

Fort Drum Pamphlet 600-5:
10th Mountain Division (Light Infantry) and
Fort Drum Standards



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**BE A WINTER WARRIOR,
BE MOUNTAIN TOUGH**

Welcome to the Mountain, Enjoy the Climb

This pamphlet describes general rules and policies while serving in the 10th Mountain Division and Fort Drum. The intent is to set standards, maintain discipline, and build esprit de corps for all of our Soldiers and units. We expect all Soldiers to know and follow these standards.


We share three pillars that successful fighting units are built around. These pillars must be built and developed through well planned and progressive training to be realized. These pillars apply to all Mountain Soldiers and all echelons within the Division regardless of rank, role, or duty. I expect you to build your training plans through thoughtful design, to ensure that the pillars form the foundation of all your training events and activities. Time and resources are limited; everything we do must contribute to the development and strengthening of these pillars, or put another way, these pillars comprise my enduring priorities for the 10th Mountain Division.

- a) **Build strong teams at all levels.** Strong teams possess trust, confidence, and cohesion to overcome uncertainty and adversity. It takes careful planning and design to ensure we are building teams. Predictability, progression, integration of others, confidence building through challenge and adversity, doing all things together, group and team identity, variety, and fun, as well as competition are all elements of good training design that will help you get to strong teams.
- b) **Develop confident leaders who think critically.** Develop our Leaders to instinctively and reflexively think and then act. Leaders must possess confidence to challenge assumptions, rapidly learn, and then possess the character and courage to follow through on their intuition. These are the leaders that inspire and enable their formations to win. Assume some risk with the results as your leaders develop to the expectation, we set for them.
Ensure a mastery of basic skills. Mountain Soldiers at all levels must be able to execute their assigned tasks and critical Soldier skills without conscious thought. It all starts with the core level Soldier skills and tasks and builds up from there. NCO ownership and time to prepare are fundamental to train mastery and is the key planning factor that Commanders must account for. Cross training of basic skills builds depth in the formation; Mountain Soldiers must be able to do more than one job or task.

As the most deployed Division in the Army, Mountain Soldiers have a legacy and history to remind them of the price necessary to maintain that status. Just as MG George P. Hays told the Mountain Soldiers before the assault of Riva Ridge, **Stay in contact with the Soldier in front of you and no matter what – keep moving. We will be at the top!** We will keep climbing. When our Nation calls, it calls the military. When the military calls, it calls the Army. When our Army calls, it calls the 10th Mountain Division. WE will ensure that this remains true. **Climb to Glory!**



NEMA MOBARAKZADEH
Command Sergeant Major
Division Command Sergeant Major



GREGORY K. ANDERSON
Major General, USA
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1. Purpose.

- A. **Applicability.** This pamphlet applies to all United State Service Members assigned or attached to the 10th Mountain Division (Light Infantry) or Fort Drum. 10th Mountain Division Soldiers who reside on other installations will comply with host installation standards and policies.
- B. **Open Door Policy.** If you have a problem your first-line supervisor cannot solve, go see the next higher leader or commander. Every commander from the Commanding General (CG) down to Company/Battery/Troop/Detachment commanders within the Division have an open-door policy. All Soldiers are free to use the open-door policy at any level after first notifying their chain of command of their intent to do so. Soldiers can call the CG's Hotline (315-772-6666). The CG's hotline is for Soldiers, Family Members, or Civilians who feel that they have exhausted all other options and resources to solve the problem or issue. At Fort Drum and Fort Polk, the Commanding Generals ask that all enlisted open-door issues be directed to their Command Sergeant Major first.

2. Who We Are.

- A. **10th Mountain Division (Light Infantry) History.** The 10th Light Division (Alpine) was constituted on 10 July 1943, and activated on July 15, at Camp Hale, Colorado. After extensive winter and mountain warfare training, the Division moved to Camp Swift, Texas, for additional combat training. The 10th Light Division was re-designated the 10th Mountain Division on 6 November 1944 and deployed to the Italian theater soon thereafter. By January 1945, the division was executing combat operations in northern Italy. During these operations, the 10th Mountain Division seized German positions within the Apennine Mountains, breaking through the German mountain defenses into the Po River Valley and reaching the northern end of Lake Garda by the war's end. During nearly five months of intense ground combat in Italy, the division was opposed by 100,000 German troops, yet effectively destroyed five German divisions, unhinging the German defense in Italy and drawing German forces away from other theaters. The division sustained nearly 5,000 casualties during World War II, with 1000 Soldiers killed in action. Following the German surrender, the 10th Mountain Division deployed to the Yugoslavian/Italian border near Trieste, in a peacekeeping role. After redeploying, the division was inactivated on 30 November 1945, at Camp Carson, Colorado. The 10th Infantry Division was reactivated as a training division on 1 July 1948, at Fort Riley, Kansas. In January 1954, the Department of the Army announced the 10th Infantry Division would become a combat infantry division scheduled to rotate to Europe to deter the Soviet Union and the Warsaw Pact. Stretched in an arc from Frankfurt to Nuremburg, the 10th Infantry Division occupied a strategic position in the center of NATO defenses until replaced in 1958 by the 3rd Infantry Division. The division was inactivated at Fort Benning, Georgia, on June 14, 1958.

The 10th Mountain Division (Light Infantry) was reactivated at Fort Drum, New York, on February 13, 1985, as one of the U.S. Army's new "light infantry" divisions. It was designed to meet a wide range of worldwide missions, adding a new dimension to the strategic mobility of the Armed Forces. The division's rapid mobility was envisioned to enable the arrival of troops in a crisis area before conflict began and demonstrated U.S. resolve and capability. The 10th Mountain Division (Light Infantry) was designed to reassure friends and allies while deterring adversaries. Since its reactivation, the 10th Mountain Division has been the U.S. Army's most deployed division, both before and throughout the Global War on Terrorism.

- B. Meaning of the 10th Mountain Division Shoulder Sleeve Insignia.** The patch of the 10TH Mountain Division. A patch that like the Division it represents, is steeped in history and tradition. On 15 July 1943, the 10TH Light Division (ALPINE) was activated at Camp Hale Colorado. Lacking a shoulder sleeve insignia Soldiers at Camp Hale designed and adopted the “PANDO COMMANDO” insignia. The widely popular insignia with its skiing Panda Bear was determined to be “Too Cartoonish” by the Army for official use. Eventually, the three submissions for our patch was narrowed down to one. The patch is in the shape of a powder keg, representative of the explosive power of the Division; the white fringed border represents the Divisions Alpine capability; the blue background represents the Infantry, and the two scarlet crossed bayonets, the close combat weapon of the Infantry, from a Roman Numeral “X”.



- C. The 10th Mountain Division Song “Climb to Glory”.**

*We're the 10th Mountain Infantry
With a glorious history
On our own two feet, all our foes we'll defeat
Light Fighters marching on to victory
We go where others dare not go
In the heat or cold of snow
We are proud to be in the Army of the Free
Climb to Glory, Mountain Infantry
Climb to Glory, the Light Infantry*

3. Uniforms.

A. Combat Uniform (CU).

- 1) **Definition.** The daily work, utility and field uniform that encompasses both the Army Combat Uniform (ACU) and the Improved Hot Weather Combat Uniform (IHWCU).
- 2) **When worn.** May be worn off post during duty hours at the discretion of the Soldier. Outside of duty hours, the CU is authorized for wear during short stops (10-15 minutes) to pick up essentials. May be worn when consuming alcohol on post at unit functions / gatherings with prior approval from the Battalion / Squadron Commander.
- 3) **Accessories.**
 - a) **Headgear.** Soldiers will wear appropriate headgear when outdoors except when it interferes with safety.
 - a. The Patrol Cap is the primary day-to-day headgear.
 - b. The Patrol Cap in a field environment is at the discretion of CO/BTRY/TRP CDR and above.
 - c. The Beret will be worn as the primary headgear for all ceremonies.
 - d. The Sun Hat or "Boonie Cap" will only be worn for training events & deployments; it is not authorized for wear outside of the training area.
 - e. The Micro-fleece cap (Black or Tan) is authorized for wear when either directed by the chain of command or when the temperature (ambient or wind chill) reaches 32° F and below. The 10TH Mountain Division embroidered micro-fleece cap is available for Soldiers to purchase to wear in lieu of the plain micro-fleece cap. If purchased, this cap will be worn with the embroidered 10TH Mountain Division Patches over each ear.
 - f. The Balaclava will be worn when the temperature drops below 10° F. While wearing the APFU, CU, or ECWCS during the winter months. During PRT outside, the balaclava will be worn down until cool down indoors.
 - b) **Neck Gaiter.** Authorized for wear when either directed by the Chain of Command or when the temperature (ambient or wind chill) reaches 32° F and below. It may be worn as a neck warmer, hood or balaclava/mask and must be removed indoors.
 - c) **Cold Weather Boots.** Gore-Tex boots (temperate or intermediate) or the Vapor Barrier Boot will be worn when an elevated risk of cold weather injuries exist or when directed by the Chain of Command.
 - d) **Cavalry Stetsons & Spurs.** Stetsons and spurs are authorized for wear at Cavalry formations and functions when authorized by the Squadron Commander. They are generally NOT authorized for wear at Brigade or higher-level formations and functions unless specifically requested and approved by the appropriate level Command Sergeant Major. Stetsons and spurs will be serviceable, clean and worn in a manner consistent with the U.S. Cavalry traditions.
 - e) **NCO Academy & Light Fighters School Instructor Shirts and Hats.** Instructor shirts and hats are authorized for wear by the NCO Academy and Light Fighter School instructors within the NCO Academy and Light Fighter School Areas only. **They will not be worn outside of those areas or while conducting non-instructor activities such as going to PX, Commissary, etc.**
 - f) **Baseball Caps.** Units authorized to wear baseball style caps may only wear them in their unit area. **They will NOT be worn outside of the unit area for any reason.**
 - g) **Full Color Shoulder Sleeve Insignia.** Brigade Commanders may authorize the wear of full-color Shoulder Sleeve Insignia (SSI) on the ACU and IHWCU for special occasions such as, but not limited to, commemoration ceremonies or changes of command / responsibility. The full color SSI will NOT be worn outside of the area where the ceremony or special event is being conducted.

- h) **Sunglasses.** Conservative prescription and nonprescription sunglasses are authorized for wear when in a garrison environment, except while indoors. Soldiers who are required by medical authority to wear sunglasses for medical reasons, other than refractive error, may wear them, except when health or safety considerations apply. Commanders may authorize sunglasses in formations or field environments, as applicable.

B. Tactical Uniform.

1) **Definition.** Items worn with the combat uniform in tactical / training environments.

2) **Accessories.**

a) **Helmets.** The helmets listed below are the only helmets authorized for wear by 10th Mountain Division Soldiers.

a. Advanced / Enhanced Combat Helmet (ACH/ECH) will be worn complete with camouflage cover, pad suspension system, retention system (chinstrap) fastened at all times, camouflage band and NVG mount (if issued). Camouflage band will be tied down with 550 cord and have the Soldier's name visible when worn. Name will either be centered on the ACH/ECH (without NVG mount) or over the wearer's right eye (with NVG mount).

b. Integrated Head Protection System will be worn complete with camouflage cover, suspension system, retention system (chinstrap) fastened at all times, and NVG mount. Soldier's nametape will be affixed to the rear Velcro panel. Tabs and patches will be standardized at the BDE Level when placed on the Velcro panel.

b) **Ballistic Eyewear.** From the Authorized Protective Eyewear List (APEL) located at: <https://www.peosoldier.army.mil/Portals/53/files/APEL-poster.pdf>.

c) **Gloves.** Either issued or commercially purchased gloves that are flame resistant; fingerless gloves are not authorized.

d) **Body Armor.** Many events do not require ballistic protection. When body armor is required, Soldiers are authorized to wear the Improved Outer Tactical Vest (IOTV) or the Soldier Plate Carrier System (SPCS), with SAPI or ESAPI ballistic plates. Commercial body armor / plate carriers are not authorized.

e) **Fighting Load Carrier (FLC).** At a minimum, the FLC will be setup to allow the wearer to carry the basic load for their assigned weapon and any other mission essential equipment. Improved First Aid Kit (IFAK) will be worn on the wearer's non-firing side.

f) **Combat Shirt / Pants.** The Combat Shirt and Pants will only be worn for training events & deployments; **they are not authorized for wear outside of the training area except when Foot Marching.**

g) **Skin Camouflage.** Wear of camouflage is a tactical, conditions based decision. Unit leadership, based on tactical requirements will determine the use of facial camouflage. **Skin camouflage will not be worn when the temperature (ambient or wind chill) reaches 32° F and below at real feel temperature.**

C. Army Physical Fitness Uniform Guide

			PRT UNIFORM			
Temperature (Fahrenheit)	Army APFU Shirts&Shorts w/Running Shoes	Army APFU Jacket/Pants	Issued Gloves, Fleece, Cap, or Balaclava	Trigger finger mittens, Balaclava,& wool socks, ECWCS Level 1	ECWCS Level 1 top & bottom, trigger finger mittens, balaclava, wool socks, (with artic mittens carried)	Arctic field uniform (ECWCS Level 1 & 5, balaclava, VB Boots, trigger finger mittens, artic mittens, ECWCS Levels 2,3 as required)
50 to 33 degrees	X	X				
32 to 11 degrees	X	X	X			
10 to -10 degrees	X	X		X		
-11 to -25 degrees	X	X			X	
Below -25 degrees					X	X

The APFU Uniform standards adhere to the following guidelines: Uniform standards are based on real feel temperature (located at: <https://www.accuweather.com/en/us/fort-drum/13602>) Between the temperatures of 50° F and 33° F the APFU Uniform will be determined by the Company/Battery/Troop Command (CDR and or 1SG). At 32° F or below the APFU Uniform will be Winters with the option of removing the pants with the approval of, the Company/Battery/Troop Command (CDR and or 1SG). All other temperatures follow the PT Chart above.

D. Foot March Uniform Standard

Leaders have the discretion to determine the uniform for Soldiers load, and timing of the foot marches.

- a. Conditioning foot marches are meant to improve your general conditioning and pace. The uniform for conditioning foot marches can be the APFU with combat boots or the tactical foot march uniform, without specialty equipment.
- b. Tactical foot marches are meant to improve toughness and patrolling proficiency. Most tactical foot marches should be movement across off road terrain using tactical formations. The uniform is either the combat uniform or the combat shirt and pants. Soldiers must wear their FLC, and the helmet is either worn or in the ruck. Units should strive to carry weapons and specialty equipment.
- c. Soldiers will **NOT** wear ear buds or play music from any device while foot marching.

1) **Accessories.**

- a) **Unit PT Shirts.** Battalion Commanders may authorize, within the guidelines below, distinctive unit shirts (Short Sleeve, Long Sleeve, Sweatshirts & Sweatpants) for wear as the APFU.
- Authorized at the Company/Battery/Troop Level or separate detachment level.
 - Must be the same color as the battalion level shirts with the same logo on the front.
 - Company logos are authorized on the back; however, logos must be in good taste with no profanity, nudity, or gross logos.
 - There will not be a requirement for a Soldier to purchase unit PT gear.
 - If unit has PT Hoodie Sweatshirts, the hood will not be worn or pulled over Soldier's head.
- b) **Reflective Safety Belt.** Leaders at every level are charged with the safety of their Soldiers. As such, leaders will evaluate situations and determine the need for wear of reflective belts to mitigate risk. If APFU jacket is worn, the reflective safety belt will be worn from the right shoulder to the left hip. If the jacket is not worn, the reflective belt will be worn around the waist.
- c) **Electronic Devices.** Soldiers may use headphones **IAW AR 670-1**, including wireless or non-wireless devices and earpieces, in uniform while performing individual physical training at indoor gyms / fitness centers. If they're over-ear headphones, the earpad cannot be larger in diameter than 1 ½ inches at the earpad's widest area. Headphones must be "conservative and discreet" as well, so no bright colors or crazy designs. Soldiers may also wear a solid black armband to store and carry electronic devices in the gym / fitness center.
- 4) **Health and Fitness.** Health and Fitness are inseparable from success on the battlefield. Shared hardship is a key component in team building. We conduct PT in groups to promote cohesion, health, and leader development. Leaders will balance PT programs between fitness and toughness. BDE H2F teams are a tremendous resource. Units are encouraged to consult with their H2F teams when creating their fitness regimen to promote physical ability, recovery, and wellbeing.
- A. **Times.** PT will occur from 0630-0800 for Soldiers not on authorized duty; exemptions from this will be managed at the Company level. Unit PT occurring outside of that window is permitted with Battalion Commander approval and coordination with DES/MP Desk if applicable. There will be no individual PT during the PT hours if on duty. During PT hours Soldiers will wear the appropriate US ARMY or Unit PT Uniform.
- B. **On Post PT Routes.** Appendix C1 outlines authorized Fort Drum PT routes.
- Routes designated as "Motor Vehicle Only" are not authorized for use during PT hours, unless scheduled for use during special events.
 - Routes designated for "PT Only" are closed to vehicle during the designated PT hours. Exceptions for emergency vehicles and road march trail vehicles (must be appropriately marked).
 - Routes designated for "Co-Use" are shared roads during PT hours. Soldiers conducting PT on these roads must use the shoulders of the roads and not block traffic. No matter walking or running in formation. Vehicle speed on these routes is reduced to 25 mph during PT hours, and further reduced to 10 mph when passing troops.
 - No unit or group PT is authorized within the housing areas at any times.

e. The crossing of Gasoline Alley (Oneida/Ontario) is prohibited by formations smaller than Platoon size elements. Platoon size elements and higher will use posted road guards to cross over from south post to north post and vice versa.

- A. **Off Post PT.** Requests for off-post PT will be approved by the units BN CDR.
- B. **Unbreakable Warrior.** Units will participate in the Unbreakable Warrior (UW) program. Battalions and C/B/Ts will track their Soldiers' progression throughout the UW program while ensuring daily accountability. Unit medical providers will write individual profiles. H2F/Master Fitness Trainers will train and certify coaches within the Brigade to plan and execute recovery PT plans. All UW participants with anticipated profiles lasting more than 30 days will attend a wellness session at the Fort Drum Wellness Center or H2F to calculate body composition and develop a tailored nutrition plan.

5) **Soldier Conduct and Military Courtesy.** As a Soldier, you are to carry out your duties and conduct yourself properly both on and off-duty by living the Army Values, the Soldier's Creed, and representing the 10th Mountain Division proudly!

- A. **Conduct during Reveille and Retreat.** Daily at 0630, (Reveille) and 1700 (Retreat) all traffic (Soldier & Civilian) must safely pull to the side of the road and stop. Soldiers must exit their vehicle and in uniform go to the position of attention and salute at the appropriate time; civilians remain in their vehicles or if you are a Soldier in civilians, you will step out of your vehicle and stand at the position of attention until Reveille or Retreat is complete.

B. **Greetings.**

- a. **Officers.** Enlisted personnel render salutes and greetings to officers (commissioned and warrant) and by junior officers to seniors. All Soldiers render the salute unless it would be impractical (e.g., arms full of packages) and exchange verbal greetings with either the unit motto or the division motto such as "**Climb to Glory!**" followed by "Sir" or "Ma'am" as appropriate. The return greeting is the "**To the Top!**" or the unit motto response. In addition to saluting people, be alert for Senior Officer Staff Cars. These vehicles can be identified by their red license plate, denoting the rank of the senior occupant. You must render a salute to these vehicles as they pass.
- b. **Noncommissioned Officers.** Enlisted personnel render greetings to Noncommissioned Officers. All Soldiers exchange verbal greetings with either the unit motto or the division motto such as "Good morning / afternoon", "**Climb to Glory!**" followed by appropriate rank (Sergeant, First Sergeant, Sergeant Major). The return greeting is "**To the Top!**" or unit motto.

- C. **Female/Male Grooming Standard** Hair highlights, root growth: The wear of highlights for Soldiers is authorize if it presents a natural appearance and is not a prohibited color. Unauthorized pigments include, but not limited to purple, blue, pink, green, unnatural orange, bright red, and fluorescent or neon colors. If a Soldier decides to color or highlight their hair, root growth of a different color should not exceed 1.5 inches of the original color.

Female hairstyles are organized into three basic categories: short, medium, long length hair.

- a. **Short Length:** Short is defined as hair length that extends no more than 1 inch from the scalp (excluding bangs). Hair may be shorter than 1/4inch from the scalp, but evenly tapered to the scalp within 2 inches of the hair line edges.

- b. **Medium Length:** Medium is defined as hair length that does not extend beyond the lower edge of collar (in all uniforms). Medium hair may fall naturally in uniform and is not required to be secured.
- c. **Long Length:** Long is defined as hair length that extends beyond the lower edge of the collar. Long hair will be neatly and inconspicuously fastened or pinned above the lower edge of the collar. No portion of the bulk of the hair, as measured from the scalp as styled, will exceed 2 inches (except a bun, which is worn on the back of the head and may extend a maximum of 3 ½ inches from the scalp and be no wider than the width of the head).
- d. **Ponytails:** Female Soldiers with medium-length hair will have the options to wear a ponytail if the individual's hair length or texture prevents them from securing it into a tight bun. Medium-length ponytails are only authorized for wear on the back of the scalp and cannot exceed the head's width or interfere with the proper wear of a Soldier's headgear. Female Soldiers with long-length hair has the option to wear ponytail while wearing an Army Combat Uniform during physical training, or while wearing tactical headgear during tactical training or combat operations. During missions will tuck long ponytail into their ACU top.
- e. **Male Haircuts:** The hair on top of the head must be neatly groomed. The length and bulk of the hair may not be excessive and must present a neat and conservative appearance. When the hair is combed it will not fall over the ears or eyebrows, or touch the collar, except for the closely cut hair at the back of the neck. Males are not authorized to wear braids, cornrows, twists, or locks while in uniform or civilian clothes on duty. Soldiers who have a texture of hair that does not part naturally may cut a part into the hair or style the hair with one part. The part will be one straight line, not slanted or curved, and will fall in the area where the Soldier would normally part the hair. Soldiers will not shape or cut designs into their hair or scalp. Sideburns will not extend below the bottom of the opening of the ear. Sideburns will not be styled to taper, flair, or come to a point. The length of the individual hairs of the sideburn will not exceed 1/8 inch when fully extended.
- f. **Facial Hair:** While highly discouraged if worn, males will keep mustaches neatly trimmed, tapered, and tidy. Mustaches will not present a chopped off or bushy appearance, and no portion of the mustache will cover the upper lip line, extend sideways beyond a vertical line drawn upward from the corners of the mouth, or extend above a parallel line at the lowest portion of the nose. Handlebar mustaches, goatees, beards are not authorized. If appropriate medical authority allows beard growth, the maximum length authorized for medical treatment must be specific. The length of the beard cannot exceed ¼ inch. Soldiers will keep the growth trimmed to the level specified by the appropriate medical authority but are not authorized to shape the hair growth.
- g. **Fingernails:** All personnel will keep fingernails clean and neatly trimmed. Males will keep nails trimmed so as not to extend beyond the fingertips unless medically required. Males are authorized to wear clear nail polish. Females' fingernails will not exceed a nail length of ¼ inches as measured from the tip of the finger. Females may wear clear acrylic nails or American manicure, a two-tone nail style that provide a natural appearance and conform to the Army Standard. Extreme colors and nail shapes, such as coffin, ballerina, and stiletto nails, are prohibited while in uniform or on duty civilian clothes. Unauthorized pigments include but are not limited to purple, blue, pink, green, orange, bright red, and fluorescent or neon colors.
- h. **Jewelry:** Soldiers may wear wristwatch, wrist religious or identification bracelet, and a total of two rings (wedding set is considered one ring) with the Army uniforms. Soldiers may also wear an activity tracker pedometer, or heart rate monitor. No jewelry other than that just described can appear exposed while in uniform, or in civilian clothes on

duty. Attaching, affixing, or displaying objects, articles, jewelry, or ornamentation to, through, or under their skin, tongue, or any other body part is prohibited. This applies to all Soldiers on or off duty. The only exception is the wear of earrings. Earrings may be screw-on, clip-on, or post-type earrings in gold, silver, white pearl, or diamonds. The earrings will not exceed 6mm or ¼ inch in diameter, and they must be unadorned and spherical. When worn, the earrings will fit snugly against the ear. Females may wear earrings only as a matched pair, with only one earring per ear lobe. Females will not be allowed to wear earrings in a field environment, during a combat related deployment, or in locations where access to regular hygiene is limited.

- D. **Off Duty Appearance and Conduct.** High standards of appearance should carry over into your selection of civilian attire. Wear of appropriate attire avoids public embarrassment and promotes a sense of community. Off-duty Soldiers are encouraged to dress casually and comfortably, however there are legal, moral, safety and sanitary criteria that require a dress code for Fort Drum's service facilities.
- a. **Clothing.** Clothing with obscene, slanderous, or vulgar words / drawings, or clothing which makes disparaging comments concerning the U.S. Government is not authorized.
 - b. **Footwear.** Bare feet, except where footwear is not appropriate, such as swimming pools, is not authorized.
- E. **Off Limits Areas.**
- a. **Off Limits Due to Safety Concerns.**
 - a. All water areas within and adjacent to Fort Drum are off limits for swimming, except Remington Park and approved public swimming areas, which have lifeguards on duty.
 - b. The portion of the Black River that borders Fort Drum is off limits for all recreational activity, except for fishing from the banks of the river.
 - c. The Kings Falls / High Gorge area is off limits to all recreational activity.
 - b. **Off Limits Areas Due to Activity.** Businesses and locations designated as "off Limits" are identified in Installation Policy Memorandum 22-18.
 - a. The High Life Novelty Shop, 22220 US Route 11, Watertown, NY 13601
 - b. Trip On The WildSide, 671 Mill Street, Watertown, NY 13601
 - c. Zonen Limited, 6717 Old Collamer Road, East Syracuse, NY 13057
- F. **Noise.** Soldiers will not operate vehicles with radios or other such sound systems at a **volume that impairs the driver's ability to hear outside sounds.** (Past 25 feet)
- G. **Firearms.** Mandatory registration of all privately owned firearms (any cartridge firing or muzzle loading rifle, shotgun, handgun (pistol or revolver), pellet firing rifle or handgun with a muzzle velocity of 600 feet per second (FPS) or higher and crossbows maintained or used on post with the Provost Marshall Office. This is in addition to the mandatory licensing of all handguns with New York State. Until licensed, you must store all handguns in your unit's arms room or with a registered off-post firearms dealer. Storage or possession of privately owned firearm in the barracks is strictly prohibited.

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- 6) **Single Soldier Housing Policy.** The Army's core values are respect and dignity for each Soldier and the ability to live and work together as a team. The Barracks Policy fosters these core values for Soldiers to have a "home-like atmosphere" in his/her room and barracks, while establishing standards that ensure a healthy living environment for all Soldiers. Balancing these goals is chain of command business. Each Soldier has individual responsibilities in this area and is accountable within the policies and guidelines established for the barracks.
- A. **Daytime Visitation.** Soldiers may have visitors of either sex in their barracks rooms from 1700 to 0000 on a duty day and from 0800 to 0000 on a non-duty day. Charge of Quarters (CQ) will

review the visitor log and remaining ID cards beginning at 2345 each night and escort all remaining visitors, not on a valid overnight visitation plan, from the building NLT 2359.

- B. **Overnight Visitation.** A Soldier residing in the barracks may request to have a visitor remain overnight on non-duty days. To host a visitor overnight, Soldiers must submit a Visitation Plan. Soldiers may submit a request for Pass or Leave ICW a Visitation Plan for approval on non-duty days. Note: Soldiers may not have a visitor on a permanent basis (continuous cohabitation).
- C. **Quiet Hours.** Are from 2200 to 0500. No excessively loud music or sounds are allowed during that period. Excessively loud is defined as loud enough to be heard from the hallway or another room with the door closed or if it impedes one roommate's reasonable ability to sleep. If a resident fails to be quiet after CQ correction, the matter will be referred to the SDNCO and the offender's leadership.

7) **Command Housing Visitation Policy.** Leaders are responsible for engaging Soldiers and Family Members to ensure they are provided quality on and off-post housing, that property owners and property managers fulfill their legal obligation, and that Soldiers understand their housing rights and responsibilities.

- A. **Command Visits.** Defined as a voluntary granted entrance into privatized quarters by the Soldier to allow a commander or designated representative, to inquire about the condition of the quarters. Informed consent is required to view the entire premises for the purposes of assessing safety, health, and overall housing quality. Occupant (Soldier or other occupant) may limit or completely revoke area of consent at any time, to include during the visit. If this occurs, the visitor will only access areas to which they have consent and will depart the residence immediately upon revocation of consent. There shall be no reprisal against Soldier or Family Member for not giving consent or revoking consent.
- B. **Content.** Visits will include discussion of housing, maintenance, or landlord/property manager concerns, Soldier rights and responsibilities regarding housing, unit training, deployment plans, upcoming events, and Family Readiness Services. Leaders will address and offer solutions to family stressors (finances, childcare, marital tension, or similar issues) and assess housing quality and assess housing quality while verifying that landlords/property managers are fulfilling their obligations. The visit will be documented, including issues to be addressed by the applicable party to enable follow-up and ensure resolution. Life, health, and safety issues will be immediately addressed with the Soldier and/or landlord/property manager.

8) **Smoking and Vapes**

The use of smoking tobacco products and vapes will only be used in the units or government building designated smoking areas. There will be no smoking or vaping while walking or within 50ft of any building.

10th MOUNTAIN RESOURCE GUIDE QR CODE


Mental wellbeing is an important component in overall health. Leaders must engage their Soldiers and aid their welfare. When Soldiers are distressed, leaders will recognize and guide them IAW the Mountain CARES Policy.

Scanning the below QR code will give access to Fort Drum Resource Guide.



<https://home.army.mil/drum/index.php/my-fort/all-services/CARES#qt0:5>

Appendix A1: Extended Cold Weather Clothing System (ECWCS) Guide




10th Mountain Division

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LFS Smart Card

ECWCS System for Cold Weather and Mountain Operations

Light Fighters School



PURPOSE: The Extended Cold Weather Clothing System (ECWCS) keeps 10 Mountain Soldiers warm and dry while providing ventilation and protection from the wind in cold weather and alpine operations.

DESIGN PRINCIPLES

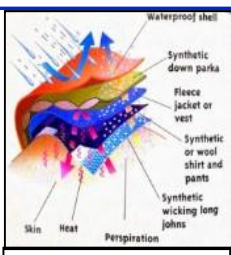
- ❑ **Insulate** – Any material that reduces the amount of heat lost to the environment.
- ❑ **Layer** – Several layers of clothing provide more insulation and flexibility than one heavy garment even if the heavy garment is as thick as the combined layers.
- ❑ **Ventilate** – Helps to maintain a comfortable body temperature by allowing excess heat to escape.

OVERVIEW:

- ❑ **Base Layer** – Also known as inner or wicking layer as it is intended to wick excess moisture away from your body.
- ❑ **Insulation Layer** – Intermediate layer(s) that provides volume to enable you to trap warm air between your body and outer garments.
- ❑ **Outer Shell Layer** – External layer that protects you from the elements to include protection from wind and moisture.

OBSERVATIONS/ BEST PRACTICES


- ❑ **Hand Wear** – Layer modular hand wear appropriately with non-cotton moisture wicking base layer with an insulation layer and outer shell while keeping in mind to balance warmth with dexterity.
 - ❑ **ALWAYS WEAR CONTACT GLOVES TO AVOID CONTACT FROST BITE**
- ❑ **Footwear:**
 - ❑ **Socks** – Utilize a polypropylene base layer to wick moisture and a wool insulation layer for warmth (avoid cotton as it will not prevent frost bite). Vapor barrier socks can also be utilized and will keep feet warm by using heat lost through perspiration.
 - ❑ **Boots** – Cold/wet boots with 200-400g insulation are Gore-Tex lined with zero drain holes and worn from 50 to 32 degrees F. Extreme cold weather boots with 400g+ of insulation are worn from 32 to 0 degrees F. Vapor Barrier boots (pictured right) are worn in negative temperatures. Gaiters can also be used to supplement boots and aid in keeping moisture out of vulnerable parts of the boots.
- ❑ **Face Protection** – Neck gaiters and balaclavas help prevent frost bite and wind burn. Goggles and tinted glasses must be worn on sunny days where the ground is snow covered to prevent snow blindness.




Highly Active Operations Requires Few Layers Due to Natural Heat Production from Your Body

Temp (Degrees F)	Environmental Conditions	L1	L2	L3	OCF Pant	L4	L5	L6	L7
>45	☀️ ☀️ ☀️	DryMoist	X			X	X		
30 to 45	☀️ ☀️ ☀️	Wet	X			X	X		X
0 to 30	☀️ ☀️ ☀️	DryMoist	X	X			X		X
-45 to 0	☀️ ☀️ ☀️	DryMoist	X	X	X			X	X


Temp (Degrees F)	Environmental Conditions	L1	L2	L3	OCF Pant	L4	L5	L6	L7
>45	☀️ ☀️ ☀️	DryMoist	X			X	X		
30 to 45	☀️ ☀️ ☀️	Wet	X			X	X		X
0 to 30	☀️ ☀️ ☀️	DryMoist	X	X			X		X
-45 to 0	☀️ ☀️ ☀️	DryMoist	X	X	X			X	X




Light Weight Undershirt & Drawers




Mid-Weight Shirt & Drawers




High-Loft Fleece Jacket




Wind Jacket



Extreme Cold Weather Jacket & Trousers



Extreme Wet/Cold Weather Jacket & Trousers



Extreme Cold Weather Parka & Trousers

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Appendix B1: Fort Drum PT / Running Route Map

OFFICIAL FORT DRUM PT/RUNNING MAP



Static Road Guards

Units

- ★ 10TH SBDE MULESKINNERS
- ▲ 10TH SBDE MULESKINNERS
- ▲ 1ST BCT WARRIORS
- ▲ 2ND BCT COMMANDOS
- 91ST MP
- ◆ Diversity

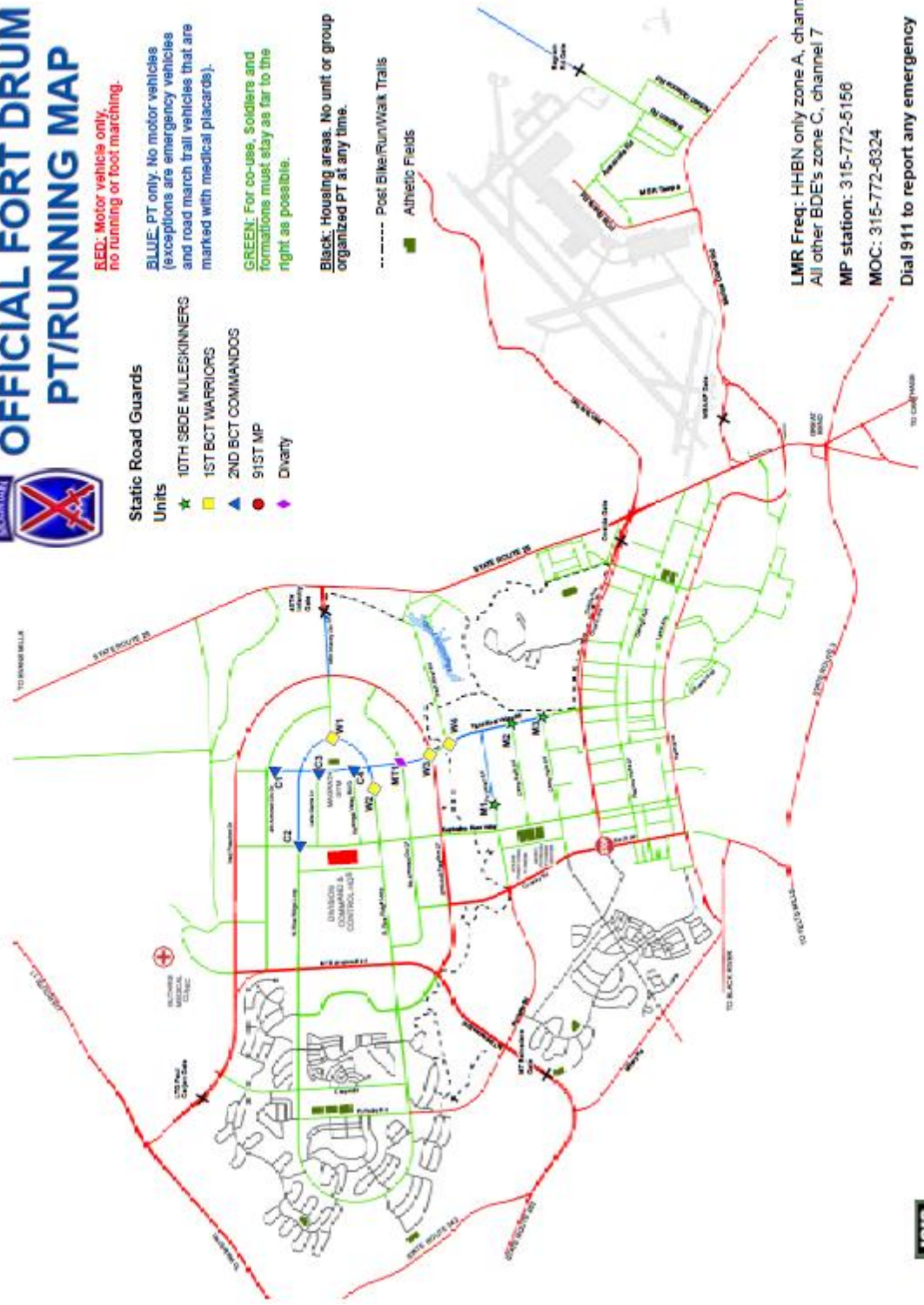
RED: Motor vehicles only, no running or foot marching.

BLUE: PT only. No motor vehicles (exceptions are emergency vehicles and road march trail vehicles that are marked with medical placards).

GREEN: For co-use. Soldiers and formations must stay as far to the right as possible.

BLACK: Housing areas. No unit or group organized PT at any time.

- Post Bike/Run/Walk Trails
- Athletic Fields



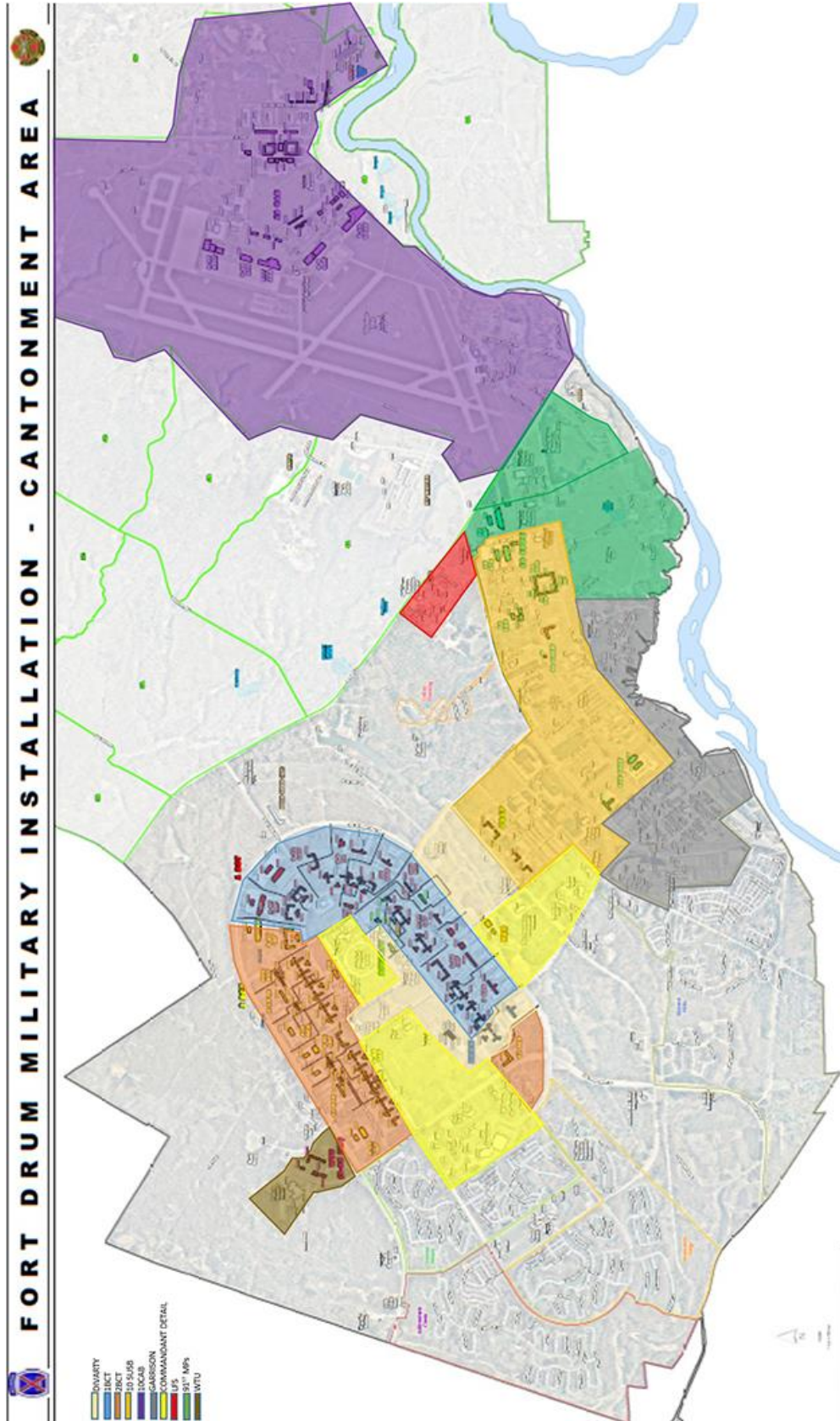
LMR Freq: HHBN only zone A, channel 7
 All other BDE's zone C, channel 7
MP station: 315-772-5158
MOC: 315-772-6324
 Dial 911 to report any emergency

THE SPEED LIMIT IS 10 MPH WHEN PASSING SOLDIERS/PEDESTRIANS DURING PT (0630-0800 ON DUTY DAYS).



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Appendix C1: Fort Drum Unit Areas of Responsibility



Appendix D1: The National Anthem and The Army Song

THE STAR SPANGLED BANNER

*Oh, say, can you see, by the dawn's early light,
What so proudly we hailed at the twilight's last gleaming?
Whose broad stripes and bright stars, thro' the perilous fight'
O'er the ramparts we watched were so gallantly streaming.
And the rockets' red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there.
Oh, say, does that Star-Spangled Banner yet wave
O'er the land of the free and the home of the brave?*

THE ARMY SONG

*March along; sing our song, with the Army of the free.
Count the brave; count the true, who have fought to victory.
We're the Army and proud of our name!
We're the Army and proudly proclaim:*

*First to fight for the right,
And to build the nation's might,
And the Army goes rolling along.
Proud of all we have done,
Fighting 'till the battle's won,
And the Army goes rolling along.*

*Then it's Hi ! Hi ! Hey!
The Army's on its way.
Count off the cadence loud and strong! For where'er we go,
You will always know that the Army goes rolling along.*