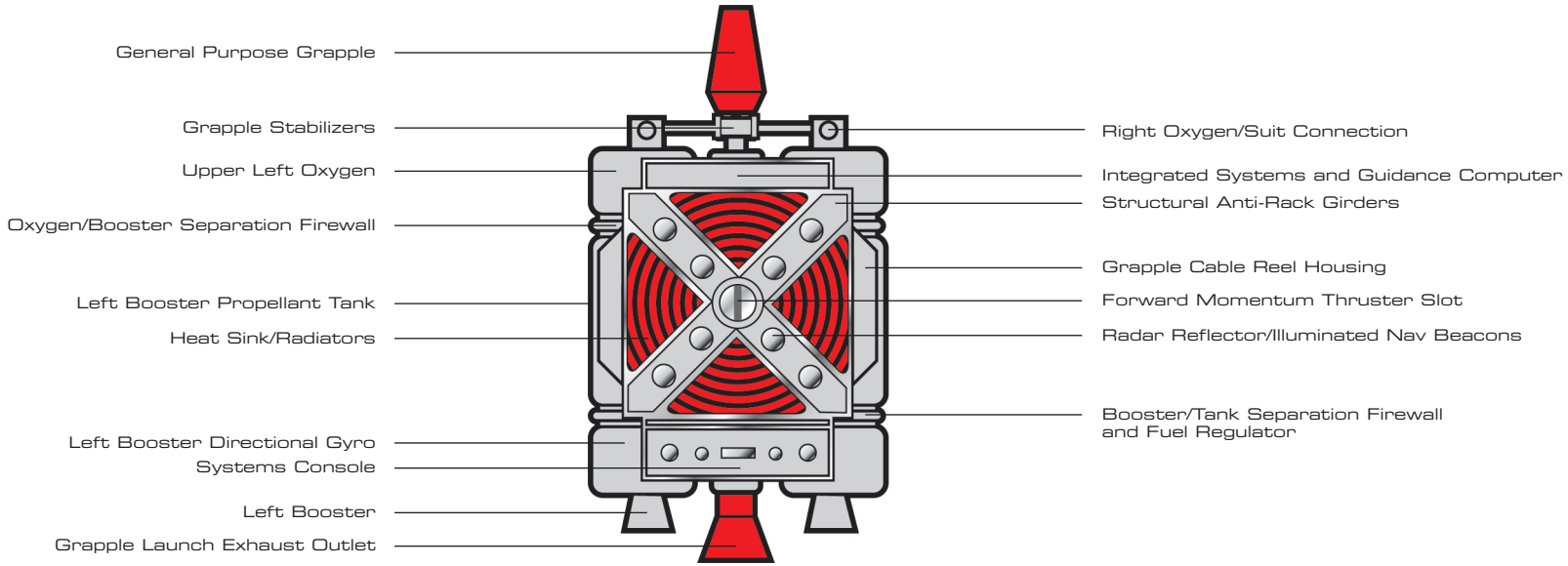JET PACK BASICS