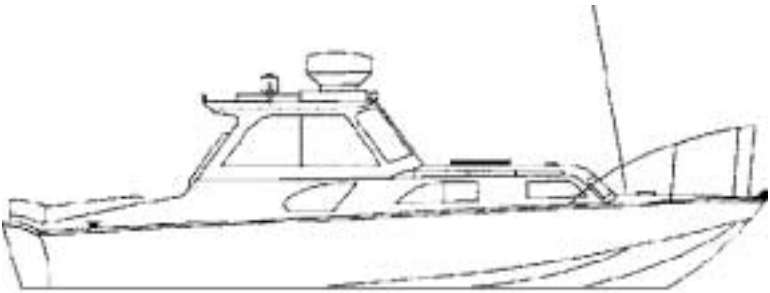
Damsah (COMBATTANTE III_Class PTG)

Armament	6 x MISTRAL naval missiles (six tube launcher). 6 - 8 MM 40 missiles (two quad launchers). 1 x 76-mm gun. 1 x 40-mm/70 (twin mount) 2 x 30-mm (twin mounts).
Maximum Speed (kts)	39.
Displacement (t)	470 full load.
LOA/Beam/Draft (f)	183.7 x 26.2 x 7.2..

BARZAN-Class PTG

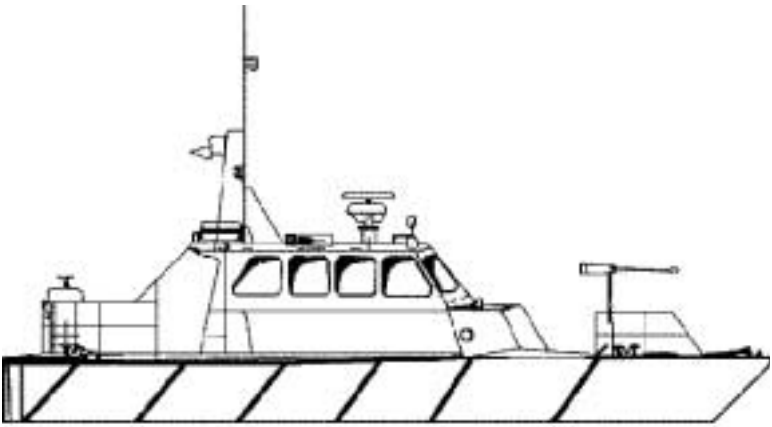
Armament	6 x MISTRAL naval missiles (six tube launcher). 6 - 8 MM 40 BLOCK 2missiles (two quad launchers). 1 x 76-mm gun. 1 x 30-mm Gatling-type gun. 2 x 20-mm/70 AA guns.
Maximum Speed (kts)	38..
Displacement (t)	450 full load.
LOA/Beam/Draft (f)	183.7 x 29.5 x 8.2.

Fairey Marine Spear



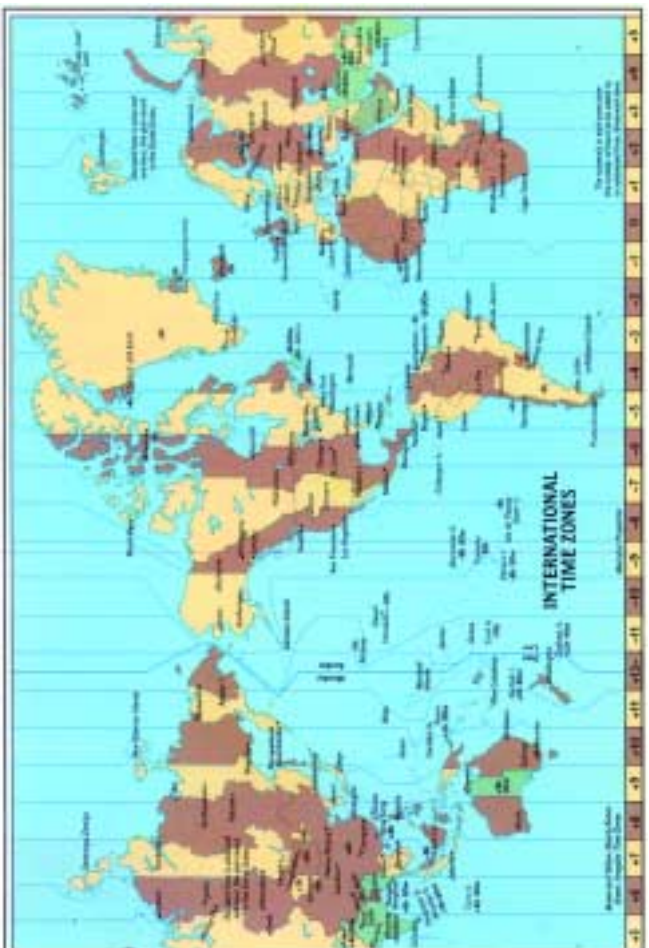
Complement	4.
Armament	3 x 7.62-mm MGs.
Maximum Speed (kts)	28..
Displacement (t)	4.5 full load.
LOA/Beam/Draft (f)	9.1 x 2.8 x .9

POLYCAT 1450-Class



Complement	11.
Armament	1 x 20-mm/85 gun.
Maximum Speed (kts)	36...
Displacement (t)	18 full load.
LOA/Beam/Draft (f)	14.5 x 4.4 x 1.1

APPENDIX B:
International Time Zones



APPENDIX C:
Conversion Charts

When You Know Units of Length	Multiply by	To find
Millimeters	0.04	Inches
Centimeters	0.39	Inches
Meters	3.28	Feet
Meters	1.09	Yards
Kilometers	0.62	Miles
Inches	25.40	Millimeters
Inches	2.54	Centimeters
Feet	30.48	Centimeters
Yards	0.91	Meters
Miles	1.61	Kilometers
Units of Area		
Sq. Centimeters	0.16	Sq. Inches
Sq. Meters	1.20	Sq. Yards
Sq. Kilometers	0.39	Sq. Miles
Hectares	2.47	Acres
Sq. Inches	6.45	Sq. Centimeters
Sq. Feet	0.09	Sq. Meters
Sq. Yards	0.84	Sq. Meters
Sq. Miles	2.60	Sq. Kilometers
Acres	0.40	Hectares
Units of Mass and Weight		
Grams	0.035	Ounces
Kilograms	2.21	Pounds
Tons (100kg)	1.10	Short Tons
Ounces	28.35	Grams
Pounds	0.45	Kilograms
Short Tons	2.12	Tons

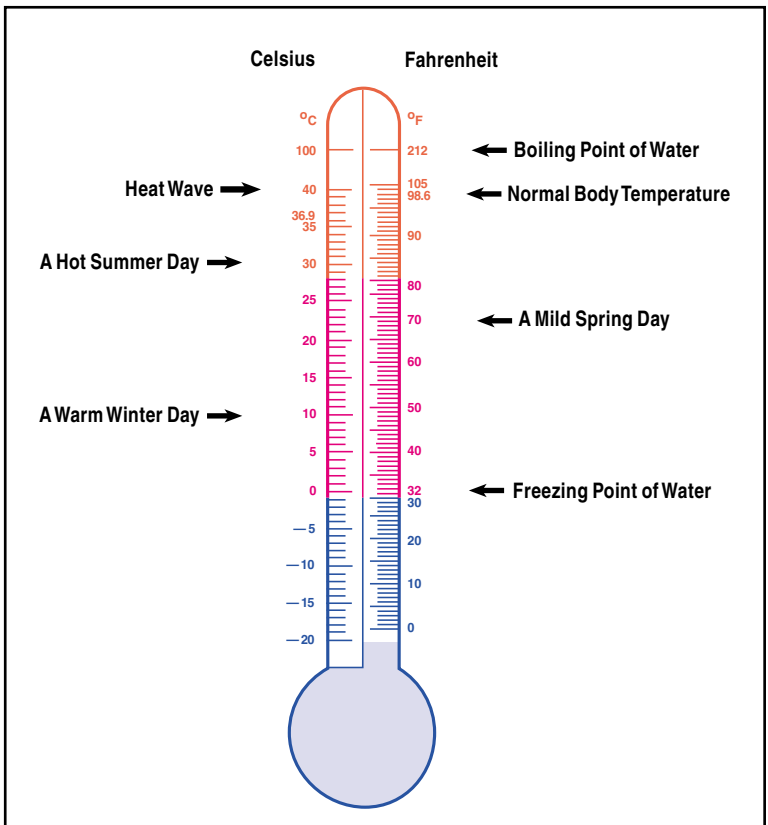
Units of Volume	Multiply by	To find
Milliliters	0.20	Teaspoons
Milliliters	0.06	Tablespoons
Milliliters	0.03	Fluid Ounces
Liters	4.23	Cups
Liters	2.12	Pints
Liters	1.06	Quarts
Liters	0.26	Gallons
Cubic Meters	35.32	Cubic Feet
Cubic Meters	1.35	Cubic Yards
Teaspoons	4.93	Milliliters
Tablespoons	14.78	Milliliters
Fluid Ounces	29.57	Milliliters
Cups	0.24	Liters
Pints	0.47	Liters
Quarts	0.95	Liters
Gallons	3.79	Liters
Cubic Feet	0.03	Cubic Meters
Cubic Yards	0.76	Cubic Meters

Units of Speed

Miles per Hour	1.61	Kilometers per Hour
Kilometers per Hour	0.62	Miles per Hour

Temperature

To convert Celsius into degrees Fahrenheit, multiply Celsius by 1.8 and add 32. To convert degrees Fahrenheit to Celsius, subtract 32 and divide by 1.8.



Temperature Chart

Currency

QATAR RIYAL Rate: $3.64				U.S. DOLLARS Rate: $0.27			
U.S. Dollars	Qatar Riyal	U.S. Dollars	Qatar Riyal	Qatar Riyal	U.S. Dollars	Qatar Riyal	U.S. Dollars
$1	0.27	$19	5.22	1	$3.64	19	$69.16
2	0.55	20	5.49	2	7.28	20	72.80
3	0.82	25	6.87	3	10.92	25	91.00
4	1.10	30	8.24	4	14.56	30	109.20
5	1.37	35	9.62	5	18.20	35	127.40
6	1.65	40	10.99	6	21.84	40	145.60
7	1.92	45	12.36	7	25.48	45	163.80
8	2.20	50	13.74	8	29.12	50	182.00
9	2.47	60	16.48	9	32.76	60	218.40
10	2.75	70	19.23	10	36.40	70	254.80
11	3.02	80	21.98	11	40.04	80	291.20
12	3.30	90	24.73	12	43.68	90	327.60
13	3.57	100	27.47	13	47.32	100	364.00
14	3.85	200	54.95	14	50.96	200	728.00
15	4.12	300	82.42	15	54.60	300	1,092.00
16	4.40	400	109.89	16	58.24	400	1,456.00
17	4.67	500	137.36	17	61.88	500	1,820.00
18	4.95	1000	274.73	18	65.52	1000	3,640.00

APPENDIX D:
Holidays and Calendars

Religious Holidays

There are several religious holidays celebrated throughout the Islamic world. These holidays are based on the lunar calendar, so the actual day of celebration may vary. They includethe following:

Muharram

The 1st of this month marks the Islamic new year. It is the anniversary of Mohammed's *Hajra* from Mecca to Medina.

Yom Ashoora

The tenth of Muharram originally began a fast that lasted 24 hours. Called *'ashoora*, meaning tenth, this holy day at the beginning of the Prophet's mission coincided with Yom Kippur, the Day of Atonement in Judaism. For Shi'ites, *'ashoora* is much more significant. It is the anniversary of the martyrdom of Hussein, the son of Ali, and Mohammed's grandson. This is the most important Shi'a holiday and is commemorated by the passion plays reenacting Hussein's betrayal and murder, as well as by processions of Shi'a men who engage in self-flagellation as atonement for sin. These festivities are viewed with great suspicion by the ruling Sunni families in the Gulf; however, they are permitted in Bahrain, Kuwait, and the UAE. While not necessarily dangerous, non-Muslims would do well to avoid Shi'a celebrations of *'ashoors*.

Leilat al-Meiraj

This day occurs in the month of Rajab and commemorates the Ascension of the Prophet Mohammed to heaven and his return to Medina.

Eid al-Fitr

The feast occurs at the end of the fast of Ramadan or the 1st day of the month of Shawwal and lasts 3 days. This holiday is also known as *Eid al-Sagheer* (the small eid).

Eid al-Adha

Also known as *Eid al-Kabeer* (the big eid) or the Day of the Sacrifice, this feast begins on the 10th of Dhu al-Hijjah and lasts 3 days. It commemorates Abraham's attempt to sacrifice his son.

Mouloud

This day celebrates the birth of the Prophet Mohammed on the 12th of Rabi I. The year of his birth is disputed, but was about 50 years before the Hijra, approximately A.D. 570. The birth of Mohammed's son, Hussein, is also celebrated during the month of Rabi II.

Islamic Calendar

The Islamic calendar is computed from the *Hajra* (or the flight of Mohammed from Mecca to Medina) and often designated with the letters A.H. (for Anno *Hajra*). The calendar is lunar and consists of 354 days-11 days shorter than the solar year of 365 days. Leap years occur every 2 or 3 years. The following Western dates indicate the beginning of contemporary Islamic years:

Islamic Date	Western Date	Islamic Date	Western Date
1422	26 March 2001	1427	31 January 2006
1423	15 March 2002	1428	21January 2007
1424	4 March 2003	1429	10 January 2008
1425	22 February 2004	1430	29 December 2008
1426	10 February 2005		

The calendar months begin with the first crescent of the new moon and alternately contain 30 or 29 days and are named as follows:

- Muharram
- Safar
- Rabi I
- Rabi II
- Jumada I
- Jumada II
- Rajab
- Shaban
- Ramadan
- Shawwal
- Dhu al-Qada
- Dhu al-Hijjah

The Islamic calendar has 7 days per week, each week beginning with Al-Jumah, which is the day of gathering. It is equivalent to the Jewish Sabbath or Christian Sunday. The Islamic week begins with Sunday: Yowm al-Ahed. Yowm al-Ahed means the first day. Yowm al-Sabt means the seventh day.

Yowm al-Juma'a is the day that Muslims gather for the larger prayer sessions. The name originally came about through Arabic tradition when Fridays were days that people would bring their goods to the local market and gathered to catch up on local gossip and politics. The normal workweek runs from Saturday through Wednesday. Thursday and Friday are the weekend. The Islamic day starts at sundown and lasts until the following sundown.

Islamic Day	Western Day	Islamic Day	Western Day
Yowm al-Ahed	Sunday	Yowm al-Khamiys	Thursday
Yowm al-Ithnayn	Monday	Yowm al-Juma'a	Friday
Yowm al-Thulaatha	Tuesday	Yowm as-Sabt	Saturday
Yowm al-Arba'a	Wednesday		

APPENDIX E:
Language

Arabic

Arabic is considered by Muslims to be the language of Allah. The Qur'an is written in Arabic and is spoken by over 197 million persons worldwide.

Arabic belongs to the Semitic branch of Afro-Asiatic languages. All Arabs have as their mother tongue some local variety of Arabic. These vernaculars differ markedly. The local vernacular is used in everyday commerce, but rarely written. Contrasting to the local vernaculars is standard, or formal Arabic, which is used for writing and formal speech. Because the standard Arabic must be learned at school, large sectors of the Arab people do not command it sufficiently to use it themselves, although radio and other media are gradually spreading its comprehension. Standard Arabic has remained remarkably stable.

In grammar and basic vocabulary the Arabic literature produced from the 8th century to the present is strikingly homogeneous; the works of the medieval writers differ from modern standard Arabic hardly more than Shakespeare's language differs from modern English. Standard literary Arabic is capable of expressing the finest shades of meaning. The vernaculars in their present form cannot perform the same task. If they were adapted, such a development would fatally split the unity of the Arab world.

Today, tensions exist between the standard language and the vernaculars, particularly in imaginative literature. In drama, the demand for realism favors the vernacular, and many poets are tending toward their mother tongue. In the novel and short story, the trend is toward having the characters speak in the vernacular while the author uses formal language. However, some of the most celebrated living novelists and poets write exclusively in the standard language.

Alphabet

The Arabic alphabet is written from right to left but numerals are written from left to right. There are 28 characters, all of which are consonants, and 10 numerals. Vowels are unwritten, although three markers are used to ensure proper pronunciation. While there is no capitalization in Arabic, each letter has a different form depending on where it falls in the word-at the beginning, the middle, the end, or standing alone.

Arabic is a Semitic language; its structure and grammar are different from English. Words are formed from roots by changing the vowels between the consonants, which usually begin and end the word. For example, the word for book is Ketab and the word for library is Maktabah. The root is K - T - B.

Key Phrases

English	**Arabic**
Can you help me	momkin tisa'idini
Do you speak English	haal taataakaalaam Englizi
Excuse me	asfaa
Good morning	sobah alKher
Good night	laylaa saaidaa
Goodbye	maa al saalamaa
Hello	marhaba
How	kayf
How are you	keef halaak
How much/many	kaam
Hurry	bisor'aa
I don't understand	aana laa aafhaam
I'm hungry	aana gaa'anaa
I'm lost	aana toht
I'm thirsty	aana aatshan
I'm tired	aana taa'aabanaa
No	laa
No smoking	maamnoo' al taadkheen

English	Arabic
Please	min faadlaak
Thank you	shokran
Welcome	aahlaan wa saahlaan
What	ma
What does this mean	ma maa'ni haaza
What is this	ma esm haaza
When	maati
Where	aayn
Which	ay
Who	maan
Why	limaza
With the grace of God	al hamdu allah
Yes	aywaa

Vocabulary

English	Arabic
American Embassy	sifaara amrikiya
Arm (body)	zaara
Bandage	aasaabe
Beach	al shati
Big	kaabir
Blanket	Baataniye
Book	ketab
Boots	boot
Bridge	al koobri
Building	al maabni
Coat	mi'taf
Cold	Barid
Early	mobaakir
Exit	khorooj
Entrance	Dokhool
Far	baa'id
Fast	saari'

English	Arabic
First Aid Kit	ilbah is'aafaat aawaalliyaa
Flashlight	baatariyaa
Gloves	jowanti
Gulf	khaalij
Harbor	al mina
Hat	kobaa'aa
Head	raa'aas
Heavy	taagil
Highway	taarig
Hospital	mostaashfi
Hot	sakhen
Insect Repellent	tarid lilhaashaarat
Knife	saakin
Late	mit'akher
Leg	sag
Light	khaafif
Map	khaarita
Market	Sook
Matches	ood sagab
Medicine	Daava'
Mosque	al jami'
Near	Kaarib
New	Jaadid
Old	gaadim
Open	maaftuh
Police	bolis
Radio	radyo
Right	sahh
River	al naahr
Soap	saboon
Small	saagir
Sea	al baahr
Seacoast	shati al Baahr

English	Arabic
Shoes	hiza
Shut	maa'ful
Slow	bati
Taxi	taaksi
Toilet	al twaaleet
Tower	al borj
Watch	sa'aah
Wrong	gaalaat

Military Vocabulary

English	Arabic
Aircraft	ta'ereh
Aircraft Carrier	hameleh ta'erat
Air Defense	defa' javi
Airfield	motar
Ammunition	zaakhireh
Amphibious	baar ma'i
Antiair artillery	maadfa'iyeh modade al-ta'erat
Antilanding defense	defa' zed al-aabrar
Antitank artillery	maadfa'iyeh modade al-daababat
Army	jish
Artillery	maadfa'iyeh
Aviation	tiran
Battalion	kaatibeh
Battleship	baraajeh
Bomb	gaanbaaleh
Camouflage	taamooyeh
Cruiser (ship)	torad
Chemical Weapon	saalah Kimavi
Coastal Defense	defa' saheli
Corps	filg
Destroyer (ship)	maadmor
Division	faaraageh

English	Arabic
Engineer	mohandes
Garrison	hamieh
Gun	maadfa
Handgrenade	gaanbeleh baadwiyeh
Headquarters	giadeh
Helicopter	helicoopter
Howitzer	hawetzer
Infantry	mosha'e
Latitude	khat al-aarad
Longitude	khat al-tool
Machinegun	reshash
Map	khaariteh
Military	aaskaaria
Mine	al-laagam
Minefield	haagl al-laagam
Mortar	haven
Nuclear Weapon	saalah noovi
Platoon	faasileh
Radar	radar
Reconnaissance	'estaatla'
Rifle	bandgiyeh
Submachinegun	reshash gaasir
Tank	daababeh
Tactics	taktiki
Torpedo	toorpid
Topography	toboografia
Weapon	saalah
Weather	al-taages

APPENDIX F:
International Road Signs

Crossroads

Maximum speed

No through road

Road narrows

Fallen/falling rock

No entry for vehicular traffic

Motorway

Stop and give way

Low flying aircraft or sudden aircraft noise

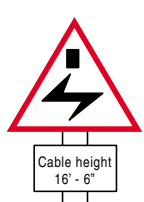
No left turn

One way street

Tourist information point

Traffic signals

No u-turn

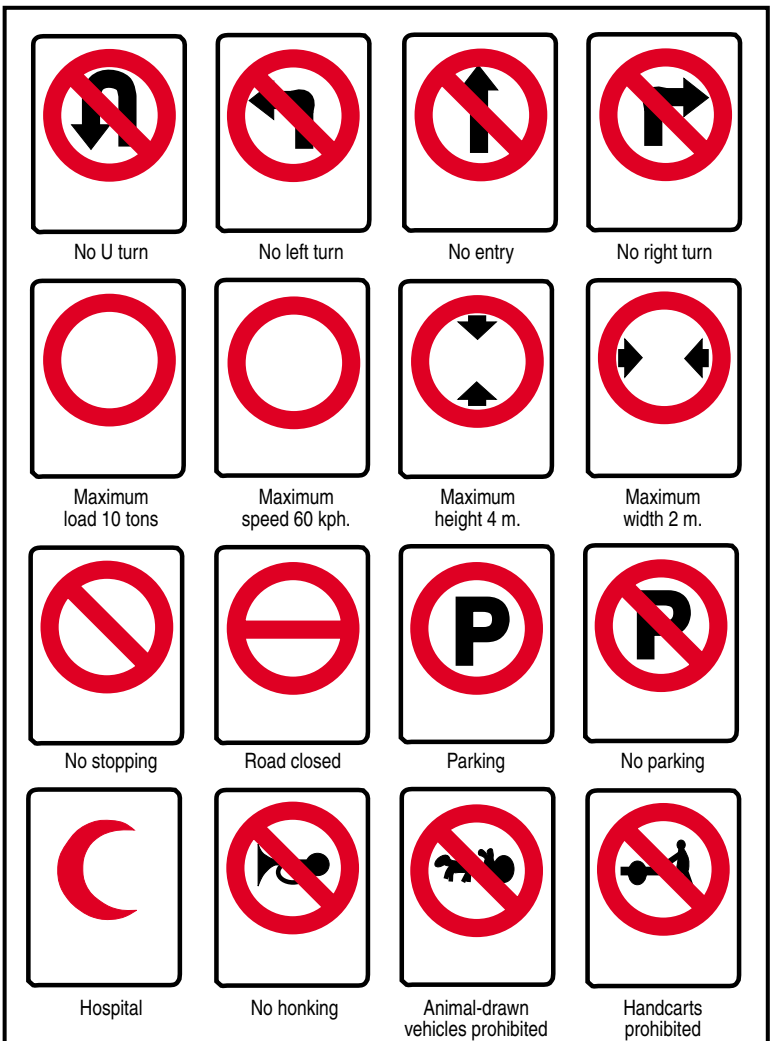


Overhead cables, Maximum height

Failure of traffic light signals

Sharp deviation

Arab Road Signs



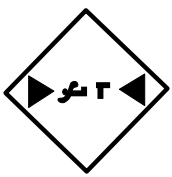
First-aid post

Petrol

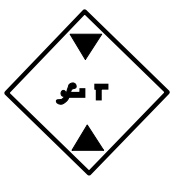
Garage

One way

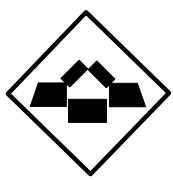
level (railroad) crossing without barrier



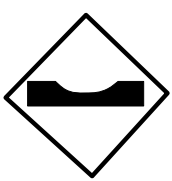
Maximum width 3 m.



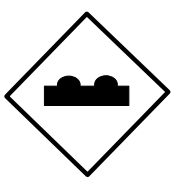
Maximum height 4 m.



Opening or swing bridge



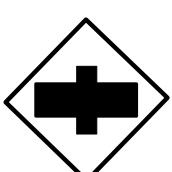
Dip



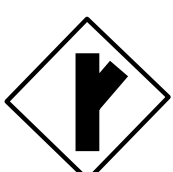
Uneven road

Winding road

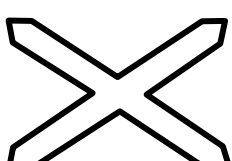
Steep hill



Stop at major road ahead



Side road



Location of level (railroad) crossing without gate or barrier

APPENDIX G:
Individual Protective Measures

Security Threats

Individual protective measures are the conscious actions which people take to guard themselves against physical harm. These measures can involve simple acts such as locking your car and avoiding areas where crime is rampant. When physical protection measures are combined they form a personal security program, the object of which is to make yourself a harder target. The following checklists contain basic individual protective measures that, if understood and followed, may significantly reduce your vulnerability to the security threats overseas (foreign intelligence, security services, and terrorist organizations). If you are detained or taken hostage, following the measures listed in these checklists may influence or improve your treatment.

Foreign Intelligence and Security Services

- Avoid any actions or activities that are illegal, improper, or indiscreet.
- Guard your conversation and keep sensitive papers in your custody at all times.
- Take it for granted that you are under surveillance by both technical and physical means, including:
  - Communications monitoring (telephone, telex, mail, and radio)
  - Photography
  - Search
  - Eavesdropping in hotels, offices, and apartments
- Do not discuss sensitive matters:
  - On the telephone
  - In your room
  - In a car, particularly in front of an assigned driver

- Do not leave sensitive personal or business papers:
  - In your room
  - In the hotel safe
  - In a locked suitcase or briefcase
  - In unattended cars, offices, trains, or planes
  - Open to photography from the ceiling
  - In wastebaskets as drafts or doodles
- Do not try to defeat surveillance by trying to slip away from followers or by trying to locate "bugs" in your room. These actions will only generate more interest in you. If you feel you are under surveillance, act as naturally as possible, go to a safe location (your office, hotel, U.S. Embassy), and contact your superior.
- Avoid offers of sexual companionship. They may lead to a room raid, photography, and blackmail. Prostitutes in many countries report to the police, work for a criminal organization, or are sympathetic to insurgent or terrorist organizations; in other words, are anti-U.S. Others may be employed by an intelligence service.
- Be suspicious of casual acquaintances and quick friendships with local citizens in intelligence/terrorist threat countries. In many countries, people tend to stay away from foreigners and do not readily or easily make contact. Many who actively seek out friendships with Americans may do so as a result of government orders or for personal gain.

In your personal contacts, follow these guidelines:

- Do not attempt to keep up with your hosts in social drinking.
- Do not engage in black market activity for money or goods.
- Do not sell your possessions.
- Do not bring in or purchase illegal drugs.
- Do not bring in pornography.

- Do not bring in religious literature for distribution. (You may bring one Bible, Koran, or other religious material for your own personal use.)
- Do not seek out religious or political dissidents.
- Do not take ashtrays, towels, menus, glasses, or other mementos from hotels or restaurants.
- Do not accept packages, letters, etc., from local citizens for delivery to the U.S.
- Do not make political comments or engage in political activity.
- Do not be lured into clandestine meetings with would-be informants or defectors.
- Be careful about taking pictures. In some countries it is unwise to take photographs of scenes that could be used to make unfavorable comparisons between U.S. and local standards of living or other cultural differences. Avoid taking any photographs from moving buses, trains, or aircraft.

  The following picture subjects are clearly prohibited in most countries where an intelligence or terrorist/insurgent threat is evident:

  - ❏ Police or military installations and personnel
  - ❏ Bridges
  - ❏ Fortifications
  - ❏ Railroad facilities
  - ❏ Tunnels
  - ❏ Elevated trains
  - ❏ Border areas
  - ❏ Industrial complexes
  - ❏ Port complexes
  - ❏ Airports

Detention

Most intelligence and security services in threat countries detain persons for a wide range of real or imagined wrongs. The best advice, of course, is to do nothing that would give a foreign service the least reason to pick you up. If you are arrested or detained by host nation intelligence or security, however, remember the following:

- Always ask to contact the U.S. Embassy. You are entitled to do so under international diplomatic and consular agreements, to which most countries are signatories.
- Phrase your request appropriately. In Third World countries, making demands could lead to physical abuse.
- Do not admit to wrongdoing or sign anything. Part of the detention ritual in some threat countries is a written report you will be asked or told to sign. Decline to do so, and continue demanding to contact the Embassy or consulate.
- Do not agree to help your detainer. The foreign intelligence or security service may offer you the opportunity to help them in return for releasing you, foregoing prosecution, or not informing your employer or spouse of your indiscretion. If they will not take a simple no, delay a firm commitment by saying that you have to think it over.
- Report to your supervisor immediately. Once your supervisor is informed, the Embassy or consulate security officer needs to be informed. Depending on the circumstances and your status, the Embassy or consulate may have to provide you assistance in departing the country expeditiously.
- Report to your unit's security officer and your service's criminal investigative branch upon returning to the U.S. This is especially important if you were unable to report to the Embassy or consulate in country. Remember, you will not be able to outwit a foreign intelligence organization. Do not compound your error by betraying your country.

Foreign Terrorist Threat

Terrorism may seem like mindless violence committed without logic or purpose, but it is not. Terrorists attack soft and undefended targets, both people and facilities, to gain political objectives they see as out of reach by less violent means. Many of today's terrorists view no one as innocent. Thus, injury and loss of life are justified as acceptable means to gain the notoriety generated by a violent act in order to support their cause.

Because of their distinctive dress, speech patterns, and outgoing personalities, Americans are often highly visible and easily recognized when they are abroad. The obvious association of U.S. military personnel with their government enhances their potential media and political worth as casualties or hostages. Other U.S. citizens are also at risk, including political figures, police, intelligence personnel, and VIPs (such as businessmen and celebrities).

Therefore, you must develop a comprehensive personal security program to safeguard yourself while traveling abroad. An awareness of the threat and the practice of security procedures like those advocated in crime prevention programs are adequate precautions for the majority of people. While total protection is impossible, basic common sense precautions such as an awareness of any local threat, elimination of predictable travel and lifestyle routines, and security consciousness at your quarters or work locations significantly reduce the probability of success of terrorist attacks.

To realistically evaluate your individual security program, you must understand how terrorists select and identify their victims. Terrorists generally classify targets in terms of accessibility, vulnerability, and political worth (symbolic nature). These perceptions may not be based on the person's actual position, but rather the image of wealth or importance they represent to the public. For each potential target, a risk versus gain assessment is conducted to determine if a terrorist can victimize a target without ramifications to the terrorist organization. It is during this

phase that the terrorist determines if a target is "hard or soft." A hard target is someone who is aware of the threat of terrorism and adjusts his personal habits accordingly. Soft targets are oblivious to the threat and their surroundings, making easy targets.

Identification by name is another targeting method gathered from aircraft manifests, unit/duty rosters, public documents (Who's Who or the Social Register), personnel files, discarded mail, or personal papers in trash. Many targets are selected based upon their easily identifiable symbols or trademarks, such as uniforms, luggage (seabags or duffle bags), blatant national symbols (currency, tatoos, and clothing), and decals and bumper stickers.

Travel Security

Travel on temporary duty (TAD/TDY) abroad may require you to stay in commercial hotels. Being away from your home duty station requires increasing your security planning and awareness; this is especially important when choosing and checking into a hotel and during your residence there.

The recent experiences with airport bombings and airplane hijacking suggest some simple precautions:

- You should not travel on commercial aircraft outside the continental U.S. in uniform.
- Prior to traveling by commercial aircraft, you should screen your wallet and other personal items, removing any documents (that is, credit cards, club membership cards, etc.) which would reveal your military affiliation.
  NOTE: Current USMC policy requires service members to wear two I.D. tags with metal necklaces when on official business. Also, the current I.D. card must be in possession at all times. These requirements include travel to or through terrorist areas. In view of these requirements, the service member must be prepared to remove and

conceal these and any other items which would identify them as military personnel in the event of a skyjacking.

- You should stay alert to any suspicious activity when traveling. Keep in mind that the less time spent in waiting areas and lobbies, the better. This means adjusting your schedule to reduce your wait at these locations.
- You should not discuss your military affiliation with anyone during your travels because it increases your chances of being singled out as a symbolic victim.
- In case of an incident, you should not confront a terrorist or present a threatening image. The lower profile you present, the less likely you will become a victim or bargaining chip for the terrorists, and your survivability increases.

Hostage Situation

The probability of anyone becoming a hostage is very remote. However, as a member of the Armed Forces, you should always consider yourself a potential hostage or terrorist victim and reflect this in planning your affairs, both personal and professional. You should have an up-to-date will, provide next of kin with an appropriate power-of-attorney, and take measures to ensure your dependents' financial security if necessary. Experience has shown that concern for the welfare of family members is a source of great stress to kidnap victims.

Do not be depressed if negotiation efforts appear to be taking a long time. Remember, chance of survival actually increases with time. The physical and psychological stress experienced while a hostage, could seem overpowering, but the key to your well-being is to approach captivity as a mission. Maintaining emotional control, alertness, and introducing order into each day of captivity will ensure your success and survival with honor.

During interaction with captors, maintaining self respect and dignity can be keys to retaining status as a human being in the captor's eyes. Com-

plying with instructions, avoiding provocative conversations (political, religious, etc.), and establishing a positive relationship will increase survivability. Being polite and freely discussing insignificant and nonessential matters can reinforce this relationship. Under no circumstance should classified information be divulged. If forced to present terrorist demands to the media, make it clear that the demands are those of the captor and that the plea is not made on your behalf. You must remember that you are an American service member; conduct yourself with dignity and honor while maintaining your bearing.

Hostages sometimes are killed during rescue attempts; consequently, you should take measures to protect yourself during such an action. Drop to the floor immediately, remain still and avoid any sudden movement; select a safe corner if it offers more security than the floor. Do not attempt to assist the rescuing forces but wait for instructions. After the rescue, do not make any comment to the media until you have been debriefed by appropriate U.S. authorities.

APPENDIX H:
Deployed Personnel's Guide to Health Maintenance

DoD-prescribed immunizations and medications, including birth control pills, should be brought in sufficient quantity for deployment's duration.

Only food, water, and ice from approved U.S. military sources should be consumed. Consuming food or water from unapproved sources may cause illness. Food should be thoroughly cooked and served hot.

Thorough hand-washing before eating and after using the latrine is highly recommended, as is regular bathing. Feet should be kept dry and treated with antifungal powder. Socks and underwear should be changed daily; underwear should fit loosely and be made of cotton fiber.

Excessive heat and sunlight exposure should be minimized. Maintaining hydration is important, as are following work-rest cycles and wearing uniforms properly. Sunglasses, sunscreen (SPF 15 or higher), and lip balm are recommended. Drinking alcohol should be avoided. Personnel with previous heat injuries should be closely monitored.

Uniforms should be worn properly (blouse boots). DEET should be applied to exposed skin and uniforms treated with permethrin; permethrin is not intended for use on skin. Proper treatment and wear of uniform, plus application of DEET to exposed skin, decreases the risk of diseases transmitted by biting insects.

Overcrowded living areas should be avoided. Ventilated living areas and avoiding coughing or sneezing toward others will reduce colds and other respiratory infections. Cots or sleeping bags should be arranged "head to toe" to avoid the face-to-face contact that spreads germs.

Contact with animals is not recommended. Animals should not be kept as mascots. Cats, dogs, and other animals can transmit disease. Food should not be kept in living areas as it attracts rodents and insects, and trash should be disposed of properly.

Hazardous snakes, plants, spiders, and other insects and arthropods such as scorpions, centipedes, ants, bees, wasps, and flies should be avoided. Those bitten or stung should contact U.S. medical personnel.

All sexual contact should be avoided. Properly used condoms offer some protection from sexually transmitted diseases but not full protection.

Stress and fatigue can be minimized by maintaining physical fitness, staying informed, and sleeping when the mission and safety permits. Alcohol should be avoided as it causes dehydration, contributes to jet lag, can lead to depression, and decreases physical and mental readiness. Separation anxiety, continuous operations, changing conditions, and the observation of human suffering will intensify stress. Assistance from medical personnel or chaplains is available.

Additional Information

Water

If unapproved water (as found in many lakes, rivers, streams, and city water supplies) must be used in an emergency, the water may be disinfected by:

- Adding calcium hypochlorite at 5.0 ppm for 30 minutes;
- Adding Chlor-Floc or iodine tablets according to label instructions;
- Heating water to a rolling boil for 5 to 10 minutes; or
- Adding 2 to 4 drops of ordinary chlorine bleach per quart of water and waiting 30 minutes before using it.

Either U.S. military preventive medicine or veterinary personnel should inspect bottled water supplies. Bottled water does not guarantee purity; direct sunlight on bottled water supplies may promote bacterial growth.

Water in canals, lakes, rivers, and streams is likely contaminated; unnecessary bathing, swimming, and wading should be avoided. If the tactical situation requires entering bodies of water, all exposed skin should be covered to protect from parasites. Following exposure, it is important to dry vigorously and change clothing.

Rodents

Rodents should not be tolerated in the unit area; they can spread serious illness. Diseases may be contracted through rodent bites or scratches, transmitted by insects carried on rodents (such as fleas, ticks, or mites), or by contamination of food from rodent nesting or feeding. Personnel can minimize the risk of disease caused by rodents by:

- Maintaining a high state of sanitation throughout the unit area;
- Sealing openings 1/4 inch or greater to prevent rodents from entering unit areas;
- Avoiding inhalation of dust when cleaning previously unoccupied areas (mist these areas with water prior to sweeping; when possible, disinfect area using 3 ounces of liquid bleach per 1 gallon of water).
- Promptly removing dead rodents. Personnel should use disposable gloves or plastic bags over the hands when handling any dead animal and place the dead rodent/animal into a plastic bag prior to disposal.
- Seeking immediate attention if bitten or scratched by a rodent or if experiencing difficulty breathing or flu-like symptoms.

Insects

Insects, ticks, and other pests pose a year-round, worldwide risk. The following protective measures reduce the risk of insect and tick bites:

- Use DoD-approved insect repellents properly;
- Apply DEET on all exposed skin;
- Apply permethrin on clothing and bed nets;
- Tuck bed net under bedding; use bed net pole;
- Avoid exposure to living or dead animals;
- Regularly check for ticks;
- Discourage pests by disposing of trash properly; eliminate food storage in living areas; and
- Cover exposed skin by keeping sleeves rolled down when possible, especially during peak periods of mosquito biting (dusk and dawn); keep undershirts tucked into pants; tuck pant legs into boots.

Uniforms correctly treated with permethrin, using either the aerosol spray-can method (reapply after sixth laundering) or with the Individual Dynamic Absorption (IDA) impregnation kit (good for 6 months or the life of the uniform) will help minimize risks posed by insects. The date of treatment should be labeled on the uniform.

Bed nets should be treated with permethrin for protection against biting insects using either the single aerosol spray can method (treating two bed nets) or the unit's 2-gallon sprayer. All personnel should sleep under mosquito nets, regardless of time of day, ensure netting is tucked under bedding, and use poles to prevent bed nets from draping on the skin.

DoD-approved insect repellents are:

IDA KIT: NSN 6840-01-345-0237
Permethrin Aerosol Spray: NSN 6840-01-278-1336
DEET Insect Repellent: NSN 6840-01-284-3982

Hot Weather

If heat is a threat in the area, personnel should:

- Stay hydrated by drinking water frequently;
- Follow work-rest cycles;
- Monitor others who may have heat-related problems;
- Wear uniforms properly;
- Use a sun block (SPF 15 or higher), sunglasses, and lip balm;
- During hot weather, wear natural fiber clothing (such as cotton) next to the skin for increased ventilation;
- Seek immediate medical attention for heat injuries such as cramps, exhaustion, or stroke. Heat injuries can also occur in cold weather;
- Avoid standing in direct sunlight for long periods; be prepared for sudden drops in temperature at night, and construct wind screens if necessary to avoid blowing dust or sand.

Sunscreens:

Sunscreen lotion: NSN 6505-01-121-2336
Non-alcohol lotion base sunscreen: NSN 6505-01-267-1486

Work/Rest Table

		EASY WORK		MODERATE WORK		HARD WORK	
Heat Cat	**WBGT Index (° F)**	**Work / Rest**	**Water Intake (Qt/Hr)**	**Work / Rest**	**Water Intake (Qt/Hr)**	**Work / Rest**	**Water Intake (Qt/Hr)**
1	78 – 81.9	NL	1/2	NL	3/4	40/20 min	3/4
2	82 – 84.9	NL	1/2	50/10 min	3/4	30/30 min	1
3	85 – 87.9	NL	3/4	40/20 min	3/4	30/30 min	1
4	88 – 89.9	NL	3/4	30/30 min	3/4	20/40 min	1
5	> 90	50/10 min	1	20/40 min	1	10/50 min	1

The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specific heat category. Individual water needs will vary +/- (plus/minus) 1/4 qt/hr.

NL = no limit to work time per hour. Rest means minimal physical activity (sitting or standing) and should be accomplished in shade if possible.

Caution: Hourly fluid intake should not exceed 1 ½ quarts. Daily fluid intake should not exceed 12 quarts. Note: MOPP gear adds 10° to WBGT Index.

Food

High-risk food items such as fresh eggs, unpasteurized dairy products, lettuce or other uncooked vegetables, and raw or undercooked meats should be avoided unless they are from U.S. military approved sources. Those who must consume unapproved foods should choose low risk foods such as bread and other baked goods, fruits that have thick peels (washed with safe water), and boiled foods such as rice and vegetables.

Human Waste

Military-approved latrines should be used when possible. If no latrines are available, personnel should bury all human waste in pits or trenches.

Cold Weather

If cold weather injuries are a threat in the area, personnel should:

- Drink plenty of fluids, preferably water or other decaffeinated beverages;
- Closely monitor others who have had previous cold injuries;
- Use well-ventilated warming tents and hot liquids for relief from the cold. Watch for shivering and increase rations to the equivalent of four MREs per day;
- Not rest or sleep in tents or vehicles unless well ventilated; temperatures can drop drastically at night;
- Dress in layers, wear polypropylene long underwear, and use sunglasses, scarf, unscented lip balm, sunscreen, and skin moisturizers;
- Insulate themselves from the ground with tree boughs or sleeping mats and construct windscreens to avoid unnecessary heat loss; and
- Remember that loss of sensitivity in any body part requires immediate medical attention.

WIND SPEED		COOLING POWER OF WIND EXPRESSED AS "EQUIVALENT CHILL TEMPERATURE"																			
KNOTS	MPH	TEMPERATURE (°F)																			
CALM	CALM	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60
		EQUIVALENT CHILL TEMPERATURE																			
3 - 6	5	36	30	29	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60	-75
7 - 10	10	30	20	15	10	5	0	-10	-15	-20	-25	-35	-40	-45	-50	-60	-65	-70	-75	-80	-85	-95
11 - 15	15	25	15	10	0	-5	-10	-20	-25	-30	-40	-45	-50	-60	-65	-70	-80	-85	-90	-100	-105	-115
16 - 19	20	20	10	5	0	-10	-15	-25	-30	-35	-45	-50	-60	-65	-75	-80	-85	-95	-100	-110	-115	-125
20 - 23	25	15	10	0	-5	-15	-20	-30	-35	-45	-50	-60	-65	-75	-80	-90	-95	-105	-110	-120	-125	-135
24 - 28	30	10	5	0	-10	-20	-25	-30	-40	-50	-55	-65	-70	-80	-85	-95	-100	-110	-115	-125	-130	-140
29 - 32	35	10	5	-5	-10	-20	-30	-35	-40	-50	-60	-65	-75	-80	-90	-100	-105	-115	-120	-130	-135	-145
33 - 36	40	10	0	-5	-10	-20	-30	-35	-45	-55	-60	-70	-75	-85	-90	-100	-110	-115	-125	-130	-140	-150
Winds Above 40 MPH Have Little Additional Effect		LITTLE DANGER					INCREASING DANGER Flesh may freeze within 1 minute						GREAT DANGER Flesh may freeze within 30 seconds								

First Aid

Basic Lifesaving

Those caring for injured persons should immediately:

- Establish an open airway,
- Ensure the victim is breathing,
- Stop bleeding to support circulation,
- Prevent further disability,
- Place dressing over open wounds,
- Immobilize neck injuries,
- Splint obvious limb deformities, and
- Minimize further exposure to adverse weather.

Injuries and Care

Shock

Symptoms:

- Confusion
- Cold, clammy skin
- Sweating, rapid pulse
- Shallow, labored, and rapid breathing

Treatment:

- An open airway should be maintained.
- Unconscious victims should be placed on their side.
- Victims should be kept calm, warm, and comfortable.
- Lower extremities should be elevated.
- Medical attention should be sought as soon as possible.

Abdominal Wound

Treatment:

- Exposed organs should be covered with moist, clean dressing.
- Wound should be secured with bandages.
- Organs that have been displaced should never be reintroduced to the body.

Bleeding

Treatment:

- Direct pressure with hand should be applied; a dressing should be used if available.
- Injured extremity should be elevated if no fractures are suspected.
- Pressure points may be used to control bleeding.
- Dressings should not be removed; additional dressings may be applied over old dressings.

Tourniquet:

- **NOTE: Tourniquets should only be used when an injury is life threatening.**
- A 1-inch band should be tied between the injury and the heart, 2 to 4 inches from the injury, to stop severe bleeding; wire or shoe strings should not be used.
- Band should be tight enough to stop bleeding and no tighter.
- Once the tourniquet is tied, it should not be loosened.
- The tourniquet should be left exposed for quick visual reference.
- The time that the tourniquet is tied and the letter "T" should be written on the casualty's forehead.

Eye Injury

Treatment:

- Embedded objects should not be removed; dressings should secure objects to prohibit movement.
- Bandages should be applied lightly to both eyes.
- Patients should be continuously attended.

Chest Wound

Symptoms:

- Sucking noise from chest
- Frothy red blood from wound

Treatment:

- Entry and exit wounds should be identified; wounds should be covered (aluminum foil, ID card).
- Three sides of the material covering the wound should be taped, leaving the bottom untaped.
- Victim should be positioned to facilitate easiest breathing.

Fractures

Symptoms:

- Deformity, bruising
- Tenderness
- Swelling and discoloration

Treatment:

- Fractured limb should not be straightened.
- Injury should be splinted with minimal movement of injured person.
- Joints above and below the injury should be splinted.
- If not in a chemical environment, clothing should be removed from injured area.
- Rings should be removed from fingers.
- Pulse should be checked below injury to determine blood flow restrictions.

Spinal, Neck, Head Injury

Symptom:

- Lack of feeling and/or control below neck

Treatment:

- Conscious victims should be cautioned to remain still.
- Airway should be checked without moving injured person's head.
- Victims who must be moved should be placed, without bending or rotating victim's head and neck, on a hard surface that would act as a litter (door, cut lumber).
- Head and neck should be immobilized.

Heat Injuries

Heat Cramps

Symptoms:

- Spasms, usually in muscles or arms
- Results from strenuous work or exercise
- Loss of salt in the body
- Normal body temperature

Heat Exhaustion

Symptoms:

- Cramps in abdomen or limbs
- Pale skin
- Dizziness, faintness, weakness
- Nausea or vomiting
- Profuse sweating or moist, cool skin
- Weak pulse
- Normal body temperature

Heat Stroke

Symptoms:

- Headache
- Dizziness
- Red face/skin
- Hot, dry skin (no sweating)
- Strong, rapid pulse
- High body temperature (hot to touch)

Treatment:

- Victim should be treated for shock.
- Victim should be laid in a cool area with clothing loosened.
- Victim can be cooled by sprinkling with cool water or fanning (though not to the point of shivering).

- If conscious, victim may drink cool water (2 teaspoons of salt to one canteen may be added).
- Medical attention should be sought immediately; heat stroke can kill.

Burns

Burns are caused by heat (thermal), electricity, chemicals, or radiation. Treatment is based on depth, size, and severity (degree of burn). All burn victims should be treated for shock and seen by medical personnel.

Thermal/First Degree

Symptoms:

- Skin reddens
- Painful

Treatment:

- Source of burn should be removed.
- Cool water should be applied to the affected area.

Thermal/Second Degree

Symptoms:

- Skin reddens and blisters
- Very painful

Treatment:

- Source of burn should be removed.
- Cool water should be applied to the affected area.
- Blisters should not be broken.
- A dry dressing should cover the affected area.

Thermal/Third Degree

Symptoms:

- Charred or whitish looking skin
- May burn to the bone
- Burned area not painful; surrounding area very painful

Treatment:

- Source of burn should be removed.
- Clothing that adheres to burned area should not be removed.
- A dry dressing should cover the affected area.

Electrical Burns

Treatment:

- Power source must be off.
- Entry and exit wounds should be identified.
- Burned area should be treated in accordance with its severity.

Chemical Burns

Treatment:

- Skin should be flushed with a large amount of water; eyes should be flushed for at least 20 minutes.
- Visible contaminants should be removed.
- Phosphorus burns should be covered with a wet dressing (prevents air from activating the phosphorous)

Cold Injuries

Hypothermia

Symptoms:

- Body is cold under clothing
- Victim may appear confused or dead

Treatment:

- Victim should be moved to a warm place.
- Wet clothing should be removed; victim should be dressed in warm clothing or wrapped in a dry blanket.
- Body parts should not be rubbed.
- Victims must not consume alcoholic beverages.

Frostbite

Symptoms:

- Skin appears white or waxy
- Skin is hard to the touch

Treatment:

- Victim should be moved to a warm place.
- Affected area should be warmed in 104 to 108° F (40° C) water for 15 to 30 minutes (NOT hot water).
- Affected area should be covered with several layers of clothing.
- Affected area must not be rubbed.
- Victim must seek medical attention.

Emergency Life-Saving Equipment

Equipment may be improvised when necessary. Following is a list of possible uses for commonly found items.

Shirts = Dressings/Bandages
Belts, Ties = Tourniquets, Bandages
Towels, Sheets = Dressings/Bandages
Socks, Panty Hose, Flight cap = Dressings/Bandages
Sticks or Tree Limbs = Splints
Blankets = Litters, Splints
Field Jackets = Litters
BDU Shirts = Litters/Splints
Ponchos = Litters/Bandages
Rifle Sling = Bandages
M-16 Heat Guards = Splints

APPENDIX I:
Dangerous Animals and Plants

Snakes

Horned Desert Viper

Description:

Adult length usually 0.5 to 0.6 meter, maximum of 0.9 meter. Background generally yellowish, yellowish brown, pale gray, pinkish, or pale brown, with rows of dark spots along back. Belly whitish. May have long spine-like horns above the eyes.

Habitat:

Found in deserts where there are rock outcroppings and fine sand, often in very arid places; however, may be found near oases.

Activity and behavioral patterns:

Nocturnal. Can make itself almost invisible by wriggling down into loose sand. Hides in rodent holes and under stones. When angered, rubs inflated loops of body together to make rasping hiss. Can strike quickly if disturbed.

Venom's effects:

Venom primarily hemotoxic. Local symptoms include edema, redness, internal hemorrhage, and areas of gangrene. Venom has coagulant properties at low concentrations, anticoagulant properties at high concentrations. Fatalities are rare.

Arthropods

Scorpions

Scorpions in the region are capable of inflicting a painful sting, some species are known to be life-threatening.

Spiders

Although there are several spider species found in the region that are capable of inflicting a painful bite, only the widow spiders are known to be life-threatening.

Insects

Paederus beetles are likely to be found in the region. These are small (usually 4 to 7 millimeters), slender rove beetles with short wing covers that expose their flexible abdomens. When crushed, their body fluid contains an agent that blisters skin on contact. The lesions take about a week to heal and can remain painful for two weeks. The substance is extremely irritating to the eyes; temporary blindness has been reported.

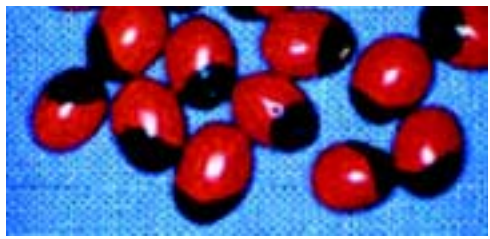
Centipedes

Although area centipedes are capable of inflicting a painful bite, none are considered life-threatening.

Millipedes

Millipedes do not bite and in general are harmless to humans. However, when handled, some larger millipedes (may be more than 50 millimeters long) secrete a very noxious fluid that can cause severe blistering upon contact; some can squirt this fluid at least 2 feet.

Rosary Pea



Other names:

Precatory bean, coral pea, crab's eyes, lucky beans, Paternoster beans.

Mechanisms of toxicity:

Contains several indole alkaloids such as abrine and abrin (a toxalbumin), which can kill. The unchewed seeds are impervious and will pass through the GI tract without harm. Seeds are attractive and frequently used to make rosaries, necklaces, etc. Poison can be absorbed through breaks in the skin if integrity of the hull is compromised; for example, while stringing beads for a necklace. Onset of toxicity usually in one to three days. Rosary pea is documented to have a quickly fatal potential (neurotoxin and hemocoagulant), having killed a child who thoroughly chewed one seed. Dermatitis may also occur from wearing a necklace of stringed beads.

Comments:

Genus includes 17 species of slender, twining vines with a woody base supported by other plants or a fence. Fruit is a dehiscent pod containing three to five glossy, red and black seeds (used by many as ornaments). Note: Rosary pea seeds are black at the site of attachment (hilum) and are easily confused with the much less toxic Mexican Rhynchosia (piule). The colors are reversed in piule seeds. Symptoms of toxicity include nausea and vomiting with abdominal pains, bloody diarrhea, fever, shock, coma. Used in South America and Africa in folk medicine.

Croton

Other names:

Ciega-vista,
purging croton.

Mechanisms of toxicity:

Long-lasting vesicular dermatitis results from contact with the toxic resin. The cathartic and purgative properties of the toxins (croton oil, a "phorbol," in leaves, stems, and seeds) causes severe gastroenteritis, even death; 20 drops potentially lethal (the oil applied externally will blister the skin). Many members covered with hundreds of sticky hairs that cling to the skin if contacted. Contact with the eyes can be very serious.

Comments:

Croton is a wooly-haired annual herb, evergreen bush, or small tree with smooth ash-colored bark, yellow-green leaves, small flowers, and fruit.

Jimsonweed

Other names:

Thorn-apple, stinkweed, Devil's trumpet.

Mechanisms of toxicity:

The entire plant is toxic because of tropane alkaloids. Fragrance from the flowers may cause respiratory irritation, and the sap can cause contact dermatitis. People have been poisoned tby eating crushed seeds accidentally included in flour; also through attempting to experience the hallucinogenic "high." Can kill. In particular, jimsonweed has a quickly fatal potential.

Comments:

Originally called Jamestown weed after a mass poisoning of soldiers sent to quell Bacon's Rebellion in 1666 who ate the seeds during a severe food shortage. Plant is often confused with Angel's Trumpet.

Mole Plant

Other names:

Caper spurge, Mexican fire plant, milkweed, red spurge, poison spurge, cypress spurge, cat's milk, wartwort, sun spurge, candelabra cactus, Indian spurge tree, milkwood, pencil tree, pencil cactus, rubber euphorbia.

Mechanisms of toxicity:

Herbs, often with colored or milky sap, containing complex terpenes; irritate the eyes, mouth, and gastrointestinal tract, and many cause dermatitis by direct contact. In some cases rain water dripping from the plant will contain enough toxic principle to produce dermatitis and keratoconjunctivitis; can blind. Some contain urticating hairs (skin contact breaks off ends and toxic chemicals are injected). The caper spurge has killed those who mistook the fruit for capers. The Mexican fire plant was known for having medicinal properties in the first century and has killed children. Red spurge causes dermatitis. The pencil cactus has an abundant, white, acrid sap extremely irritating to the skin; has caused temporary blindness when accidentally splashed in the eyes, and has killed as a result of severe gastroenteritis after ingestion.

Comments:

Approximately 2,000 species of extremely variable form; may appear as herbs, shrubs, or trees — many are cactus-like. Fruit is usually a capsule opening in three parts, each one seeded; sometimes a drupe.

Poison Ivy

Other names:

Manzanillo, western poison oak, eastern poison oak, poison sumac, Chinese/Japanese lacquer tree, Japanese tallow or wax tree, scarlet rhus, sumac.

Mechanisms of toxicity:

All contain allergenic nonvolatile oils known as urushiols in the resin canals; these oils are highly sensitizing (delayed, type IV sensitivity) for some individuals.

Comments:

All species are deciduous, and the leaves turn red before being shed. Poison ivy is a climbing or trailing vine with trifoliate, alternate leaves smooth above and hairy beneath. Poison oak is never a climbing shrub, alternately three-leafed, smooth above and hairy beneath. Found in disturbed areas and along trails in North America and is a common source of dermatitis. Poison sumac is a shrub or small tree with 7 to 13 alternate leaflets, and is found in swampy areas of North America. Very few cases of dermatitis are caused by this species because it inhabits isolated areas and few people are exposed to it. Some individuals suffer intense, debilitating reactions from contact with the sensitizing chemicals.

Yellow Heads

No Photograph Available

Other names:

Woolly-headed gnidia.

Mechanisms of toxicity:

Shrubs or small trees with extremely irritating resin. The root and flower of many species are strongly purgative — is the source of the drug

radjo. Some species have been shown to contain mezereine (irritant resin) and daphnine (an alkaloid).

Comments:

Genus of 140 species in tropical and southern Africa to the Arabian peninsula, and from Madagascar to western India and Sri Lanka.

Velvet Bean

Other names:

Cowitch, cowhage, pica-pica, ox eye bean, horse-eye bean.

Mechanisms of toxicity:

Many of the species' pods and flowers are covered with irritant hairs (proteolytic enzymes). Can be dangerous if they become embedded in the eye. Beans tend to be foul tasting, even after boiling, so little danger of ingestion exists.

Comments:

Many species, worldwide.

Black Bryony

No Photograph Available

Mechanism of toxicity:

Primary injurious agents are calcium oxalate crystals, which cause severe irritation of oral mucosa, nausea, and diarrhea if ingested and are irritating to the skin. The attractive bright red berries are the part most likely to be eaten by children. Fresh rootstock contains a histamine like substance that has caused severe burning of the skin with erythema,

painful swellings, and sometimes allergic reactions. Alkaloids, saponins and photosensitizing phenanthrene derivatives are also present in the leaves and tubers, but only in trace amounts; therefore, there is little or no effect on plant toxicity.

Comments:

Perennial herb with a twining stem found at edges of woods and hedgerows, and in thickets on rich calcareous soils. Young shoots lack calcium oxalate crystals, and are eaten in Dalmatia as a vegetable. Also used to treat rheumatic conditions in Hungary by rubbing the freshly cut, sticky, shiny surface of roots on the skin.

Castor Oil Plant

Other name:

Castorbean.

Mechanisms of toxicity:

Used to make a feed supplement; a lecithin, which is a highly toxic chemical, and some low-molecular weight glycoproteins with allerenic activity have resulted in serious poisoning. Factors making this a high-risk plant threat are its attractive nuts with a hazelnut-like taste; the highly toxic ricin present in high concentration (2-6 seeds can be fatal); and stability of ricin in the presence of gastric enzymes. The seeds are used to make necklaces, requiring boring a hole through the seed, and breaking the otherwise impermeable coat, allowing the possibility of toxin to reach the skin and enter the body through minor abrasions. Poisoning becomes evident after several hours.

Comments:

The seeds of this ancient plant found in Egyptian graves dating as far back as 4,000 B.C. Cultivated worldwide for 6,000 years for castor oil.

Panama Tree

Other names:

Castano, tartargum.

Mechanisms of toxicity:

Seeds edible, but pods have internal stiff bristles that easily penetrate skin, causing intense irritation.

Comments:

200 tropical species.

Gomboge Tree

No Photograph Available

Mechanisms of toxicity:

The bark exudate is a drastic purgative. Can be fatal.

Comments:

The gum resin is called gomboge; used in lacquers, metal finishes, and watercolors in China since the 13th century. A non-toxic plant; aril is delicious; one of the best tropical fruits; only in Malaysia/Thailand.

Desert Rose

Other names:

Monkey poison, mock azalea, impala lily.

Mechanisms of toxicity:

Cardiac glycosides; used for ordeals, arrow poison, and as a fish stupifier.

Comments:

Five species; shrubs or trees; tropical and subtropical African and Arabian distribution. Thrive best in dry areas; have thick stems.

Heliotrope

Other names:

Cherry pie, scorpion's tail, Indian heliotrope.

Mechanisms of toxicity:

Contains pyrrolizidine alkaloids. Cause of large epidemics (Afghanistan, India) of illness following ingestion of bread made with flour contaminated with members of this genus. The pathologic effects (Budd-Chiari syndrome) take weeks to months, and death comes slowly over years. Chronic copper poisoning has occurred associated with this plant.

Comments:

A large genus of worldwide distribution (250 tropical and temperate trees and shrubs).

Bushman's Poison

Other name:

Wintersweet.

Mechanisms of toxicity:

Seeds have a high concentration of toxin (cardiac glycosides); fruit pulp contains only traces. Wood extract is easily absorbed through the skin; can be mixed with latex from one of the Euphorbia family and gum from Acacia to make arrow poison; also used as an ordeal poison. Extracts applied to prickly fruits and laid in paths of barefoot enemy to kill. Symptoms of toxicity include pain, nausea/vomiting, abdominal pain, diarrhea. Variable latent period (interval between exposure and symptoms) with car-

diac conduction defects and sinus bradycardia; hyperkalemia. Some species cause dermatitis, but this is not a common problem.

Comments:

Dense evergreen shrubs or small trees with a milky sap found in Arabia and tropical eastern and southern Africa. Fruit resembles an olive or small ellipsoidal plum and turns reddish to purple-black at maturity (one to two seeds). Fruit exudes a milky sap when cut. Aromatic flowers are tubular, white/pink, in dense clusters in the forks of the leaves.

English Yew

Other names:

Ground hemlock, American yew, Japanese yew.

Mechanisms of toxicity:

Taxine A and B, classed as steroid alkaloids, are present in all plant parts except the aril. A single chewed seed is deadly. An hour after ingestion, nausea, dizziness, and abdominal pain begin. This is followed by reddening of the lips, dilatation of the pupils, shallow breathing, tachycardia, and coma. Then the pulse slows, blood pressure drops, and death occurs through respiratory paralysis. No proven treatment exists. Emptying the stomach hours after ingestion may be helpful as leaves may not pass through the GI tract expeditiously. Various clinical measures (circulatory stimulants, artificial respiration, cardiac pacemaker) have not prevented death in suicide cases.

Comments:

An evergreen shrub or small tree bearing a characteristic fleshy, red, sweet-tasting aril with a single green to black, partly exposed, hard-shelled seed within. In North America, the Japanese yew, the toxicity of which may exceed that of the English yew, has repeatedly caused fatal animal poisonings. Was once known as the “tree of death.”

APPENDIX J:
International Telephone Codes

International Telephone Codes

Algeria	213	Malta	356
Australia	61	Mexico	52
Austria	43	Morocco	212
Bahrain	973	Netherlands	31
Belgium	32	Nigeria	234
Brazil	55	New Zealand	64
Canada	1	Norway	47
China	86	Oman	968
Cyprus	357	Philippines	63
Denmark	45	Portugal	351
Djibouti	253	Qatar	974
Egypt	20	Republic of Korea	82
Ethiopia	251	Saudi Arabia	966
Finland	358	Senegal	221
France	33	Seychelles	248
Gabon	241	Singapore	65
Germany	49	Somalia	252
Greece	30	South Africa	27
Hawaii	1	Spain	34
Hong Kong	852	Sweden	46
Indonesia	62	Switzerland	41
Iran	98	Syria	963
Iraq	964	Taiwan	886
Ireland	353	Tanzania	255
Israel	972	Thailand	66
Ivory Coast	225	Tunisia	216
Japan	81	Turkey	90
Jordan	962	UAE	971
Kenya	254	United Kingdom	44
Kuwait	965	United States	1
Libya	218	Yemen	967
Madagascar	261	Zambia	260
Malaysia	60	Zimbabwe	263
AT&T (public phones)	0072-911 or 0030-911	On-base	550-HOME or 550-2USA

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