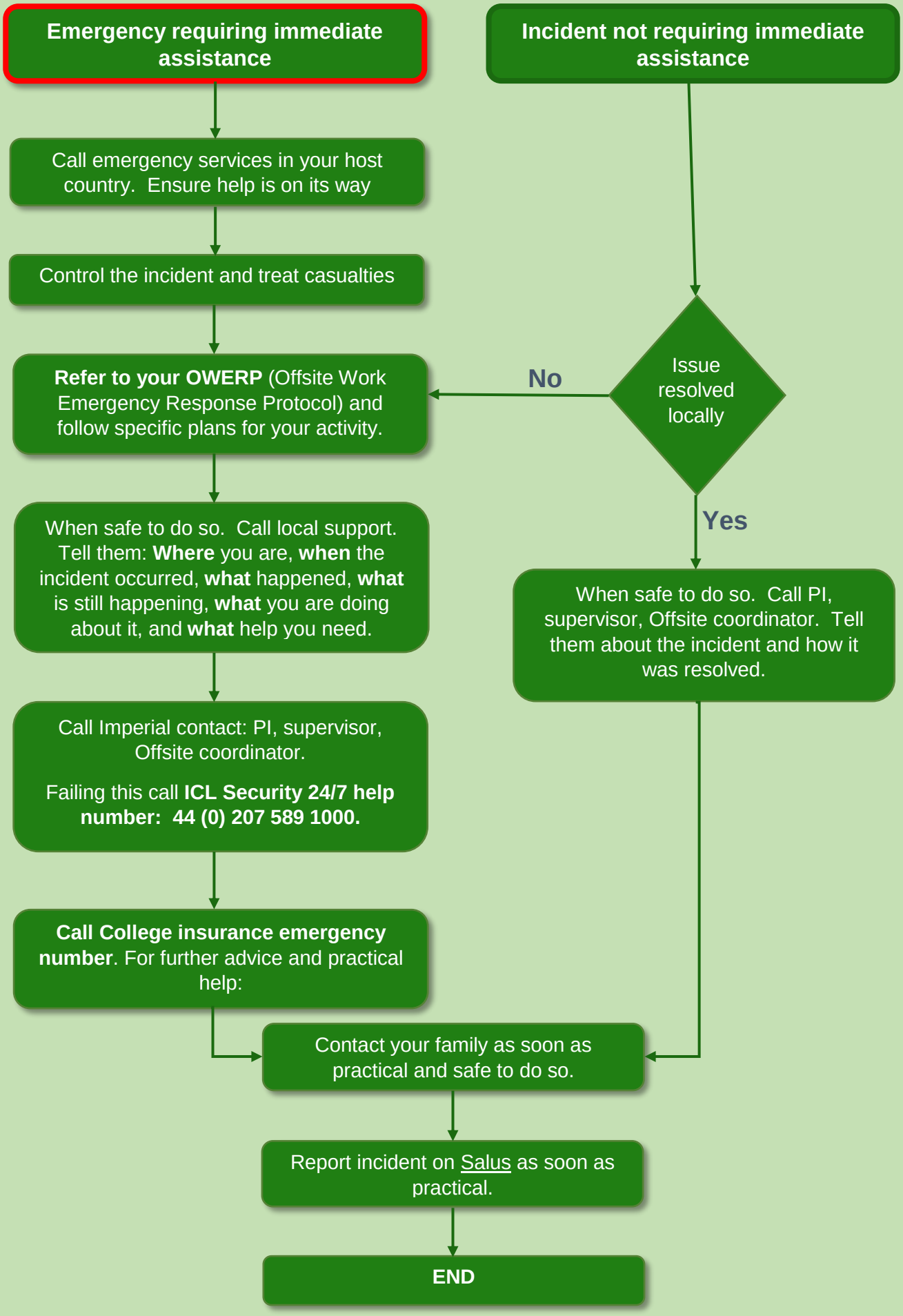Field Emergency Guide