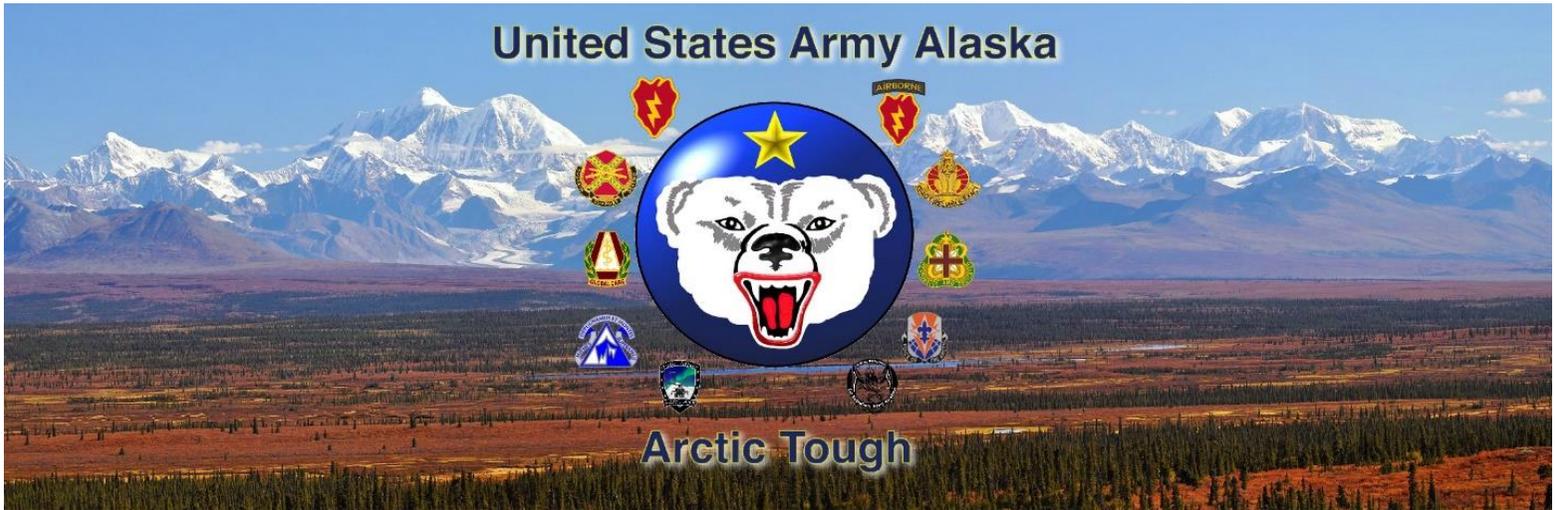


UNITED STATES ARMY ALASKA AMERICA'S ARCTIC WARRIORS



ARCTIC WARRIOR STANDARDS BOOK



WE are...America's Arctic Warriors, a title with no other claimant!

While they make us distinctive from all others, our Army and Nation expect us to thrive here so we must be better than all others. To be the nation's premier rapidly deployable team that will fight and win in ANY environment WE must embrace who we are... ARCTIC!

Arctic Warrior Athletes...always fit and disciplined!

We relentlessly prioritize and prepare daily both mentally and physically for the rigors of combat in all environments with a distinctive focus on the Arctic which is evolving and lethal and where discipline is essential. We maintain high standards where leaders and Soldiers never walk past a problem. We understand the standard and exceed it because anything shy of it can have lethal consequences.

Ready to deploy, fight and win in any environment!

We focus on building highly trained crews, squads, and platoons that can "Win at the Point of Contact." Readiness is perishable and requires constant vigilance and we will execute disciplined training to high standards on individual and small unit tasks. We take pride in the care of our individual and unit equipment so that it's ready to go at a moment's notice.

Competent and confident in our craft...Winning Matters!

We master the fundamentals at the individual, crew, and squad level and progress through multiple repetitions and sets, under varying conditions to ensure we win. This transcends MOS, it's a vehicle crew, a cannon/mortar crew, a wheeled vehicle mechanic,

or a staff section. Experts across the formation “Winning at the Point of Contact” generates organizational momentum and a winning culture.

Team of teams built on mutual trust!

We know our Soldiers and their families and build strong cohesive teams grounded on values, mutual trust, respect and inclusion. We cultivate a sense of belonging and value; everything we do is first for the benefit of our team. “This is my Squad” is the foundation across the force and we cultivate this horizontally and vertically. We are accountable for ourselves, buddies and team.

Investing in our competitive advantage – our people!

We will prioritize investment in our people. Leaders will invest in the development of Soldiers through a consistent and meaningful investment in time. Small unit training focus is the way we develop our leaders. We dedicate and protect time each week for Leaders Time Training and daily PT.

Committed to the care of our Soldiers, Civilians and Families!

We put our people first and show genuine care for their well-being. We engage our Soldiers and families frequently and know their challenges and deliver on their needs. We cultivate Family Readiness Programs through personal example and actively build the five dimensions of strength.



PHILIP B. BLAISDELL
CSM, USA
Command Sergeant Major



PETER B. ANDRYSIK JR.
Major General, USA
Commanding



We Are...



AMERICA'S

Arctic Warrior Athletes...always fit and disciplined!

Ready to deploy, fight and win in any environment!

Competent and confident in our craft... Winning Matters!

Team of teams built on mutual trust!

Investing in our competitive advantage – our people!

Committed to the care of our Soldiers, Civilians and Families!

WARRIORS!



Arctic Warrior Cohesive Teams



"This is My Squad"

- We all **BELONG** to a Squad
- We all provide **VALUE** to our Squad
- We are **RESPONSIBLE** for our Squad
- We **KNOW** our Squad and their Families
- We **SERVE** as a worthy Battle Buddy

Our Squad Focuses on Being

- Trained
- Fit
- Cohesive
- Disciplined
- Positive
- Ready

ARCTIC WARRIOR COHESIVE TEAMS give us the **COMPETITIVE ADVANTAGE** that enable us to **THRIVE** as the **NATION'S PREMIER** rapidly **FORCE** that will **FIGHT** and **WIN** in **ANY** environment!

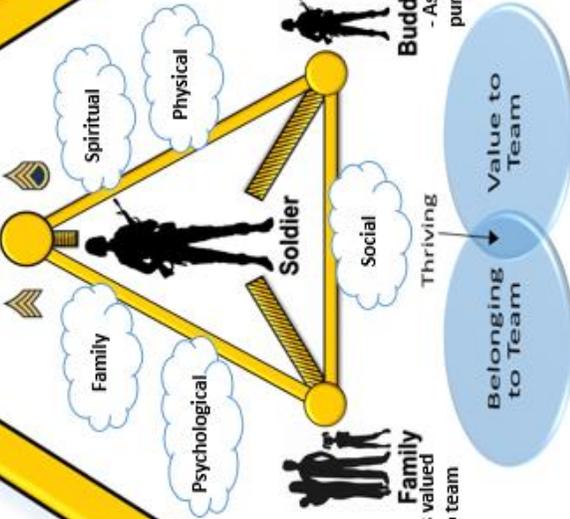
USARPAC/AFC



Leaders of character who foster belonging and value across team

"This is My Squad"

Section Leader / Squad Leader



We have an innate desire to belong to teams defined by clear purpose and understanding

Community Teammates

Joint Teammates

Mutual Trust

Character – Competence - Commitment

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1 Purpose

The purpose of this publication is to inform all U.S. Army Alaska (USARAK) Soldiers on basic standards of **appearance, conduct, military courtesy, and pertinent information**. Reference Command Policy Letters

<https://army.deps.mil/army/cmds/USARAK/staff/cmdgrp/Policy%20Letters/Forms/AllItems.aspx>.

2 Responsibilities

Commanders are responsible to ensure Soldiers under their command present a neat and Soldierly appearance. Noncommissioned officers are responsible for the appearance of subordinate Soldiers in their charge. Each Soldier has the duty to take pride in his and her appearance at all times.

3 General

All USARAK Soldiers must project a professional military image. There must be no doubt that they live by a common standard and are responsible to military order and discipline.

3.1 United States Army Alaska Mission

USARAK provides trained and ready forces in support of worldwide-unified land operations. USARAK supports United States Indo-Pacific Command (USINDOPACOM) Theater Security Cooperation Program in order to contribute to a stable and secure operational environment. On order, executes Joint Force Land Component Command functions in support of Homeland Defense and Defense Support of Civil Authorities in Alaska.

3.2 United States Army Alaska History

The Army has served in Alaska since 1867, when Soldiers of the United States Army, 9th Infantry Regiment, took part in the ceremonies that raised the Stars and Stripes over Sitka and transferred Russian lands to the United States. Construction of an Army post six miles northeast of Anchorage began on 8 June 1940. The War Department General Order Number 9, dated 12 December 1940, designated the military reservation as Fort Richardson, and the flying field at Fort Richardson was designated Elmendorf Field.

Following the Japanese attack on Pearl Harbor in 1941, Army and Navy engineers began building airstrips in the Aleutian Islands to defend against possible Japanese attacks. U.S. Army units also built an initial pioneer road in 1942 for the Alaska-Canada (ALCAN) Highway in less than eight months. In 1943, civilian contractors followed and constructed a more permanent, all-weather highway. The 1,420-mile road was built as an overland supply route to get personnel and equipment to Alaska. The Alcan Highway complimented military infrastructure that was built throughout Alaska and ensured Allied forces could defend the territory, while taking the fight to the enemy, if necessary.

After the Japanese seizure of Attu and Kiska islands in the Aleutian Chain in June 1942, the U.S. prepared 11,000 troops to retake Attu Island in May of 1943. The successful

battle by the U.S. to retake Attu Island was proportionately one of the costliest amphibious assaults of World War II in the Pacific in terms of American casualties suffered. The Japanese secretly evacuated Kiska in late July, 1943, several weeks prior to U.S. and Canadian forces seizing the island in August 1943. At the end of the war, most Army installations throughout the state closed permanently or transferred to other agencies.

The Alaskan Command (ALCOM) was created in January 1947. As the first Unified Command under the Department of Defense, ALCOM was headquartered at Elmendorf Air Force Base near Anchorage where it controlled all military forces in Alaska.

When the Air Force was organized from the Army Air Corps in 1947, steps were taken to convert Fort Richardson and Elmendorf Field into separate installations. On 15 October 1950, the Army released the land to the Air Force that is now Elmendorf Air Force Base and began construction of new facilities at its present Fort Richardson site, eight miles from Anchorage. USARAK headquarters moved to its new location on 3 January 1953. During and shortly after the war years, several posts were established in Alaska. Some were inactivated and several became Air Force bases. The Army installation known as Fort Greely (near Big Delta, Alaska) was initially occupied by Army Forces in 1941. This became the site for Army cold weather maneuvers, the forerunner of today's United States Army Cold Region Test Center (CRTC) and the United States Army Northern Warfare Training Center (NWTTC). This location became an established Army post called "Big Delta, Alaska" on 6 May 1947. On 21 June 1953, the name was changed to "Fort Greely, Alaska." On 1 January 1961, Ladd Air Force Base (near Fairbanks) was transferred to Army jurisdiction and was named "Fort Jonathan M. Wainwright. On December 31, 1972, the Army discontinued USARAK as a major subordinate command, and the 172nd Infantry Brigade (Alaska), headquarters at Fort Richardson, assumed command and control, reporting to U.S. Army Forces Command at Fort McPherson, Georgia. The 171st Infantry Brigade was inactivated in 1973 leaving the reorganized 172nd Infantry Brigade (Separate) as the principal combat formation, split-stationed at both Fort Richardson and Fort Wainwright.

The 6th Infantry Division (ID) (Light) (L), headquartered at Fort Richardson, was activated in 1986, replacing 172nd Infantry Brigade (Separate). The 6th ID (L) headquarters moved to Fort Wainwright in 1990. The 6th ID (L) maintained an Arctic focus in its unit training and was actively involved in training exercises in Japan and Thailand, at the Joint Readiness Training Center in Arkansas and Louisiana, and throughout Alaska until its inactivation in July 1994. At that time, Army forces in Alaska reorganized under the command of USARAK, headquarters at Fort Richardson, with the 172nd Infantry Brigade as the principal combat formation, split-stationed at both Fort Richardson and Fort Wainwright.

The Army underwent a major transformation in the early 2000's that witnessed a significant expansion of forces in Alaska, to include activation of two Brigade Combat Teams and numerous supporting organizations. The Army worked closely with the U.S. Air Force to incorporate Fort Richardson into a Joint Base in 2010, expanded

infrastructure at Fort Wainwright, and improved ranges operated within the Joint Pacific-Alaska Range Complex, especially in central Alaska in and around Eielson Air Force Base and Fort Greely.

Today, USARAK's headquarters is located at Joint Base Elmendorf-Richardson, aligned as a major subordinate command of U.S. Army Pacific (USARPAC). USARAK provides trained and ready forces in support of worldwide-unified land operations; supports theater engagement in the Pacific/Arctic and military operations in the Alaska Joint Operations Area, in order to contribute to a stable and secure operational environment. The 1st Stryker Brigade Combat Team, 25th ID, Northern Warfare Training Center (NWTTC), and, U.S. Army Garrison-Alaska are headquartered at Fort Wainwright, near Fairbanks. In addition to the USARAK Headquarters, 4th Brigade Combat Team (Airborne), 25th ID, SFC Christopher R. Brevard Noncommissioned Officer's Academy, and selected units of the 17th Combat Support Sustainment Battalion are stationed at Joint Base Elmendorf-Richardson.

3.3 Activations and Re-designations

Activated on 28 March 1941 at Fort Richardson as Headquarters, Alaska Defense Command. Re-designated on 27 October 1943 as Headquarters, Alaskan Department. Re-designated on 15 November 1947 as Headquarters, United States Army Alaska. Inactivated on 31 December 1974 and activated on 2 July 1994.

3.4 Campaign Participation

World War II

Asiatic-Pacific Theater without inscription

3.5 Decorations

None

3.6 Shoulder Sleeve Insignia

A circular disk of a blue background, which is superimposed with a polar bear head, surmounted with a gold star. It represents the Army as guardian of the Far North depicted by the polar bear, which according to myth, is guardian of the North Star, represented by a yellow star.



Figure 1: United States Army Alaska Shoulder Sleeve Insignia

3.7 History of the Arctic Tab

The Army upgraded the design of its Arctic Tab and issued new guidance for wearing the accoutrement as the Defense Department increasingly looks to bolster its cold-weather warfare capabilities. While the move may seem small, it comes during a time of increased competition for resources in the Arctic region with Russia, and even China. The Arctic Tab was originally worn below a Soldier's unit patch and could only be worn while assigned to USARAK, a subordinate command to Army Pacific and the ground force defending much of the U.S. territorial claims near the Arctic region. Now, the redesigned tab is worn above the unit patch like the Ranger and Sapper tabs. It can also be worn by those serving at all Army Pacific installations throughout that command's area of operations.

3.8 Organization Day

The 29th of October commemorates the date in 1867 when Brevet Major General Jefferson C. Davis assumed command of the Military District of Alaska.

MOTTO- Arctic Tough

SALUTE - Arctic Warrior

SALUTATION - Arctic Tough



Figure 2: United States Army Alaska Distinctive Insignia

Description: A gold metal and enamel device that is 13/16 of an inch in height overall, consisting of a blue (ultramarine) enamel background, arched at the top and bearing a five-pointed gold star, the field bordered by a band of gold rays (each beveled), in the base two white enamel mountain peaks (one on each side), and the crest of a totem pole consisting of an eagle head in proper colors facing to the right.

Symbolism: The single star on the blue background stands for the North Star, which also appears on the Alaska State flag. The gold rays forming an archway symbolize the mission of United States Army Alaska as the first line of defense in North America and alludes to the Northern Lights. The totem pole and the snow-covered peaks are symbolic of Alaska. The American eagle as depicted by the Alaskan Indian with penetrating eyesight and exceptional hearing alludes to the alertness and protection

offered by United States Army Alaska.

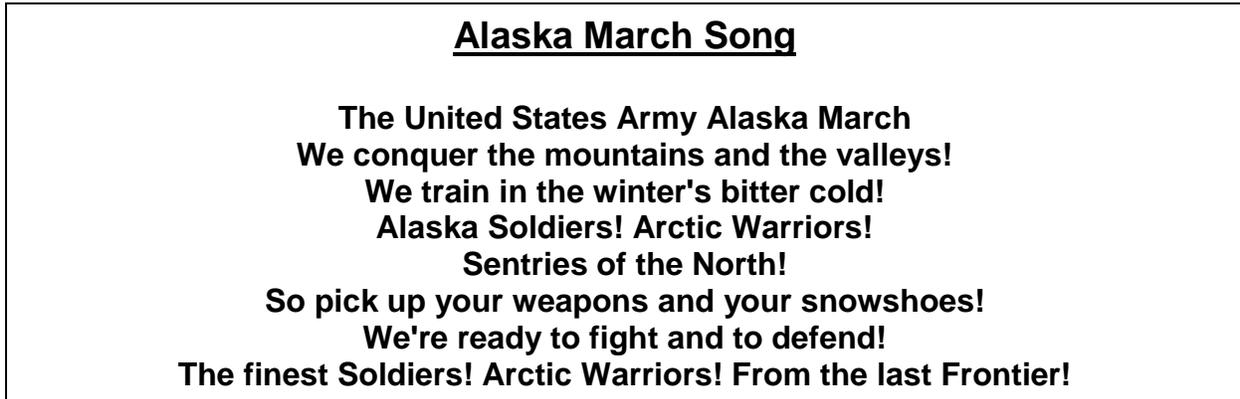


Figure 3: The Alaska March Song

4 Leader Training Time, Arctic Family Time, Arctic Warrior Readiness Day

Soldier and Family well-being is an Army priority. To ensure balance between personal time and performance of military duties, all Thursdays and three Fridays per month have a dedicated purpose. All Thursdays are reserved for Leader Training Time (LTT) designed to emphasize Soldier/ leader development and training. The first Wednesday of the month is designated as Arctic Warrior Readiness Day. The second and fourth Friday of the month is designated Arctic Family Time, dedicated to Soldiers and Families. The remaining Fridays in each month are normal duty days.

(a) Key elements of Leader Training Time (LTT) and Arctic Family Time include:

(1) LTT is executed every Thursday from 0900-1300. Commanders will approve and leaders at all levels will oversee execution of LTT and ensure it supports upcoming unit collective. Units should use LTT as an opportunity to maximize training for low density/high demand skill sets.

(2) LTT will be planned, resourced, and executed in the same manner as all other unit training events IAW with the guidelines of unit training management and FM 7-0. LTT training plans will be briefed during unit training meetings, placed on unit training schedules, and added to training calendars. Leaders will apply the eight-step training model when planning and executing training. During LTT, leaders will conduct an assessment on the individual tasks that directly support unit collective tasks and unit Mission Essential Tasks.

(3) LTT will consist of a minimum of four consecutive hours of training; this duration does not include the time to setup, conduct an after-action review, or to eat a meal. The training will not require units to cancel physical readiness training. First line leaders (SGT/E-5/team leader) should be the primary instructors under the supervision and with the assistance of other leaders (squad leader/platoon sergeant). The training

audience for LTT is anyone not directly serving as an instructor; the exception is the senior unit leadership who are conducting "spot checks" on the training. Leaders will ensure maximum participation in the training and prevent other activities (i.e., routine/non-emergency appointments) from occurring during this time. Units will conduct an after-action review that focuses on the effectiveness of the training, the proficiency of the unit on the tasks trained, and the performance of the instructor.

(b) Arctic Family Time will occur on the last duty day of the second and fourth week of the month. The intent of Arctic Family Time is for all training, maintenance, and administrative functions to end early enabling Soldiers' release from duty no later than 1500. Unit training schedules will reflect Arctic Family Time.

(c) Arctic Warrior Readiness Day will be conducted on the first Wednesday of each month. Readiness day will consist of a full duty day with close of business no earlier than 1500. Training topics will include discussions on racism and extremism, diversity, inclusion, as well as building the life skills to thrive in today's environment. Similar topics for Readiness Day may include but are not limited to counseling, value of life program initiatives, suicide prevention, safety, equal opportunity programs, sexual harassment and sexual assault prevention, and chaplains programs. In accordance with the 8-Step Training Model in FM 7-0, leaders at the appropriate levels will resource, train, and certify all first line leaders prior to conducting Arctic Warrior Readiness Day.

(d) In order to provide more predictability to Soldiers and their Families, Commanders will not schedule training or other activities during the weekend or holidays that can otherwise be accomplished during weekdays. Approval for weekend training is part of the Quarterly Training Brief process. Any unforeseen circumstance which requires Soldiers to work outside normal duty hours requires Commanding General approval.

5 Physical Readiness Training (PRT)

USARAK Soldiers are America's Arctic Warriors. Units will use our unique and austere operational location to develop and master the skills to thrive in an Arctic environment. Units will achieve Arctic skills proficiency and will conduct ski or snowshoe PRT when weather conditions permit. The first priority of every day is a Warrior Athlete approach to physical fitness. Arctic-themed PRT will occur no less than once per week during winter conditions and will be a reoccurring event in unit training plans. Over snow movement with snowshoes, cross country skiing, and Ahkio sled drags are key components of winter PRT events.

(a) Leaders will maintain and monitor special population programs (Army Body Composition Program, Post-Partum PT, and rehabilitative PRT).

(b) Leaders will also maintain programs that aid Soldiers in recovery from injury, pregnancy, or the Integrated Disability Evaluation System (IDES) process.

(c) All Soldiers will conduct physical training as part of a unit, no lower than the

squad/section level, including Soldiers with profile. Every Soldier will conduct physical training each duty day of the week.

(d) USARAK has established a block time from 0630-0745 on normal duty days as the primary time for PRT. The place of duty for all Soldiers during PRT is the approved location, unless conducting official business or otherwise authorized activities. 75 minutes is the minimum time allotted to conduct PRT.

(e) Units will conduct PRT outdoors as much as possible while applying risk mitigation in order to acclimate to Arctic conditions. **The Use of indoor facilities is prioritized to supervise Soldiers on profile, recovering from injury, and P3T.**

(f) Units using indoor facilities during PRT hours will ensure the physical activities are completed in an organized manner and led by a leader. To avoid driving during designated PRT time, leaders will conduct accountability formation at the desired PRT location. Reference current CG Policy Letter for additional guidance and compliance.

5.1 Foot Marches

Tactical foot marches are collective training events and are conducted under the conditions in which we fight. Our Soldiers will wear and carry the same uniform and items of equipment in which we fight. To avoid unnecessary injuries, we will not run or ruck while wearing the Improved Outer Tactical Vest (IOTV), CIF issued body armor, or rucksacks. The IOTV will be packed inside of the rucksack based off mission requirements. Units will not wear the IOTV and rucksack at the same time, it will be donned at the location of training.

(a) Leaders will plan and adjust loads, march rates, and distances according to the mission and force capabilities. Units may conduct tactical foot marches during physical training hours, tactical exercises, or as a means to get to and from training.

(b) The only exception to running with the ruck sack, IOTV or CIF issued body armor, is when conducting combat focused PT or battle drills which typically involves short distances running (i.e. 3 to 5 second rushes, bounding over-watch, react to contact, etc.). These sessions, however, must be planned, supervised, and all risk mitigated to prevent unnecessary injuries.

(c) Commanders will use conditioning foot marches to develop and maintain our Arctic Soldiers' ability to physically carry their combat loads while preserving combat power.

(e) Conditioning foot marches will progressively develop newly arrived Soldiers and special population Soldiers to carry combat loads without injuring themselves in the process.

(1) Uniform for conditioning foot march: Seasonal PRT Uniform or ACU with appropriate boots and Rucksack

(2) Uniform for Tactical Foot March: Arctic Warrior Standard. No Exceptions, no un-blousing boots unless Heat Cat 4 (88 degrees). Listening to music using headphones, on a phone, or wireless speakers is not authorized while conducting foot marches

6 Army Uniform Wear and Appearance

We are a proud organization and wear our uniform with pride. Our uniform identifies us as a member of the United States Army and USARAK. Therefore, a neat and well-groomed appearance is fundamental and contributes to building the pride and esprit de corps essential to an effective military force. All USARAK Soldiers will take pride in their appearance and abide by AR 670-1 and DA Pam 670-1 at all times.

(a) Leaders will enforce personal appearance policies and judge the appropriateness of a particular hairstyle, sideburns, facial hair, cosmetic, and eccentric or faddish styles and colors by the guidance in AR 670-1, Chapter 3, section 3-2.

(1) Hairstyles that do not allow Soldiers to wear headgear properly or that interfere with the proper wear of any protective equipment are prohibited.

(2) Soldiers will present a professional image and will continue to set the example in military presence, physical fitness and acceptable weight standards in accordance with AR 600-9.

(3) The hair on top of the head must be neatly groomed and must present a tapered appearance.

(4) Male Sideburns will not extend below the bottom of the opening of the ear.

(5) Sideburns will not be styled to taper, flair, or come to a point or exceed 1/8 inch when fully extended.

(6) Soldiers with shaving profile will maintain a copy of the prescribed DA Form 3349 at all times. Facial hair will be trimmed to the level specified by the appropriate medical authority. (See TB MED 287, para 2.5)

(7) Female hairstyles may not be eccentric or faddish and will present a conservative, professional appearance. A single ponytail centered on the back of the head is authorized in physical fitness only when within the scope of physical training. Hair must be secured if a helmet is worn during PRT and regular duties.

(8) Males will only wear cosmetics if medically prescribed.

(9) Females are authorized to wear cosmetics with all uniforms. They will be applied modestly and conservatively, and that they complement both the Soldier's complexion and the uniform. Leaders at all levels must exercise good judgment when interpreting and enforcing this policy.

(10) Eccentric, Exaggerated, or Faddish Cosmetic Styles and Colors are prohibited.

(11) Makeup designed to cover tattoos is inappropriate with the uniform and is prohibited.

(12) Permanent makeup, such as eyebrow or eyeliner, is authorized as long as the makeup conforms to the standards outlined above.

(13) Eyelash extensions are not authorized unless medically prescribed.

(b) **Soldiers in uniform WILL NOT engage in activities that would interfere with the hand salute and greeting of the day or otherwise detract from exhibiting professional appearance while walking.** Examples include, but not limited to, walking while eating, using electronic devices (e.g., cell phone, or other wireless devices), or smoking/vaping.

(c) Conservative civilian prescription eyeglasses are authorized for wear with all uniforms. Conservative prescription and nonprescription sunglasses are authorized for wear when in a garrison environment. Soldiers are authorized to wear ballistic spectacle eye protection issued by the Army to include Smoke/Tinted/Clear lenses as long as they are part of the Authorized Protective Eyewear List (APEL) visit PEO Soldier for the entire Qualified Products List at www.peosoldier.army.mil/equipment/eyewear/. Contact lenses that change the natural color of the eyes are prohibited while in the duty uniform. Contact lenses are not authorized in field conditions.

6.1 Duty Uniform

The Army is a service where discipline is judged, in part, by the manner in which a Soldier wears a prescribed uniform, as well as the individual's personal conduct. Soldiers must project a military image which leaves no doubt they live by a common set of military values and are guided by military order and discipline. All military uniforms will be worn and fitted in accordance with (IAW) AR 670-1 and DA Pam 670-1. First and foremost, all military personnel have the general military authority to correct service members who are improperly wearing the uniform-regardless of rank or duty position. Security identification badges will not be worn outside of the facilities in which they are required and will be secured on your person.

(a) The Operational Camouflage Pattern (OCP) Army Combat Uniform (ACU) is the normal duty uniform. The ACU may be worn in lieu of the improved physical fitness uniform as required during certain physical training events. Modifications to the uniform (running shoes versus boots) during PT hours are at the commander's discretion. **Wear of the ACU during PT without patches is unauthorized. The wear of "Slick" ACU's is only authorized while conducting combative training.**

(b) The OCP Patrol Cap (PC) will be worn by all USARAK non-airborne personnel as the daily duty headgear. The PC will not be worn when the temperature falls to 32°F or below and is substituted by the fleece cap with the duty uniform. The PC is authorized for wear by airborne personnel during field duty and work details, to include motor pools and airborne operations. The Patrol Cap will be worn straight on the head so that the cap band creates a straight line around the head, parallel to the ground. No rolling of, blocking, or alterations to the cap are authorized. The cap is worn so that no hair is visible on the forehead beneath the cap.

(c) The beret is an organizational issue item to be worn with the Army Service Uniform (ASU). The black beret will be worn on occasions determined by the unit commander. The authorized color of the beret worn by Soldiers assigned to USARAK is black, other than those assigned to an airborne unit. The maroon beret will be worn by

all Soldiers assigned to airborne units and will be worn with the ASUs and ACUs while in garrison. **Soldiers on USARAK flag detail will wear the black/maroon beret.**

(d) Two identification tags will be worn while wearing the daily assigned duty uniform, around the neck, beneath the T-shirt on long and short chains.

(e) All sewn on items (to include insignia of rank on the PC/Advanced Combat Helmet (ACH) Cover) will be sewn by machine, not hand sewn. Subdued items (pin-on insignia of rank, specialty/combat badges, and belt buckles) are kept subdued (black). Proper placement will be IAW DA PAM 670-1.

(f) The ACU coat will have United States Army, nametape, and insignia of rank worn as specified in DA PAM 670-1, and the U.S. flag worn on the right shoulder (cloth color Flag in Garrison and infrared subdued or cloth flag in the field or during deployment). Soldiers wearing ACUs will only use Velcro U.S. flag and unit shoulder patches. All Soldiers will wear their shoulder sleeve insignia of their command as authorized per official unit orders. Pin-on or sew on specialty badges/combat badges are authorized for wear with the ACU. **Soldiers are not authorized to mix sew-on badges with pin-on badges.** When Soldiers sew on badges, the U.S. Army tape, nametape, and grade insignia must also be sewn on.

(g) Commanders may authorize Soldiers to roll-up the sleeves on the Army Combat Uniform in accordance with DA Pam 670-1, para 4-8d. Unit uniformity is required. Personnel will roll sleeves neatly above the elbow but no more than 3 inches above the elbow. Upon approval of the Commander and only during field training exercises, the ACU coat sleeves may be cuffed inside or outside the ACU coat, not to exceed one roll or cuff of the ACU coat.

(h) Leaders will determine the appropriate PPE for every situation or detail. The reflective belt will be worn diagonally from the wearer's **RIGHT** shoulder to **LEFT** while in the duty uniform (ACU). This item will be worn during hours of low visibility or as dictated by USARAK based off seasonal conditions.

(i) Instructor t-shirts will be worn in the academy/teaching/detachment or gym area only and on/off the installation while conducting specially assigned duties. It will not be worn in the PX, Commissary, Starbucks etc. (BLC/NWTC/Reception Detachment/AWCA).

(j) If Soldiers choose to wear a bag, handbag, purse, or backpack while in uniform, the bag must be black or match the camouflage pattern uniform and have no commercial logos. The contents of the bag may not be visible. Soldiers may carry authorized bags by hand, on one shoulder or both. Soldiers may not wear a shoulder bag in such a manner that the strap is draped diagonally across the body. Any bag that does not meet the above criteria must be carried only in the hand. See AR 670-1, para. 3-7f.

6.2 Boots

Generally, from April to September (Actual dates determined by USARAK) the following boots are authorized:

- (a) Army Combat Boot (Hot Weather).
- (b) Army Combat Boot (Temperate Weather).
- (c) Commercially available boots that meet requirements listed in DA PAM 670-1.

Generally, from September to April (Actual dates will be determined by USARAK based off weather conditions), or when the weather drops below 32°F, the following boots are authorized:

- (a) Intermediate Cold-Wet Boot (ICWB) or Extreme Cold Weather Boot (ECWB).
- (b) Commercial cold weather boots that meet requirements listed in DA PAM 670-1.

Traction devices (black in color) are authorized for wear on boots and will be worn during icy conditions.

NOTE: Soldiers will not un-blouse their boots unless conducting tactical foot-marches or field environment activities during Heat Category 4 conditions.

EXAMPLES OF AR 670-1 COMPLIANT BOOTS

COYOTE TAN BOOTS



NIKE SFB
FIELD



GARMONT T8 II



DANNER TACHYON



DANNER
TANICUS



ROCKY
SV2



BELLEVILLE I XERO



OAKLEY ASSAULT



ROCKY RLW

Please check with your command if you have any questions about whether a particular boot can be worn in your unit.

- 8-10 inches in height
- Coyote Tan cattle hide leather
- Body of the boot will be the same color as the toe & sole
- Rubber or polyurethane outsole
- Sole will not exceed 2 inches in height when measured from the bottom of sole
- Sole will not extend up the back of the heel or over the top of the toe
- All leather upper with non-mesh fabric

Figure 4: Examples of AR 670-1 Approved Boots

6.3 Winter Uniform

Generally, the winter uniform will be worn from **September to April** or outside this window if the temperature falls to 32°F or below. USARAK will make the final determination on the winter uniform posture and will issue additional guidance for the winter uniform as temperatures change. **Note: This is not an option. When it falls to 32°F, they wear it!!!**

This uniform is based on the Extended Cold Weather Clothing System (ECWCS), Generation II or Generation III, and wear will be dictated by garrison or field setting:

(a) While in Garrison, in addition to the ACU, at a minimum all USARAK Soldiers will possess the balaclava or fleece cap, Generation II GORE-TEX® parka or Generation III ECWCS Level 5, 6, or 7 jacket, Army issued or approved gloves, and issued or DA PAM 670-1 approved cold weather boots.

(b) Generation II and III ECWCS are designed as a system of three basic layers.

(1) Base Layer (also known as Inner or Wicking layer): The base layer(s) are those adjacent to your body. They should be comfortably loose. The main purpose of these garments is to wick excess moisture away from your body.

(2) Insulation Layer: The insulation layer(s) are the intermediate layer(s). Insulation layers provide volume to enable you to trap warm air between your body and the outer garments. This layer also wicks moisture away from the body. These layers should be comfortably loose to trap a sufficient volume of air. The insulation layer consists of fleece jacket and overalls (if issued). The fleece jacket will not be worn as an outer garment.

(3) Outer Shell (protective) Layer: The outer shell layer(s) are the external layers that protect you from the elements in your environment. A main function is to keep dry. In addition, they provide additional volume for trapping warm air. These layers should also be comfortably loose. The generation II outer shell layer consists of the GORE-TEX® Jacket and trousers. The generation III outer shell layer consists of the level 4 wind jacket, and levels 5, 6, and 7 jackets and trousers.

(c) Generation III ECWCS (Seven Layer System) clothing items and definitions, see diagram on the five following pages. This system has seven levels designed to be used in different combinations based upon varying environmental conditions.

(d) Neck gaiter is authorized for wear.

(e) Soldiers may remove their outer shell jacket while inside buildings and conduct business while in their insulation or base layers (level 5 or 6 trousers will remain on).

(f) Soldiers will wear Army issued or approved gloves. During winter months, Soldiers will have their trigger finger mittens or arctic mittens readily available. Mitten

sets will not be worn snapped behind the back. Make every effort to carry them inside the jacket so they are warm when needed and do not gather any unnecessary precipitation.

(g) When temperatures fall to 32°F or below all USARAK Soldiers will wear the fleece cap. When the temperature drops below 10°F the balaclava will be worn. While wearing the IPFU, ACU, or ECWCS during winter months the balaclava, arctic mittens, intermediate cold weather gloves, and traction devices will be readily available. Additional information can be found at the NWTC SharePoint website: <https://army.deps.mil/army/cmds/USARAK/units/asc/nwtc/SitePages/Home.aspx>.

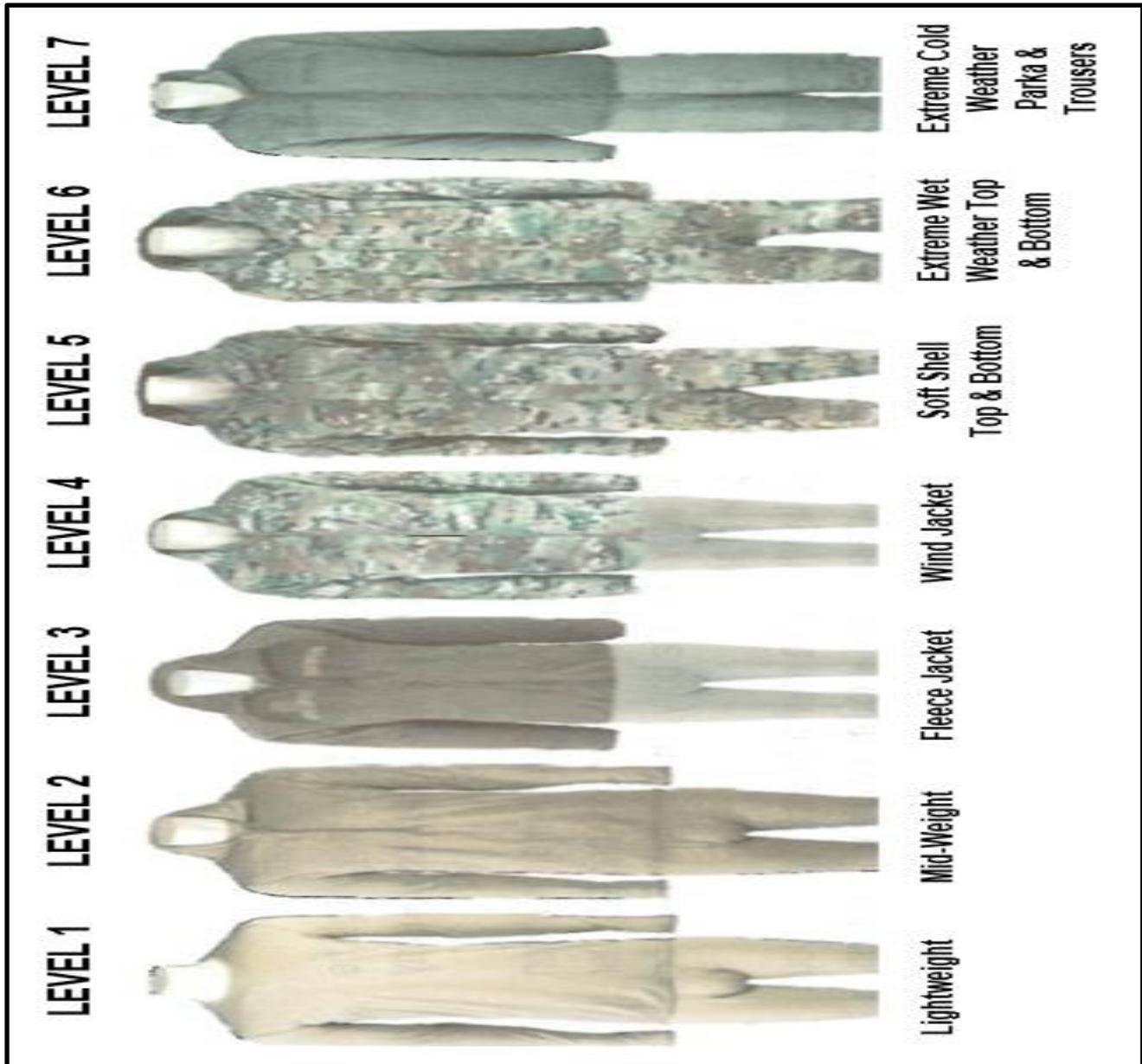


Figure 5: The Seven Layered Extreme Cold Weather Clothing System



Level 1: Lightweight Cold Weather Undershirt and Drawers. Use as a base layer next to skin. Silk-weight material is designed to transfer moisture from the skin to the outside of fabric where it spreads rapidly for quicker evaporation.



Level 2: Mid-weight Cold Weather Shirt and Drawers. Use as a base layer next to skin or over Level 1 for added insulation and to aid in the transfer of moisture. Level 2 is designed to provide light insulation for use in mild climates, as well as, an additional layer for cold climate.



Level 3: Fleece Jacket. The primary insulation layer for use in moderate to cold climates. The level 3 fleece does not block wind or rain and snow clings to the face. The level 3 top may be worn underneath of the level 4 or 5 jacket, **but will not be worn as an outer garment in any condition.**



Level 4: Wind Jacket. Lightweight outer shell layer made of a windproof and water repellent material. The level 4 top can be worn as an outer garment during mild temperatures. The level 4 top will be worn over top of the ACU top or underneath of the level 5 jacket. The level 5 top may be removed inside of buildings and the level 4 or ACU top may be visible as long as it has rank, nametape and U.S. Army tape on the jacket.



Level 5: Soft Shell Cold Weather Jacket and Trousers. Generally worn as the outer shell layer when the temperature is below 19°F. This is an authorized garrison outer garment. **The Balaclava, Contact Gloves, Trigger Finger Mittens, and Arctic Mittens will be readily available for wear.**



Level 6: Extreme Cold/Wet Weather Jacket and Trousers. Generally worn as the outer shell layer when the average temperature is above 19°F and during prolonged and/or hard rain and cold wet conditions. This is an authorized garrison outer garment. **The Balaclava, Contact Gloves, Trigger Finger Mittens, and Arctic Mittens will be readily available for wear.**



Level 7: Extreme Cold Weather Parka and Trousers. Wear as the outer shell layer in extreme cold dry conditions. Level 7 is meant for static activities. Level 7 can be worn as an outer garment when static activity is required during cold weather conditions. Level 7 can also be worn as an outer garment in garrison when the temperature falls below 0°F.

(i) COLD Clothing Guidelines, when dressing for operations in any cold weather environment think of the **COLD** acronym.

- C**- Keep it **C**lean
- O**- Avoid **O**verheating
- L**- Wear clothes **L**oose and **L**ayered
- D**- Keep clothing **D**ry

(j) Movement TTPs

- (1) Start movements comfortably cool (dress down prior to movement)
- (2) Adjust movement rate to prevent profuse sweating

- (3) Take a brief halt, 10-15 minutes after movement begins to adjust clothing
- (4) Keep clothing upgrade items easily accessible – adjust on the move

6.4 Food Services Uniform

The Unit Commander and the Dining Facility Manager (NCOIC) are responsible for the dining facility food service uniform.

6.5 Other Authorized Uniforms

These are prescribed in AR/DA PAM 670-1. The following paragraphs summarize portions of the regulation/pamphlet.

(a) The Army Service Uniform, Class A, B (Service), and C (ACU) uniforms are authorized for year-round wear (weather dependent in Alaska). Female Soldiers are authorized to carry an approved handbag while in garrison only. Commanders will specify the uniform of the day that is appropriate to activities and weather conditions. All Soldiers will maintain uniformity with other Soldiers of their immediate unit. For special occasions, ceremonies, and inspections, commanders may require all Soldiers under their command to wear the same uniform.

(1) Only Soldiers assigned to airborne units may blouse their slacks and trousers of the service uniform with black Jump boots.

(2) White T-shirts will be worn with the service, dress, mess, hospital, and food service uniforms.

(3) Coveralls and Armor Crewmen NOMEX are authorized for wear when maintenance duties are performed.

(4) Armor Crewman NOMEX uniforms will only be worn when performing crew duties.

(b) Cavalry Spurs and Stetson will be worn only in the unit's immediate area or for special functions such as: unit dining-ins/outs, formal events, professional gatherings, and other events designated by the Squadron Commander. Under no circumstances, will spurs be worn in the PX, shoppette or similar facilities.

(1) The Stetson will be black in color. At a minimum, a braided cord, rank and regimental or ordinary cavalry brass will attached to the Stetson.

(2) The nape strap will be threaded through the appropriate eyelets in the brim of the Stetson, so that the strap goes around the back, and the buckle is fastened and centered on the wearers head.

(3) The sides of the crown will not be pushed in or otherwise modified. The brim will be flat with a slight drop at the front. The Stetson will be worn on the head with the brim parallel to the ground.

(4) Spurs may be worn whenever the Stetson is authorized. Gold spurs are authorized for Soldiers who have served in combat in a Cavalry unit. Silver Spurs are authorized for Soldiers who earn them IAW Cavalry Squadron policy.

6.6 Mixed Uniforms

The use of ECWCS items may be used off-duty during recreational activities such as skiing, snowshoeing, etc. or for newly assigned Soldiers in USARAK with limited winter clothing. **When wearing ECWCS for these activities, Soldiers must remove all affiliating items from the uniforms such as U.S. Army tape, and unit patches.** The physical fitness uniform is authorized for wear on- and off-duty, on and off the installation unless restricted by the Commander. Soldiers may wear all or part of the physical fitness uniform with civilian attire off the installation unless restricted by the Commander.

6.7 Individual Physical Fitness Uniform (IPFU)

The IPFU must be clean, serviceable and worn correctly at all times. The uniform consists of:

- (a) IPFU T-shirts (long and short) will be tucked in at all times. Soldiers who are pregnant and who are eligible to wear the maternity uniform may wear the T-shirt out.
- (b) IPFU black shorts with Army logo.
- (c) Commercially purchased running shoes (GORTEX lined or equivalent recommended during cold weather conditions).
- (d) Black or white, calf or ankle-length socks. Black or white socks must cover the entire anklebone without colored bands, markings or logos as per DA PAM 670-1.
- (e) Optional knee-length or higher Spandex shorts (or equivalent) black or gray in color without logos.
- (f) The IPFU black and gold jacket, and black pants.
- (g) During the winter months generally from September through April and during hours of limited visibility USARAK will dictate when PT belts are required for wear. All Soldiers will wear a reflective safety belt during the hours of limited visibility. Officers will wear the color blue, Non-Commissioned Officers will wear the color gold, and Junior Enlisted Soldiers will wear the color yellow. The belt will be worn around the waist when wearing IPFU shorts and shirt, and from the right shoulder to the left hip when wearing the IPFU jacket. The belt or vest must be visible from the front and rear and not concealed by clothing or equipment. Soldiers do not need to wear the reflective belt or vest when conducting physical fitness inside or at a physical fitness center. Leaders will ensure Soldiers wear a headlamp when conducting PRT during hours of low visibility.
- (h) **Unit distinctive t-shirts and sweatshirts are authorized for wear on the first and last duty day of the week during Physical Readiness Training (PRT) hours.** One exception is to support a unit event on another day of the week, and if 90% of the formation is able to wear a unit PT shirt. The Battalion is the lowest level element allowed to approve a unit distinctive shirt for PRT. No Service member will be required

to purchase a unit distinctive shirt. USARAK encourages the wear of unit PT shirts to promote esprit de corps.

(i) The IPFU can be designated as a duty uniform outside of PRT hours by the Unit Commander. The IPFU may be worn in the DFAC, Shoppette, Commissary, and Military Exchanges as long as it is clean, serviceable, in good condition, and appropriately modest. The IPFU will not be worn when operating military vehicles.

(j) During the winter months (generally from September through April), all subordinate commands (brigades, tenant units, and separate commands) will reference the local temperature and use the PRT Uniform Chart prior to the start of PRT. Temperature variations between 10°F and 20°F are possible, depending on the time of day and training location. Leaders must ensure each Soldier is prepared to train under the coldest or warmest temperature for the given time period. During the winter, refer to the PRT uniform chart for additional clothing requirements.

(k) If the Soldier wears cold weather base or insulation layers, they must be concealed from view.

(l) Soldiers will use the Outdoor Research Firebrand Mitts (Coyote color) when they are not issued the Trigger Finger Mittens or Outdoor Research equivalent. Unit Commanders also have the ability to extend PT hours or schedule PT hours during the duty day as the mission dictates.

(m) The issued balaclava or black fleece cap (only black) may be the prescribed headgear during PRT. The neck gaiter is also authorized for wear with the IPFU when wearing the fleece cap. During winter months, Commanders will reference the PRT uniform matrix to designate the uniform during PRT.

(n) Black slip-on traction devices will be worn on running shoes when the run routes are icy. Unit leaders will ensure their Soldiers have traction devices on hand, and traction devices will be secured to the PT belt when not in use during the winter months.

(o) At temperatures (including wind chill) of 10°F to -10°F, units will conduct normal PRT and should conduct warm-up/stretching, conditioning and cool-down indoors. At temperatures (including wind chill) of -10°F to -25°F, units will continue to conduct normal PRT but will conduct warm-up/stretching, conditioning and cool-down indoors. If the balaclava is worn down during the run, it must stay down and over the nose until the unit moves indoors. If the temperature is below **-20°F, units will not spend more than four minutes outdoors before or after the run**, and Commanders should reduce the distance/duration of the run (recommend four miles maximum). At this temperature and lower, Commanders will allow Soldiers to move to a warm facility during PRT if they feel there is potential for injury. At temperatures (including wind chill) below -25°F,

Commanders will conduct an alternate form of aerobic PRT, such as snowshoeing or skiing. Indoor hallway/stair runs are authorized.

(p) Cadence will not contain profanity, sexual innuendo, or language demeaning to others. Soldiers are encouraged to call cadences that promote the spirit of the Arctic Soldier and its capabilities, and the successes of their unit.

(q) Each battalion-level unit will have a special conditioning PRT program. The purpose is to recondition Soldiers who fail to meet unit fitness goals, fail the APFT, who are enrolled in the Army Body Composition Program, or who are recovering from injury or illness in order to safely and efficiently return them to duty at an equal or higher physical fitness level. The program will be run in accordance with FM 7-22, Chapter 6.

(r) Each Brigade-level organization will execute a post-partum PRT program (P3T) to ensure Soldiers maintain a high level of fitness IAW their limitations. Pregnant Soldiers will wear the IPFU until such time that it becomes too small or uncomfortable. Pregnant Soldiers are authorized to wear the T-shirt outside the trunks. At no time will commanders require pregnant Soldiers to purchase a larger IPFU in order to accommodate the pregnancy. When the uniform becomes too small or uncomfortable, pregnant Soldiers may wear equivalent civilian workout clothes that are conservative and professional in appearance.

(s) PRT will be conducted in an area designated by the unit command. The use of any Morale, Welfare and Recreation (MWR) facility (baseball, soccer, or football fields) to conduct PRT between the hours of 0630 to 0745 is authorized; however, PRT in or around any on-post housing areas is prohibited unless on installation approved run route.

(t) Soldiers with a "no run" profile will walk in a column, military formation, or foot march formation while conducting PRT as a group. Soldiers will not walk side by side or in an unorganized group (gaggle) during PRT.



Figure 6: Seasonal PRT Uniform Guidelines

PRT UNIFORM						
Temperature (Fahrenheit)	Army APFU/IPFU shirt & shorts with running shoes and reflective belt/vest	APFU/IPFU Jacket/pants	Issued gloves, Fleece Cap or Balaclava	Trigger finger mittens, balaclava, and wool socks (ECWCS Level 1 bottom if wearing new APFU)	ECWCS Level 1 top and bottom, trigger finger mittens, balaclava, wool socks, (with arctic mittens carried)	Arctic field uniform (ECWCS Level 1 & Level 5, balaclava, VB boots, trigger finger mittens, arctic mittens; ECWCS Levels 2,3 as required)
44 to 33 degrees	X	X				
32 to 10 degrees	X	X	X			
10 to -10 degrees	X	X		X		
-10 to -25 degrees	X	X			X	
Below -25 degrees (including wind chill)					X	X

Figure 6.1: Seasonal PRT Uniform Guidelines

6.8 Field Uniforms

The **Arctic Warrior Standard** is the base standard for all Soldiers operating in the field or tactical environment. Commanders are authorized to modify the Arctic Warrior Standard based on METT-TC, weather, and /or mission.

- (a) Army Combat Uniform or ECWCS
- (b) Advanced Combat Helmet (ACH)
- (c) Eye protection, authorized protective eyewear list (APEL), anytime ACH is worn
- (d) The Improved First Aid Kit (IFAK) is worn on the lower left side of the IOTV or FLC.
- (e) Hydration System (camelback, canteens, Nalgene bottle)
- (f) Gloves (full fingered)
- (g) Individual assigned weapon

Additional Arctic Warrior Standard equipment added by Unit Commander as mission dictates.

- (a) Knee pads
- (b) Elbow pads
- (c) Over white camouflage
- (d) Mechanic/crew overalls/nomex suite
- (e) Protective mask
- (f) Snowshoes/skis (mission dependent)
- (g) Ahkio (scow) sleds complete
- (h) The Improved Outer Tactical Vest (IOTV) or issued plate carrier with Modular Lightweight Load Carrying Equipment System (M.O.L.L.E.).

Due to diverse climatic conditions, as well as unique mission requirements, subordinate commanders will specify additional items to the Arctic Warrior Standard for field exercises in both summer and winter. Unit commander will use the guidelines listed below as an on hand requirement and designate the uniform based off the mission.

(a) All personnel conducting training in field training areas and impact areas will wear the **Arctic Warrior Standard**. Soldiers operating or riding in any tactical vehicle will wear an ACH with a fastened seat belt during operation.

(b) The neck gaiter may be worn with field uniforms as a neck warmer or balaclava/mask.

(c) The ACH is worn with the chinstrap fastened. Soldier's last name will be printed in block letters left of center (off set of NOD mount) on the camouflage band in front. The camouflage band will also have two, 1 inch by 3/8-inch pieces of florescent tape (cat- eyes) sewn centered on the back. The Soldier's battle roster number and blood type will be marked inside of the ACH.

(d) The Unit Commander will determine when skin camouflage is worn based on

mission requirements and temperature forecasting. Do not wear skin camouflage when temperatures are forecasted to be below 32°F. Camouflage will not be worn with the beret, and must be removed prior to visiting on and off post facilities. The use of face camouflage will not be worn with over whites.

(e) Soldiers in training (including airborne operations) during the winter months (generally from October through April) will have the Arctic Warrior winter survival packing list consisting of at least: sleeping bag, GEN II or GEN III wet weather and cold weather parka and trousers, gloves and mittens, GEN II or GEN III mid-weight top and bottom, and cold weather boots. Unit commanders will assess snow cover within the area of operations to determine the wear and configuration of over white snow camouflage in field conditions.

(f) The balaclava, fleece cap (black or coyote brown in color), neck gaiter, and RFI issued headgear are the only authorized cold weather items for wear beneath the ACH during field conditions. The balaclava or fleece cap may be worn in a tactical operation center (TOC), motor pool, or on the flight line. Personnel will wear the fleece cap pulled down snugly on the head with the bottom edge covering the ears, but not covering the eyebrows. The bottom edge (all) of the cap may be folded, but not rolled. The fleece cap is worn with the physical fitness uniform (black only) or the combat uniform (black or coyote brown), as prescribed by the Commander. (DA PAM 670-1, page 136)

(g) Unit Commanders may authorize the wear of a dust mask while in vehicles moving where dust conditions exist. They will not be worn around the neck or attached to the uniform when the Soldier is dismounted from the vehicle.

(h) The Individual First Aid Kit (IFAK) to include CAT-A Tourniquet will be worn on the left side of the TAPS, Body Armor, or FLC. This will be common to all for uniform location placement and quick identification of medical equipment. IFAK wear is non-negotiable and must be on your equipment when conducting training.

(i) Non-military issued scarves are not authorized to be worn as part of the duty or field uniform at any time.

(j) Motivational patches, flags, tabs, or other items affixed to the body armor, load carrying equipment, or helmet are not authorized. The U.S. Flag is worn on the right shoulder on the ACU coat and is the only authorized location on the uniform.

(k) Personally purchased body armor, plate carriers, or helmets are not authorized for wear. You will utilize the body armor or plate carriers issued as part of your OCIE issue from the authorized Centralized Issue Facility on the installation.

(l) Pouches, other pouch type attachments, and belts should be approved through your company chain of command to ensure compliance with the unit standard operating procedures before you purchase them.

(m) Commanders may authorize Soldiers to roll-up the sleeves on the Army Combat Uniform in accordance with DA Pam 670-1, para 4-8d. Unit uniformity is required. Personnel will roll sleeves neatly above the elbow but no more than 3 inches above the elbow. Upon approval of the Commander and only during field training exercises, the ACU coat sleeves may be cuffed inside or outside the ACU coat, not to exceed one roll or cuff of the ACU coat.

6.9 Off-Duty Appearance and Wear of Uniforms Off the Installation

The professional atmosphere and high standards of appearance maintained by uniformed military personnel in USARAK should carry over into the selection of civilian attire. All personnel are reminded of the responsibility to maintain a high standard of dress and appearance both on and off duty. Wear of appropriate attire avoids public embarrassment and promotes a sense of community.

(a) Articles of civilian apparel that depict extremist, indecent, sexist, or racist material that are prejudicial to good order and discipline are prohibited from wear on or off the installation. Wearing articles of civilian apparel in a fashion to expose undergarments is also unauthorized on the installation.

(b) Wear of the ACU in all on-post facilities (theaters, post exchanges, and service clubs) is authorized at all times as long as the uniform presents a neat, military appearance.

(c) The ACU is authorized for wear off the installation between 0500 and 2100 on normal duty days or when official duty is required (staff duty officer, staff duty NCO, Unit Courtesy Patrols, etc.) with the following stipulations:

(1) Personnel returning from field operations/maneuvers are expected to go directly home. Soldiers may only stop for essential items (bread, milk, gas, emergency auto repair items, picking up dependents from school, childcare, appointments, etc.). Any uniform item worn during field or other activities presenting a soiled appearance, to include combat shirts and battle pants will not be worn to the military mall, Shoppette, or Commissary, or off the installation, this uniform item will only be worn in a combat environment or training situations that require the wear of body armor.

(2) The ACU uniform (including ECWCS) is the only authorized uniform for wear off the installation while conducting official business, unless the official duty specifically requires the ASU or Mess Dress Uniform, i.e., casualty notification, funeral attendance, Army Band events, Military Balls, or events where protocol would require it.

(3) Military uniforms will not be worn in off-post establishments that primarily serve alcohol, public rallies not sponsored by the military, political events, nightclubs, or in a manner that would bring discredit to the U.S. Army.

7 Military Courtesies

Customs and Courtesies will be practiced, for example: identify yourself, state the

deficiency, and ask the service member to make the correction. All Soldiers will be familiar with AR 670-1, and they will be made aware of punitive provisions; violations of the specific prohibitions may result in adverse administrative action and/or charges under the provisions of the uniform code of military justice (UCMJ).

(a) The exchange of a salute is a visible sign of good discipline and mutual respect. Saluting is an outward sign of unit pride and esprit de corps. The USARAK greeting is "Arctic Warrior, Sir or Ma'am!" The response from the officer will be "Arctic Tough!" Regimental greetings are also authorized. Enlisted Service members will greet senior enlisted Services members with the greeting of the day. Be alert especially for general officers and other senior officers' vehicles, which are identified with plates depicting their rank attached to the front of the vehicle. Proper military courtesy requires rendering a salute to these officers as they pass.

(b) The following rules apply in most situations you are likely to face:

(1) Unit headquarters, orderly rooms, supply rooms, and any other work areas. The first person to sight an officer who is higher in rank than the officer present in the room should call "Attention." The senior Soldier present in the area should then report to the visiting officer. In smaller rooms, containing one or two enlisted Soldiers, the Soldier(s) should rise and stand at the position of attention when an officer enters the room.

(2) Offices, shops, hangars, and medical treatment facilities. When an officer enters, personnel who are working do not come to attention unless the officer speaks to them.

(3) Dining facilities (DFAC). The first person sighting a senior officer entering the dining facility should call "At ease!" so that their presence is known and necessary action can be taken. The senior dining facility OIC or NCOIC should report to the officer.

(4) All Soldiers will practice proper military customs and courtesies when addressing seniors. For example, stand at parade rest when addressing Non-Commissioned Officers, position of attention when addressing officers, render the hand salute when appropriate, etc. unless otherwise instructed.

(5) When an officer approaches Soldiers in a formation, the Soldier in charge calls, "Attention!" and renders a salute for the entire group. When an officer senior in rank approaches a group of individuals not in formation, the first person sighting the officer calls, "Group, Attention!" and renders a salute with the appropriate greeting. Soldiers working as part of the detail or participating in some other group activity such as athletics do not salute. The person in charge, if not actively engaged, salutes for the entire detail or a group of Soldiers.

(6) All Soldiers, Officers and Enlisted, will render the necessary salute unless the act would be impractical (i.e., arms full of packages), and then render the verbal

greeting.

(7) Commanders will determine whether salutes will be exchanged during field training.

(8) Cell phone etiquette. All cell phone usage in uniform will be done from a stationary position. Walking and talking on a cell phone is prohibited, to include usage of ear attachments (Bluetooth headsets) or with cell phone on speaker. Use of personal cell phones while in the DFAC should be kept to minimum or as a necessity (Military Police, Staff Duty, Casualty Assistance Officer) and not to disturb others within the DFAC.

(9) The U.S. Flag as distinguished from "Colors" is not saluted except during the ceremonies of raising and lowering the flag and when it is passing in a parade.

i. The U.S. Flag trimmed on three sides with golden yellow fringe is a "Color" and is saluted as appropriate. Do not salute the U.S. Flag on the flagpole except during reveille and retreat.

ii. The Reveille and Retreat ceremonies are military traditions. They symbolize the respect that Soldiers and citizens give to the national flag and to the country.

iii. Retreat is in two distinctive parts: the bugle call-"Retreat," followed by the bugle call "To the Colors," or, if a band is available, the "National Anthem."

iv. When outside, in uniform, (not in formation) and you hear "Retreat" you should face toward the U.S. Flag, if visible. If the U.S. Flag is not visible, face towards the sound of the music and assume the position of attention. At the first note of "To the Colors" execute "Present Arms," and hold that position until the end of the music.

v. During Retreat ceremonies all vehicles in the area will stop. Military occupants will dismount the vehicle and render the proper courtesy. When in formation, the senior Soldier will bring the formation to "Parade Rest" during "Retreat," and "Present Arms" during "To the Colors."

vi. If you are in civilian attire and hear "Retreat" you will stand at the position of attention, and remove any headgear. At the first note of "To the Colors" you will place your hand over your heart and maintain that position until the completion of the music.

8 Soldier Conduct On and Off Duty

You are sworn to uphold the Constitution and you serve the American people. They have a right to expect that you will carry out your duties and conduct yourself properly on and off duty. There are civil laws that pertain to all citizens, Soldiers included. You must obey these laws, as well as the Uniform Code of Military Justice (UCMJ) at all times.

(a) Wear of any service uniform to visit any off-post establishment after 2100 is not authorized. An exception is when service members must visit off-post gas stations or convenience-type stores for fuel, convenience items, mission, and or emergency situations. Security identification badges will not be worn outside of the facilities in which they are required and will be secured on your person.

8.1 Better Opportunities for Single Soldiers (BOSS)

Each company and battalion sized unit will have BOSS representatives on appointment orders. The BOSS Program supports the overall quality of life for single and unaccompanied Soldiers. The Program supports the chain of command by identifying quality of life issues, concerns, and recommending improvements. It encourages and assists single Soldiers in identifying and planning recreational and leisure activities. It provides an opportunity for single Soldiers to participate in and contribute to their respective communities. Although the BOSS Program is intended for single Soldiers, It can include single parents and unaccompanied Soldiers, guests, and all authorized Morale, Welfare, and Recreation patrons may participate in any BOSS Program event and should be encouraged to do so. For information on the USARAK BOSS Program you can contact Soldier representatives at JBER at 384-9023 and at Ft. Wainwright at 353-7648.



JBER BOSS Program



FWA BOSS Program

Figure 8: JBER & FWA BOSS Program Information

8.2 Barracks and CQ/SD

All Soldiers who reside in the barracks will follow the organizations current barracks SOP and Unit Commander's visitation policy. Leaders are responsible for good order and discipline in the barracks while still maintaining a high quality of life for those Soldiers living in our barracks. Leadership presence in the barracks is required. Refer to CG Policy #0-20.

(a) Commanders will establish unit SOPs to enforce leadership involvement in the health and welfare of their Soldiers. At the minimum SOPs will contain the following guidance:

(1) Squad Leaders or Platoon Sergeants will conduct a joint move-in inspection with all newly assigned Soldiers.

(2) Leader will assist the Soldier to identify pre-existing damage to room or appliances and explain the work orders process.

(3) Leaders will provide a detailed "Leader's Brief" on expectation for conduct, standards, and cleanliness of room, common areas, and around the building.

(4) **SOLDIERS WILL BE GIVEN A 30 DAY NOTICE BEFORE MOVING ROOMS!**

(b) Leaders will check their Soldier's room regularly to identify deficiencies, function-ability, cleanliness, security, open work orders and overall safety of all rooms. The minimum requirements for leader's checks by rank are:

(1) **Team Leaders will check their Soldier's room daily.**

(2) Squad Leaders will check their Soldier's room twice a week.

- (3) PSG and PL will check their Soldier's room twice a month.
- (4) 1SGs & CDRs will check their Soldier's rooms once a month.

(c) Soldiers may arrange and decorate their rooms within the limits of good taste and IAW with Army Values. However, posters or any display that threatens good order and discipline are not authorized (i.e. displays of nudity, alcohol glorification, racist, extremist, violent gangs, etc.) Rooms must comply with health and safety regulations. Soldiers may use civilian furniture. Soldiers may have and use microwave ovens, civilian blankets, and other comforts.

(d) Each Battalion and B/T/C will establish their own SOPs. The minimum mandatory requirements are:

- (1) The CQ/SDNCO on duty will be held accountable for all incidents that occur during their tour of duty.
- (2) CQ/SDNCOs will remain alert, diligent, and engaged during the entire tour of duty.
- (3) All company CQs will be in the rank of Corporal or above.
- (4) All battalion SDNCOs will be in the rank of Staff Sergeant.
- (5) All brigade SDNCOs will be in the rank of Sergeant First Class, **no exceptions**.
- (6) The SDO will be a warrant officer or Lieutenant.
- (7) All activities will be logged on a DA 1594 and briefed properly to all Soldiers assuming duty.
- (8) The SDNCO and CQNCO will conduct **daily checks in each barracks** and place special emphasizes during high-risk hours, 2100 until 0400.

(e) **The CQ/SDNCO and SDO are responsible for the functionality, safety, security, and cleanliness of their unit's assigned footprint and facilities.** Prior to taking responsibility of the duty, the incoming leader will conduct a meticulous inspection of their area of responsibility and received a back brief by outgoing leader. The back brief at a minimum will include:

- (1) A detailed overview of the last 24-hours of events, any movements of subordinate units, CCIRs, SIRs, Red Cross Messages, newly arrived Soldiers, leave arrivals or departures, MP reports, and any deficiency noted during the outgoing leader's inspections.
- (2) All information and copy of the DA Form 1594 will be emailed to the Company, Battalion, or Brigade leadership (CDR, XO, S3 OIC and NCOIC, and 1SG or CSM).

(f) There will be no televisions, radios, or electronic game devices of any kind to include playing on cell phones at the CQ/SDNCO desk. Soldiers and NCOs are not allowed to sleep at any time while performing CQ or SD duties. The CQ/SDNCO will not leave the unit area for any reason during their tour of duty unless required in the execution of assigned duties. The CQ/SDNCO are allowed no more than 45 minutes to consume meals. All meals will be consumed at the CQ/SDNCO desk/unit area or in the unit DFAC. A Soldier/NCO will receive a compensatory day to recover after 24 hours of duty. **No**

Soldier will conduct CQ/SD within the first 30 days of being assigned to the unit, no exceptions.

(g) Staff Duty NCOs will place PRT run route road guards at the unit's assigned position NLT 0620 on each duty day of the week. POVs will not be used as a blockade or a barrier to stop traffic, only traffic cones or plastic barriers. The uniform for road guards is the ACU seasonal duty uniform with road guard vest and a white light during hours of low visibility. It is the responsibility of the SDO/SDNCO to ensure Road Guards are at the right place, at the right time, in the right uniform, with the proper equipment.

8.3 Privately Owned Weapons

The possession, use, transportation, and storage of Privately Owned Weapons (POWs) is regulated on all military installations in Alaska. All Soldiers and Family members will comply with all installation-specific policies and regulations governing weapons registration, possession, and safe handling procedures.

8.4 Liquor Laws

(a) The minimum age to purchase, possess, or consume alcoholic beverages to include low content alcoholic beverages in Alaska is 21 years of age. Any blood alcohol content (BAC) above .00 for Army personnel who are under the age of 21 may constitute underage age drinking, an offense punishable under the UCMJ.

(b) It is a violation of Alaska state law and USARAK regulations to operate a motor vehicle with a BAC of .08 or higher. It is also illegal in Alaska for any person under the age of 21 with any alcohol in their systems to operate a vehicle. On JBER, Air Force authorities consider any BAC above .05 as Driving While Impaired (DWI) and a violation will result in a DWI citation and potential loss of installation driving privileges.

(c) Soldiers in uniform are not authorized to consume alcohol during duty hours. Duty hours are hours in which an individual performs his/her assigned duties. This restriction does not prohibit package sales of unopened containers to Soldiers in uniform during duty hours, nor the serving of alcoholic beverages to members of units and staff sections attending social functions that have the prior approval of the Unit Commanders. Overindulgence in alcohol affects Soldiers' readiness, health, and possibly their career. The de-glamorization of alcohol consumption is strongly encouraged.

(d) Always use safe and appropriate means of transportation, especially when consuming alcohol.

(1) For Joint Base Elmendorf-Richardson (JBER), the use of Joint Base against Drunk Driving (JBADD - (907) 384-7433, and pre-approved local taxi services, Uber, and Lyft services are acceptable means of safe travel.

(2) For Fort Wainwright (FWA), use of Service Members against Drunk Driving (SADD - (907) 353-4145, and pre-approved local taxi services, Uber, and Lyft services

are acceptable means of safe travel.

8.5 Tobacco Use

As of 20 December 2019 the minimum age to purchase any tobacco products is 21 years of age. Per AR 600-63, paragraph 7-3, "Tobacco use [ALL FORMS] is prohibited in all DA-occupied workplaces except for designated smoking areas. The workplace includes any area inside a building or facility over which DA has custody and control, and where work is performed by military personnel, civilians, or persons under contract to the Army.

8.6 Treatment of Persons

Hazing, bullying, and other behaviors that undermine dignity and respect are fundamentally in opposition to Army values; therefore, such behaviors are prohibited. Soldiers who violate this policy, as provided in AR 600-20, para. 4-19, may be subject to punishment under the UCMJ.

8.7 Fraternalization

In order to maintain good order and discipline, and to enhance mission accomplishment, the Army established rules for relationships between Soldiers of different ranks found in AR 600-20, paragraphs 4-14, 4-15, and 4-16. There are restrictions on business and social activities between senior and junior officer and enlisted Soldiers. If you are unclear about any of these restrictions, ask your chain of command.

8.8 Corrective Measures

Leaders will exercise appropriate military authority when the situation dictates. All military authority will be exercised promptly, firmly, courteously and fairly. One of the most effective non-punitive corrective measures is extra training or instruction (including on-the-spot correction). For example, if Soldiers appear in an improper uniform, they correct it immediately; if they do not maintain their housing area properly, they must correct the deficiency in a timely manner. If Soldiers have training deficiencies, they will be subject to extra training or instruction directly related to the shortcoming/deficiency. All corrective measure will be in accordance with AR 600-20 dated 24 July 2020.

8.9 Off Limits Areas

Soldiers should consult their Chain of Command to get the most up to date copy of the Installation approved memorandum defining off limits areas and establishments.

8.10 Off-Duty Employment

Soldiers may desire to supplement pay by working part-time while off-duty. This may be authorized as long as it does not interfere with your military duties, the employment does not represent back to the Government, and the employment does not involve any impropriety. Commander approval is required for all off-duty employment. Military missions, scheduled and unscheduled, take priority over off-duty employment.

9 Soldier Readiness

All Soldiers are expected to be ready to deploy with little advance notice. To meet this demand, all Soldiers must keep the following items current at all times: Common Access Card, identification tags, emergency data records, any necessary wills or powers of attorney, and all MEDPROS requirements.

9.1 The Army Body Composition Program

USARAK units will run an active weight control program IAW AR 600-9. Soldiers are weighed in the summer IPFU uniform (without shoes) while in-processing and evaluated by the Commander each time they take the APFT/ACFT or at least once every six months.

9.2 Passes and Leave

USARAK units must be capable of responding swiftly to contingencies ranging from war, civil disturbance, to natural disaster. When you are on pass or leave, it is your responsibility to make sure that your unit knows where you are and when you will return. Passes and leave are a privilege for deserving Soldiers as determined by Commanders

(a) Commanders should encourage their Soldiers to take periodic short leaves or leave during the unit's scheduled time frame rather than save up a large number of days that they may not be able to use all at one time. Leaves are requested in advance according to your unit standing operating procedure and are approved by Commanders using DA Form 31 (Request and Authority for Leave).

(b) AWOL is a serious military offense. Soldiers not present for duty at the prescribed time and place, or who fail to return from pass or leave on time are AWOL. AWOL adversely affects Soldiers and their unit's readiness. AWOL time (or lost time) may result in the loss of one day's pay for each day AWOL and possible UCMJ action.

(c) Personnel traveling on Air Mobility Command and non-Air Mobility Command flights on permanent change of station orders, emergency leave, or space-available flights are authorized to wear civilian clothes. (See DOD 4500.54E for information concerning mandatory wear of civilian clothing in foreign countries.) Personnel on official travel and traveling by commercial means will wear the service uniform or appropriate civilian attire. **Soldiers may wear the combat uniform on commercial flights only when deploying/redeploying or on rest and recuperation leave to and from the combat theater.**

(d) Civilian attire while on official TDY at a minimum will consist of pants/tasteful jeans and collared shirt for male Soldiers and pants/tasteful jeans/skirt and collared shirt or blouse for female Soldiers.

10 Military Equipment

Soldiers are responsible for all assigned unit equipment and for the accountability and serviceability of their individual CTA-50 equipment at all times.

10.1 Storing and Transporting Common Table of Allowances

Soldiers will not store any item of CTA-50 in a privately owned vehicle (POV) for more than 24 hours. When transporting, parking, leaving a vehicle unattended, overnight, or transporting from one location to another secure location, place CTA-50 in the trunk or otherwise hidden from view, when not in your positive control.

10.2 Pawning and Selling Organizational Clothing and Individual Equipment

Soldiers are prohibited, regardless of location, to pawn, sell, or assist in the pawning or selling of organizational clothing and individual equipment or any other military property.

10.3 Transporting Sensitive Items

Soldiers are not authorized to store or transport military weapons, night vision devices, radios or any other sensitive items in POVs.

10.4 Use of Government Equipment and Vehicles

Personal use of Government equipment is generally prohibited. Government equipment is for official and authorized purposes only. This includes but is not limited to using a unit motor pool and military tools to make personal car repairs or using a Government vehicle for personal trips to the Post Exchange, Commissary, Shoppette, mini-malls, airport, personal residence, to conduct personal business, etc. Any personal use of Government property (e.g., email or telephone) must comply with the Joint Ethics Regulation. "An employee has a duty to protect and conserve Government property and shall not use such property, or allow its use, for other than authorized purposes." 5 C.F.R. § 2635.704(a).

11 Maintenance Readiness Culture

Maintenance is a vital component of training readiness. Commanders own their Command Maintenance Discipline Program (CMDP). Command maintenance is a battle rhythm event scheduled on the training calendar on the first duty day of every week and tied into the unit's training plan with full unit participation. Qualified drivers trained to standard are critical in building competent operators who can safely operate their vehicles. 10 and 20 level standards are the maintenance standards for our equipment (non-negotiable). Units will meet or exceed the Army operational readiness standard of 90% operational for ground equipment. Services and recovery operations will be given adequate time and captured on unit training schedules. Leader development and PMCS certification are critical to building the core competencies of our supervisors and Soldiers. Commanders own their Maintenance Terrain Walk (MTW) programs to be executed at echelon from brigade to company level in order to ensure that commanders remain engaged in seeing the current state of maintenance operations. Unit's will continue to develop their subordinate leaders in maintenance operations, and identify any potential gaps in resources. Battalion commanders will execute a USARAK led MTW no later than 180 days following the assumption of command.

11.1 Motor Pool Standards

Unit Commanders own unit SOP's, at a minimum they will include the following:

- (a) Motor pool has a marked traffic pattern with clearly designated entrance/exit & snow dump area.
- (b) Vehicles on line & parallel (bumpers straight; mirrors equidistant); dress right, dress.
- (c) Grouped by like items (HMMWVs, generators, MTVs, trailers, etc.) primarily at C/T/B level (or down at Platoon/Section as required).
- (d) Operator & TC names on windshields (Ownership!).
- (e) Chock blocks & empty drip pans present under vehicles.
 - (1) Good: Chock blocks placed uniformly if able (but ALWAYS on downhill side), drip pans present.
 - (2) Better: Chock blocks and drip pans stenciled with bumper number.
 - (3) Best: All of the above AND chains or wire rope attached to both, with enough length to secure them to the locked steering wheel.
- (f) Steering wheels & BII boxes locked, doors closed.
- (g) All tarps & bows installed, unzipped/rolled-up, secured, free of tears / rips.
- (h) Red X present in vehicle windshield to indicate deadline vehicle.
- (i) Vehicle / equipment lines free of trash, swept or shoveled weekly
- (j) Snow removed from tops of vehicles by closeout (winter).
- (k) Tarps are neatly secured on key equipment that requires protection (STT) / Forklifts.
 - (l) Containers are locked and marked with contents labeled on DD Form 1750.
 - (m) Generators and fuel tankers are properly grounded.
 - (n) Fuel tankers / TPUs have proper containment.
 - (o) All equipment is fueled to 75% of capacity.
 - (p) Class IV or other "field" items are stored in a neat, clean, orderly manner.
 - (q) Used POL / HAZMAT is discarded properly in correct / well-marked location DAILY.
 - (r) Dumpsters / recycling / pallets /scrap metal emptied regularly – no "pile ups" tolerated.
 - (s) Equipment on jack stands (outside or in the bays) with warning signs posted.
 - (t) Parts (new or unserviceable): stored properly, covered for reassembly, and/or properly tagged for turn in (ORILS).
 - (u) Corrosion is addressed when it starts and not something that we just accept and allow to get worse over time.
 - (v) Radio's and antennas will be installed and secured properly inside of vehicles generally from March through October and while weather conditions permit.

Maintenance Readiness Culture Components

**Arctic Warrior
Maintenance
Readiness
Culture is...**



- Leaders
- Soldiers
- Systems
- Policies
- Mindset



Figure 7: Maintenance Readiness Culture

12 Safety

Every Soldier in USARAK is a "Safety Officer/NCO." Safety is an individual and leader responsibility. Everyone, from the USARAK Commander down, must take an active role in the identification and prevention of accidents. Nothing we do in training is worth the health or safety of our Soldiers.

(a) Vehicle operators on a DoD installation and operators of Government-owned non-tactical vehicles (on or off post) will not use cell phones unless the vehicle is safely parked or unless they are using a hands-free device. The wearing of any other portable headphones, earphones, or other listening devices (except for hands-free cellular phones) while operating a motor vehicle is prohibited.

12.1 Privately Owned Vehicle (POV) Safety

POV accidents are the number one cause of fatalities Army-wide. Alarming numbers of Soldiers are killed or injured every year across the Army. Everyone, from the individual Soldier to Commanders, must take aggressive measures to reduce the number of POV fatalities. Remember, safety does not end when you take the uniform off.

- (a) The primary causes of accidents are:
- (1) Drinking and driving.
 - (2) Falling asleep at the wheel.
 - (3) Speed to the point of losing control of the vehicle.

(b) Use common sense when operating a POV. Leaders will conduct an inspection of vehicles monthly or prior to the start of a long weekend. Deficiencies will be corrected prior to operating the vehicle.

12.2 Motorcycle/ATV Safety

Motorcycle accidents, including all-terrain vehicles (ATVs), can result in serious injuries. Motorcycle riders must drive defensively. Doing so requires proper mental and physical skills. All motorcyclists must successfully complete a Motorcycle Safety Foundation approved course prior to operating a motorcycle on the installation. These courses are scheduled throughout the spring and summer and are free of charge.

Safety requires that all Soldiers who operate or ride motorcycles, dirt bikes and ATVs on or off the installation must wear:

- (a) Clear goggles or a face shield attached to the helmet (windshields and fairings do not meet this requirement).
- (b) Full fingered leather gloves or other abrasion resistant material.
- (c) Long-sleeved shirt or jacket, long trousers and sturdy over-the ankle footwear that affords protection for the feet and ankles. Motorcycle jackets and pants constructed of abrasion-resistant materials such as Kevlar or Corduroy and containing impact-absorbing padding are strongly encouraged.

(d) Properly fastened (under the chin) motorcycle helmet that meets DOT/SNELL standards.

(e) AR 385-10 requires that motorcycles operate with the headlights on at all times and the motorcycle must have two rear view mirrors, one on each side.

Although AR 385-1 does not require the use of a reflective vest or reflective belt while operating a motorcycle, riders are highly encouraged to select personal protective equipment (PPE) that incorporates fluorescent colors and retro-reflective material.

12.3 Tactical Vehicles

(a) Privately owned vehicles (POVs) will not be used during tactical operations. Tactical vehicles and military transportation will be the means of ground movement in the field environment. Extra precautions must be taken when operating in or around tactical vehicles. Only licensed military drivers are authorized to operate tactical vehicles. Drivers will not use cell phones (or headsets, blue tooth or hands free devices) when operating tactical vehicles. Vehicle operators must ensure they follow all technical standards for the safe operation of the vehicle. When manning the hatches of a Stryker vehicle, all crewmembers will wear head protection (ACH or CVC), eye protection, and will maintain "Name Tag Defilade" posture.

(b) Do not operate a military vehicle unless properly dispatched. All operators must have a current and otherwise valid permit (OF 346) covering the vehicle being operated. Do not dispatch or allow dispatching of any vehicle unless both dispatch and driver's permit are proper and cover the vehicle being dispatched. Given the nature of our environment in Alaska and long periods of darkness, drivers of military vehicles need to make sure that the vehicle is clean at all times to include headlights and windshields.

(c) Vehicle ground guides are required when:

- (1) Tactical Vehicles are moving in or around unit Motor Pools.
- (2) Tactical Vehicles enter congested, confined, or bivouac areas.
- (3) During movement within or through an assembly or bivouac area.
- (4) When cross-country, during periods of reduced visibility (extreme ground fog, snowstorms, dust/sand storms, etc.).

(5) Tracked and Stryker vehicles require two ground guides, front and rear. Guides must be able to see each other, be visible to the driver, and be located 10 meters in front and off to the side of the driver, not in the vehicle's path. If the driver loses sight of the ground guide, they will stop the vehicle until line of sight is regained.

(d) Passenger conduct: Always maintain three points of contact.

- (1) All personnel in the vehicle will wear seat belts or gunner restraint if standing in a turret or open hatch, and an ACH or CVC.
- (2) Troop straps will be used by personnel riding in rear troop compartments.
- (3) No one will ride on top of vehicles; crew will rehearse roll over drills,

- (4) Soldiers will wear eye protection/goggles in vehicles without windshields.
- (5) Operators will strictly adhere to speed limits for each type of vehicle.
- (6) On the installation, no tactical vehicle will drive faster than 35 MPH on hard surface roads, 30 MPH on dirt roads, and 10 MPH when passing troops in formation.
- (7) Do not exceed 20 MPH on all firebreaks and trails.
- (8) Under NVGs not to exceed 15 MPH.
- (9) The TC should be the ranking individual; safety concerns may create circumstances where leaders and Commanders have to make decisions. When the TC is not the ranking individual, common sense and risk assessments will be used in these circumstances.
- (10) The driver and TC are responsible for the safety of the personnel riding in their vehicle. Drivers and TCs must refuse to move the vehicle if anyone is in an unsafe position or if the vehicle has too many passengers.
- (11) Passengers, who are not crewmembers and carried in the cab of the vehicle, are limited to available seat belt positions.
- (12) All personnel will wear the ACH, CVC, or flight helmets as appropriate while operating or riding as a passenger in Army tactical vehicles in a field training area.

12.4 Running and Foot Marches on Roadways

Soldiers running or conducting foot marches during hours of limited visibility must be aware of danger and exercise caution. Preventive measures will be taken to ensure the safety of everyone involved in the event. For JBER, refer to JBER Running Route Policy, and for Fort Wainwright refer to FWA Authorized Physical Training Running Routes Policy; these policies list the measures that must take place when Soldiers are running or marching on roadways on JBER or Fort Wainwright.

- (a) A formation is an assembled group of military personnel under the supervision of a leader and in two or more squad columns. Units conducting individual foot marches are not defined as formations.
- (b) Any four or more lane road and roads where the speed exceeds 35 MPH are off limits to formations.
- (c) Individual runners, foot marchers, and walkers will use approved hard surface running routes or utilize off-road areas such as sidewalks, firebreaks, unimproved roads, and road shoulders. Individual runners and marchers will not utilize the hard surface of roads except to cross at right angles only as necessary. If there are no off road routes available, individual runners should run on the side of the road against and facing oncoming traffic.
- (d) Units conducting PRT on roads without static road guards will utilize front and rear road guards wearing reflective vests. Flashlights/headlamps must be used by road guards and any group of three or more personnel designated by the leaders during periods of limited visibility. Road guards must be positioned far enough to the front and rear of the formation to influence traffic appropriately.

(e) No group above squad level will run in the housing area. All runners will utilize the sidewalk, if available. Cadence calling is not allowed in the housing areas.

(f) Units should avoid conducting PRT on parking lots where DA Civilians arrive to work prior to 0800, as it impedes the accessibility of their on-time arrival.

12.5 Temperature Zone Criteria and Cold Weather PRT

Leaders are the first line of defense against cold weather injuries (CWI). It is every leader's responsibility to thoroughly analyze the associated risks, and exercise sound judgment during the conduct of cold weather and physical readiness training. Leaders are expected to maintain an aggressive PRT program, but not at the expense of unnecessary cold weather injuries. It is imperative that leaders train and educate Soldiers to operate in the cold without injury. **Direct supervision and frequent leader checks is the key element to ensure that Soldiers possess and properly utilize the correct clothing and equipment for all training activities.**

12.6 Cold Weather Injuries

Soldiers must be aware of the dangers posed by cold weather and the injuries that may result. Listed below are some of the symptoms and first aid for CWI.

(a) Symptoms of cold weather injury.

- (1) A tingling sensation, aches, or cramps.
- (2) White and wrinkled soles of the feet; walking / standing are extremely painful.
- (3) Waxy, pale or red skin. This is a sign of more severe cold weather injury.
- (4) A scratchy feeling when eyelids close can be an early symptom of snow blindness.

(b) Basic First Aid. Personnel will seek medical treatment as soon as possible and will follow the appropriate instructions in (1) through (7) below.

(1) Frostbitten Face: cover the affected area with your bare hands until color returns to the face.

(2) Frostbitten Feet: remove the Soldiers boots and place the exposed feet under the clothing and against the body of another person.

(3) Frostbitten Hands: open the casualty's outer garments and place his or her hands under the armpits. Close the outer garments to prevent further exposure.

(4) Protection from the Cold: remove the casualty to the most sheltered area and cover him or her with a blanket. Be sure the blanket is over and under the casualty.

(5) Snow Blindness: cover the person's eyes with a dark cloth, shutting out all light.

(6) Superficial Frostbite: warm the affected area by using skin-to-skin contact. Do not rub or massage affected area.

(7) Do not immerse affected areas in hot water, place affected areas close to a direct heat source, or rub snow on affected areas.

12.7 Survival Items for Alaska

Each winter many Alaskans find themselves in situations unprepared for the challenge. Many become stranded during winter storms, or sudden changes in weather while outdoors or hiking. These situations change to a survival environment and Soldiers should carry an additional survival rucksack. Issued TA-50 can be used for the survival rucksack with complete with GORTEX system, V.B. boots, arctic mittens, and balaclava (or civilian equivalent) when participating in outdoor activities, particularly in remote or waterborne areas. The following is a list of additional recommended items all Soldiers, Family members, and DA Civilian employees should carry in their vehicles from September to the end of April. The Federal Emergency Management Agencies web site lists the following recommended items to carry when winter driving.

(<http://www.fema.gov>)

- (a) First aid kit with pocketknife.
- (b) Several blankets.
- (c) Sleeping bags.
- (d) Extra newspapers for insulation.
- (e) Plastic bags (for sanitation).
- (f) Matches.
- (g) Extra set of mittens, socks, and wool cap.
- (h) Rain gear and extra clothes.
- (i) Small bag of sand for traction under wheels.
- (j) Small shovel and tools (i.e., pliers, wrench, and screwdriver).
- (k) Booster cables.
- (l) Brightly colored cloth to use as a flag.

12.8 Wildlife

Alaska has an abundance of wildlife, including bears and moose. These animals are not pets and should be treated with respect and caution. Do not attempt to feed them. They are very dangerous and precautions should be taken to avoid contact with these animals.

(a) Avoid contact with a moose with calves. A mother moose will attack if she feels you are a threat to her calves. Signs of aggression include ears laid back, hair on top of neck raised, and licking their lips.

(b) Avoid contact with bears of any kind. Mother bears with cubs are extremely protective and dangerous. If you encounter a bear, make your presence known, make noise and warn the bear of your presence. Walk with the wind at your back if possible, so your scent will warn the bear of your presence. If you see a bear, keep calm and stay away from it. Give the bear an opportunity to avoid you, talk to the bear in a normal voice and wave your arms, make yourself or your group "big." If the bear charges do not run, stand your ground. Try to present a big picture by raising your backpack or jacket up above your head. If in a group, stand closer together. Should a brown bear actually contact you, fall to the ground and play dead. Lay flat or curl up in a ball with your hands behind your neck. If a bear attacks, fight back vigorously with any means available.

12.9 Alaska Mudflats

Glacier silt mudflats that are found on JBER, in Anchorage, Palmer, the Turnagain Arm, and many other coastal areas in Alaska are deadly. At low tide the inlet is nearly void of water. The mudflats look serene and solid; do not be fooled. The mudflats are extremely dangerous and act like quicksand. Avoid these areas to protect yourself, your vehicle and those inside.

13 Assistance Organizations

13.1 Legal Assistance

(a) Soldiers and their dependents are eligible for free legal assistance. The Legal Assistance Offices are located at:

(1) Room A306, Bldg. 600 (907) 384-0371/ (907) 522-3048 at JBER; and Bldg. 1562 (907) 353-6518 at Ft. Wainwright and Ft. Greely.

(2) All powers of attorney are walk-in basis.

(3) Soldiers are eligible for assistance in military criminal matters from Trial Defense Services (907) 384-0368 at JBER and (907) 353-6522 at Ft. Wainwright or Ft. Greely).

(b) AR 608-99 (Family Support, Child Custody, and Paternity) is a punitive regulation that requires Soldiers to provide financial support to their geographically separated dependents. The monetary amount is determined by a court order, a valid separation agreement, or IAW AR 608-99. Soldiers who have questions concerning financial support can get legal advice at the legal assistance office.

13.2 Inspector General Assistance

All Soldiers, Family members, and DA Civilians have the right to present complaints, grievances, or requests for assistance to the Inspector General (IG). The IG Office at JBER is located in Bldg. 600, (907) 384-0323/24; at Ft. Wainwright in Bldg. 1049, (907) 353-6204.

13.3 American Red Cross

The American Red Cross is located in the People Center at JBER and Bassett Army Community Hospital at Ft. Wainwright. You may contact the Red Cross during office hours 0800- 1600 on Monday - Friday at (907) 552-5253 (JBER) and (907) 361-5685 (Ft. Wainwright). After office hours, you may contact the Red Cross at (877) 272-7337.

13.4 Financial Assistance

If you need financial planning assistance, contact your chain of command. Army Community Services, Financial Readiness Program Manager is located in Bldg. 600, Room A136, (907) 384-7687 at JBER; Bldg. 3401, Room 71, (907) 353-7438 at Ft. Wainwright.

13.5 Army Emergency Relief (AER)

All Soldiers, regardless of rank, are authorized direct access to apply for Army Emergency Relief assistance. AER is located in Bldg. 600, Room 128, (907) 384-7478 at JBER; and Room 107, Bldg. 3401, (907) 353-7453 at Ft. Wainwright.

13.6 Army Community Service (ACS) / Family Assistance Centers

ACS stands ready to provide information, assistance, and guidance on such varied subjects as financial planning, emergency care, and baby-sitting. ACS also maintains a loan closet for newly arrived Soldiers and Family members awaiting household goods. ACS is located in Bldg. 600, phone: (907) 384-1025/1517 at JBER; and Bldg. 3401, phone: (907) 353- 4227 at Ft. Wainwright.

13.7 Chaplain Assistance

Your unit chaplain is always available to you for spiritual or Family counseling. A duty chaplain is on call at all times. Use the following websites for directions to each chapel, hours, services, and phone numbers. <http://www.jber.jb.mil/Services-Resources/Chapel/> or <https://www.wainwright.army.mil/index.php/my-fort-wainwright/services/post-chaplain>.

13.8 Military OneSource

Military OneSource is a DOD web-based service which provides information regarding parenting and childcare, personal and Family readiness, education, retirement, caring for older adults, disability, financial issues, legal issues, work, international issues, managing people, health, emotional well-being, addiction, and every day issues. The URL is <http://www.militaryonesource.mil/>.

13.9 Substance Use Disorder Clinical Care (SUDCC)

The mission of SUDCC is to reduce alcohol and drug abuse in all populations within the USARAK communities to promote combat readiness, safety, and quality of life. All services are provided free. The Adolescent Substance Abuse Counseling Service is also available and specifically designed for teens, ages 12 to 18 years. Services provided by the Adolescent Substance Abuse Counseling Service and the Employee Assistance Program are confidential. The SUDCC and Control Program Office are located in Building 1108 at JBER, (907) 384-1418 and in Building 1064 at Ft. Wainwright, (907) 361-1370.

13.10 Education Center

The mission of the Education Center is to provide USARAK the support of the Army Continuing Education System by building professionalism, encouraging self-improvement, and serving each individual at his/her academic level of need. The center at JBER (907) 384-0970 is located in Bldg. 7, Room 250; the Center at Fort Wainwright (907) 361- 7486 is located in Bldg. 4391.

14 Equal Opportunity (EO)

IAW AR 600-20, Chapter 6, the EO program is designed to provide EO and fair treatment for military personnel and family members without regard to race, color,

gender, religion, national origin, and provide an environment free of unlawful discrimination and offensive behavior. Every unit has an Equal Opportunity Leader (EOL). Any Soldier that feels they have a valid complaint should contact their unit EOL. The USARAK EO Office is located at JBER in Room 229, Bldg. 1, (907) 384-0338; at Ft. Wainwright in Bldg. 1049, (907) 353-9234.

15 Sexual Harassment/Assault Response and Prevention (SHARP)

The Army's Sexual Harassment/Assault Response and Prevention (SHARP) Program promotes prevention of sexual assault, sexual harassment, sexually offensive language or gestures; sexual harassment and sexual assault are contrary to Army values and degrade readiness.

(a) Sexual harassment is a form of gender discrimination that involves unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature between the same or opposite genders when submission to, or rejection of, such conduct explicitly or implicitly affects an individual's employment, work performance, or creates a hostile or intimidating work environment.

(b) Anyone in a supervisory or command position who uses or condones implicit or explicit sexual behavior to control, influence, or affect the career, pay or job of a Soldier or civilian employee is engaging in sexual harassment. Similarly, any Soldier or Civilian employee who makes deliberate or repeated unwelcome verbal comments, gestures, or physical contact of a sexual nature is engaging in sexual harassment.

(c) All Soldiers have a responsibility to resolve acts of sexual harassment. Soldiers may do so in a number of ways using the direct approach, indirect approach, enlisting third party involvement, notifying chain of command, or filing an informal or formal complaint.

15.1 Sexual Assault

Sexual assault is a criminal offense that has no place in the Army. It degrades mission readiness by devastating the Army's ability to work effectively as a team. Every Soldier who is aware of a sexual assault should immediately (e.g., within 24 hours) report incidents. Sexual assault is incompatible with Army Values and is punishable under the UCMJ and other Federal, state and local laws.

(a) Sexual assault is a challenging problem, and it is not limited to just females or Soldiers. Males, females, Family members, and civilians are all affected. If you believe that you have been the victim of sexual assault you should:

- (1) Go to a safe location away from the perpetrator and call 911 if in danger.
- (2) Call the USARAK 24/7 Victim Advocate Hotline at (907) 384-7272 at JBER and (907) 353-7272 at Ft. Wainwright.
- (3) *24 hour assistance is available from the DoD Safe Helpline at www.safehelpline.org , 877-995-5247, or text your location for your nearest SARC to 877-995-5247 (inside the U.S.) or 202-470-5546 (outside the U.S.)

(4) Contact your Brigade or Battalion Sexual Assault Response Coordinator (SARC), Brigade or Battalion Victim Advocate (VA), healthcare provider, chaplain, or Special Victims' Counsel (SVC) at the legal office.

(5) You may contact your chain of command or law enforcement (military or civilian). However if you do, an investigation will commence and you will not have the option of making a Restricted Report.

(6) Seek medical care as soon as possible. Even if you do not have any visible physical injuries, you may be at risk of other health conditions.

(7) Ask the healthcare provider to conduct a sexual assault forensic examination (SAFE) to preserve forensic evidence. If you suspect you have been drugged, you should notify the healthcare provider.

(8) Preserve all evidence of the assault. Do not bathe, wash your hands, eat or drink, or brush your teeth. Do not clean or straighten up the crime scene.

(9) Write down, tape, or record by any other means all the details you can recall about the assault and your assailant.

15.2 Types of Sexual Assault Reports

(a) Restricted Report: This option is for victims of sexual assault who wish to confidentially disclose the crime to specifically identified individuals and receive medical treatment and counseling without triggering the official investigative process. Service members who are sexually assaulted and desire restricted reporting under this policy must report the assault to a Sexual Assault Response Coordinator (SARC), Victim Advocate (VA), or a healthcare provider. As provided above, victims may also directly discuss the assault with a chaplain or a Special Victims' Counsel (SVC). Note: confiding in another person does not necessarily disqualify the victim from filing a Restricted Report. However, if the chain of command is notified, they must contact the Criminal Investigation Division (CID) and start an investigation.

(b) Unrestricted Report: This option is for victims of sexual assault who desire medical treatment, counseling and an official investigation of the crime. When selecting unrestricted reporting, you may use current reporting channels, e.g., chain of command and law enforcement, or you may request that the SARC, VA, SVC, or your healthcare provider notify law enforcement. Note: Soldiers who file either a restricted or an unrestricted report of sexual assault are entitled to SVC services.

(c) Special Victims Counsel (SVC) Program: The SVC Program strengthens the support victims of sexual assault receive and enhances victim's rights within the military justice system. The role of an SVC is to represent the victim's interests throughout the military justice process. A SVC's primary duty is to his/her client, not to any other person, organization, or entity. Clients and SVCs have attorney-client privilege, which allows SVCs to refuse to disclose privileged communications.

15.3 Prevention of Sexual Assaults

INTERVENE: When you recognize a threat to a fellow Soldier, show personal courage by INTERVENING and preventing sexual assault. As a warrior and a member

of a team, you can INTERVENE.

ACT: As a brother, a sister, and a fellow Soldier, you can stand up for your battle buddies, no matter the time or place. Take ACTION. Do what is right. Prevent sexual assault. ACT.

MOTIVATE: We are Soldiers, MOTIVATED to engage and keep our fellow Soldiers safe. It is our mission to prevent sexual assault, to live the Army Values, and to take care of our fellow Soldiers. We are all MOTIVATED to take action, to promote SHARP programs and become advocates within our communities. We are strongest together.

16 Environmental Issues

(a) Protecting our environment is everyone's responsibility. Failure to do so can result in prosecution as a federal offense. All Soldiers must know what they can and cannot do.

(b) Always take immediate measures to contain a spill (depending on your level of hazardous material response training). Large spills of extremely flammable or hazardous materials normally require a higher level of response. Your first duty should be to report the spill and request assistance. Spills of any type should be reported to the fire department first and then to the environmental division. Please call 911 at each installation or call the JBER Fire Department at (907) 384-0774 or Ft. Wainwright at (907) 353-7470.

(c) The Environmental Division of the 573rd Civil Engineer Group handles all environmental matters on JBER. Please call (907) 384-3664 for further guidance and/or questions. The Environmental Division of the Director of Public Works at FWA handles all environmental matters on Ft. Wainwright and can be reached at (907) 361-9686.

17 Outdoor Recreation

The agencies listed below can be accessed at <https://www.armymwr.com/communities>.

- (1) JBER-Richardson outdoor recreation center, (907) 384-1475/76.
- (2) Ft. Wainwright outdoor recreation center, (907)361-6349/1031.
- (3) At Ft. Greely go to the Environmental Office at the hangar on Allen Army Airfield to obtain permission to hunt and fish on post. Contact them at (907) 873-1416.
- (4) JBER-Elmendorf outdoor recreation center, (907) 552-2023.
- (5) Seward Armed Forces Recreation Center, (907) 224-2659.

18 Closing

This standards guide is meant to provide you with valuable information about Alaska, this Command, and some of the standards expected of all Soldiers assigned or attached to USARAK. It does not provide all the answers or regulatory guidelines for Soldiers and leaders. Follow published Army standards and command policy, and you will find your assignment and tour in Alaska a great place to Soldier and live. To locate the Blue Book please access the USARAK Portal page, <https://army.deps.mil/army/cmds/USARAK/SitePages/Home.aspx> (Blue Book Tab).

U.S. MILITARY ENLISTED RANKS



E-1

E-2

E-3

E-4

E-5

E-6

E-7

E-8

E-9



AIR FORCE
EST. 18 Sept 1776



ARMY
EST. 14 June 1775



NAVY
EST. 13 Oct 1775

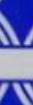


MARINE CORPS
EST. 10 Nov 1775



COAST GUARD
EST. 18 Aug 1790

No insignia



Airman Basic (AB)

Private (Pvt)

Airman First Class (AFC)

Specialist (SP4)

Private (Pvt)

No insignia



Private (Pvt)

No insignia



Private (Pvt)

No insignia



Private (Pvt)

No insignia



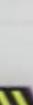
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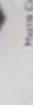
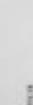
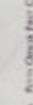
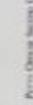
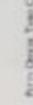
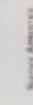
Private (Pvt)

No insignia



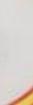
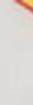
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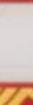
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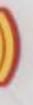
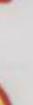
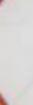
Private (Pvt)

No insignia



Private (Pvt)

No insignia



Chain of Command

Commander in Chief: _____

Secretary of Defense: _____

Secretary of the Army: _____

Chief of Staff of the Army: _____

Sergeant Major of the Army: _____

United States Army Pacific Commander: _____

United States Army Pacific Command Sergeant Major: _____

America's First Corps Commander: _____

America's First Corps Command Sergeant Major: _____

USARAK Commander: _____

USARAK Command Sergeant Major: _____

Brigade Commander/Command Sergeant Major: _____

Battalion Commander/Command Sergeant Major: _____

Company Commander/First Sergeant: _____

Platoon Leader/Platoon Sergeant/Squad Leader: _____



We Are...



AMERICA'S

Arctic Warrior Athletes...always fit and disciplined!

Ready to deploy, fight and win in any environment!

Competent and confident in our craft... Winning Matters!

Team of teams built on mutual trust!

Investing in our competitive advantage – our people!

Committed to the care of our Soldiers, Civilians and Families!

WARRIORS!