

**10th MOUNTAIN DIVISION (LIGHT INFANTRY)
AND FORT DRUM STANDARDS**



FORT DRUM PAMPHLET 600-5

15 January 2020

Welcome to the Mountain, Enjoy the Climb

Welcome to the 10th Mountain Division (Light Infantry), America's premier Mountain light infantry division. We are honored to have you join one of the Nation's best and most storied units.

This pamphlet describes general rules and policies while serving in our division. 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.

a. Vision: The 10th Mountain Division is one of the U.S. Army's premier Light Infantry Divisions, manned by Soldiers who are masters of their warfighting trade, are Mountain Athlete Warriors led by technically competent, caring and committed Officers and NCOs. Soldiers in the 10th Mountain Division are comprehensively fit, technically competent, and relentless in the pursuit of excellence. We are prepared to fight our Nation's battle anytime, anywhere.

b. Values: The 10th Mountain Division believes the following are immutable: Mountain Soldiers are our most important credential and we are;

- a. People of **HONOR** who live the Army Values.
- b. **Leaders who are COACHES** and mentors.
- c. **MASTERS OF OUR WARFIGHTING TRADE.** (Professionals)
- d. **INNOVATIVE** in our approaches.
- e. **CARING TEAMMATES** and friends.

c. Soldier Expectations: The following are the expectations of all 10th Mountain Division Soldiers:

- a. Be masters of your trade.
- b. Strive to live an honorable life.
- c. Be comprehensively fit.

If you have questions, ask your leaders. We are proud to serve with you in this great outfit.
"Climb to Glory!"

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1. Purpose. To educate and inform all Uniformed Service Members of the 10th Mountain Division and Fort Drum regarding specific Division and Installation policies.

a. Applicability. This pamphlet applies to all United States Service Members assigned or attached to the 10th Mountain Division or to Fort Drum. 10th Mountain Division Soldiers who reside on other installations will comply with the host installation standards and policies should policies conflict.

b. Responsibilities. Commanders and leaders are held responsible to ensure Soldiers present a neat appearance and conduct themselves professionally both on and off duty. All Soldiers will live the Soldier's Creed, the Warrior Ethos, the Army Values, take pride in their appearance, and conduct themselves properly at all times. All Soldiers will read and carry this pamphlet during garrison duty and enforce the enclosed 10th Mountain Division standards.

2. Class C Uniform Wear Standards

Class C uniforms consists of combat, utility, field, garrison culinary, physical fitness, and other organizational uniforms. Utility uniforms are designed to fit loosely. Alterations to make them form fitting are not authorized. Keep uniforms free of holes and tears and keep all pockets properly closed. Soldiers will not place their hands in pockets except to momentarily retrieve items.

a. Utility Uniform Wear (Class C).

(1) **May be worn** off post **during duty hours** at the discretion of the Soldier. Uniforms will be clean, serviceable, and worn IAW AR 670-1. Utility uniforms may be worn when consuming alcohol on post at unit functions or gatherings with the prior approval of their Battalion Commander IAW Fort Drum Regulation 215-1.

(2) Short stops (8-10 minutes) while in duty uniform after duty hours is authorized (i.e. to fuel your vehicle or for a five minute quick stop to pick up essential of food or other sundries).

(3) The utility uniform is **unauthorized** for wear off post **after duty hours** unless at an official function where the uniform is deemed appropriate attire.

(4) Wear is prohibited in establishments that primarily sell alcohol off post.

(5) The utility uniform is not considered appropriate for social or official functions off the installation such as memorial services, funerals, weddings or inaugural ceremonies.

(6) The combination of civilian and military clothing is prohibited unless prescribed in the AR 670-1.

b. Combat Uniform (CU). The CU is designed to be worn under the body armor. Company-level commanders may authorize Soldiers to roll the sleeves on the Operational Camouflage Pattern (OCP). The sleeves on the Army Aircrew Combat Uniform (A2CU) will not be rolled under any circumstances. Soldiers will wear, at a minimum, U.S. Army and name tapes, rank, U.S. flag, and the unit shoulder sleeve insignia.

c. Headgear. Soldiers in uniform will wear appropriate headgear when outdoors, except when it interferes with safety.

(1) **Beret.** The black beret will be worn in the Army Service Uniform (ASU) and usually worn as the primary headgear for ceremonies.

(2) Micro-fleece Cap.

(a) Soldiers are authorized to wear the micro- fleece cap as the primary headgear when temperatures reach **32° F and below** or when designated by the Chain of Command.

(b) The commercially procured embroidered 10th Mountain Division black fleece cap is authorized for wear in the winter duty uniform, **Physical Fitness Uniform**, and civilian clothes while at home station. It will be worn with the embroidered 10th Mountain Division patch over each ear. Soldiers are not required to have the cap, but are authorized to purchase it at the individual SM's expense.

d. Cavalry Stetsons and Spurs. Stetsons and spurs are authorized for wear at Cavalry formations and functions at the Platoon, Troop, and Squadron level when authorized by the Troop or Squadron commander. They are generally not authorized for wear at Brigade and Division- level formations or functions (i.e., change of command, memorial ceremonies,

Mountain Salutes, etc...) unless specifically requested by the Squadron commander and approved by the Brigade/Division CSM and confined to the Squadron area or the location of the Cavalry function. Stetsons and spurs will be serviceable, clean, and worn in a manner consistent with the U.S. Cavalry traditions with CU, ASU, or dress uniforms.

e. Reflective Safety Belt. Reflective Safety Belts are PPE. Leaders will determine the appropriate PPE for every situation. The reflective belt will be worn diagonally from the wearer's **RIGHT** shoulder to **LEFT** hip in winter uniform.

f. Neck Gaiter. The brown neck gaiter is authorized with the CU, IPFU, and tactical uniforms when temperatures reach **32° F and below** or when designated by the Chain of Command. It may be worn as a neck warmer, hood, balaclava/mask, and must be removed when indoors.

g. Instructor T-shirt (BLC/LFS Instructors). The instructor t-shirt is authorized for BLC instructors, LFS instructors, and MWR fitness center attendants. Instructor t-shirts will be worn in the academy/teaching or gym area only and on/off the installation while conducting daily assigned duties.

h. Facial Hair. Males will keep their face clean-shaven when in uniform, or in civilian clothes on duty. Although discouraged, mustaches are authorized and will be kept neatly trimmed, tapered, and tidy. They will not present a chopped off or bushy appearance. 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, and beards are not authorized. If the appropriate medical authority allows beard growth, the maximum length authorized for medical treatment must be specific. Soldiers will keep the growth trimmed to the level specified by the appropriate medical authority, but are authorized to shape the hair growth.

i. Haircuts. Soldiers will have a professional military haircut at all times. The hair on top of the head must be neatly groomed. The length and bulk of the hair may not be excessive, must present a neat and conservative appearance, and present a tapered appearance.

3. Cold Weather

Commanders and leaders will use the Fort Drum wind chill chart to reduce the risk of cold weather injuries (see appendix C) to prescribe the appropriate uniform and adjust as necessary when conditions change.

Approved cold weather garments.

a. Extended Cold Weather Clothing System (ECWCS). Approved outer garments may be worn with or in lieu of the CU as indicated by weather conditions or as directed by the chain of command (See appendix D) and **will** have US Army nametape, last name tape, rank, organizational SSI and US Flag Insignia attached and displayed on hook and loop fasteners as provided. Soldiers will not alter the appearance of these garments.

b. Cold Weather Boots. **Gortex boots (temperate or intermediate) will be worn during winter months (1 November-31 March) when risk of cold weather injuries exists.** Extreme cold weather vapor barrier (VB) boots will be worn as directed by the chain of command.

c. Skin Camouflage. Wear is a tactical conditions-based decision determined by a Squad Leader or above based on tactical requirements. **Facial camouflage will not be worn when ambient or wind chill temperature drops below 32 Degrees Fahrenheit.**

4. Tactical Uniform

Commanders may establish more prescriptive uniform SOPs as long as they adhere to the enduring principles and minimum standards below.

a. Advanced/Enhanced Combat Helmet (ACH/ECH). Complete with camouflage cover, pad suspension system, retention system (chinstrap) fastened at all times, camouflage band, and NVG mount **if issued**. Soldier's last name in block letters will be centered on the front of the camouflage band (**offset over left eye with NVG mount**). Soldiers are not required to have

rank attached to camouflage cover beneath the NVG mount.

b. Ballistic Protection. Our organizing principle is “Train as You’ll Fight.” Many training events do not require ballistic protection (land navigation, foot marches, etc...) directed by the Commander’s determination of risk for the level of ballistic protection.

5. Improved Physical Fitness Uniform (IPFU)

The first line leader (FLL) may adjust the uniform based on Soldier comfort and weather conditions. Leaders will use the Mountain Portal weather updates to assess the risk of cold weather injuries.

a. Pregnancy IPFU. Pregnant Soldiers will wear the IPFU until such time that it becomes too small or uncomfortable with the T-shirt outside the trunks. Commanders will not 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. Pregnant Soldiers will attend PT daily at the Division Pregnancy and Post-Partum PT session.

b. Conditioning Foot March PT. The IPFU with combat boots, fighting load and/or rucksack may be worn as a Conditioning Foot March uniform. Boots will be worn with green, black, or brown issued socks. Commanders will designate the packing list based upon road march progression.

c. Unit T-shirts. Battalion Commanders may authorize a distinctive unit t-shirt for wear with the IPFU.

(1) Authorized for units no smaller than Company, Troop, Battery, or separate Detachment.

(2) Must be the same color at Battalion level with the same logo on the front. Company logos are authorized on the back of Battalion t-shirts. However, logos must be in good taste with no profanity, nudity, or gross images.

(3) Soldiers will not be required to purchase a unit t-shirt.

d. IPFU Wear. The IPFU is authorized for wear to, from, and during physical training only. Soldiers are authorized to make short stops while wearing the IPFU (**i.e. shoppette or gas station**). **The IPFU is not authorized for wear in establishments such as the Post Exchange (PX), Commissary, the Mall, or other local shopping areas off post.**

e. Electronic devices. Soldiers may use headphones, including wireless or non-wireless devices and earpieces, in uniform while performing individual physical training in indoor gyms or fitness centers.

6. Physical Training (PT)

a. PT hours and reverse cycle exemptions. PT will occur from 0630-0800 for all Soldiers not on authorized duty. PT prior to 0630 is permitted with Battalion Commander approval, written risk assessment, and route plan provided to the DES/MP Desk (if road movement is required). There will be no planned meetings, administrative, dental appointments, in-processing activities, etc., prior to 0900 IOT facilitate proper hygiene and nutrition. All Mountain warriors will execute a workout-specific dynamic warm up, and will include no less than 20 minutes of stretching. Soldiers will conduct no less than 120 minutes of aerobic PT a week to include those in the unbreakable warrior program. Unit leaders will brief Soldiers exact workout plans no later than each Friday for the following week. New Soldiers must be on-ramped progressively to achieve the superior level of physical fitness of the remainder of the unit. PT will be led by experts. Leading PT, like all training, will not serve as a method to provide “leadership opportunities” for those preparing to attend schools. Commanders will ensure that those leading PT in their formations possess the expert knowledge and competence to regress and progress all team members according to their ability.

3x categories of 0630-0800 exemptions:

(1) Medical/Dental: All authorized Soldiers working in Guthrie Clinic, Conner Troop

Medical Clinic, Bowe Troop Medical Clinic, Stone Dental Clinic, or Marshal Dental Clinic from 0630-0800.

(2) DFAC: Soldiers working in preparation for breakfast, but must conduct 90 minutes of PT with their shift and leaders 5 times a week.

(3) Training: Soldiers executing approved METL training IAW their UTP. Ammunition draws and training preparation should be scheduled for after PT when able.

b. Mountain Athlete Warrior (MAW). Each unit will have a minimum of one MAW qualified instructor or equivalent per Platoon. Mountain warriors will establish PT goals evaluated quarterly. The Division PT goals are running 4 miles in 32 minutes, 12 mile foot movement under a 35 pound load (Quarterly), 270 on the standard APFT, and 500 on the ACFT.

c. Gasoline Alley (Oneida/Ontario) Crossing. 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.

7. 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. MAW qualified personnel 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 to calculate body composition and develop a tailored nutrition plan.

8. Off-Duty Appearance

Soldiers will maintain high standards of appearance in civilian attire to avoid public embarrassment and to promote a sense of community. While off-duty, Soldiers, family members, and civilians may dress casually and comfortably. However, there are legal, moral, safety, and sanitary criteria that require dress codes for Fort Drum's service facilities. Soldiers and their guests must comply with the established dress codes for all facilities on Fort Drum.

a. Clothing. Pajamas and clothing with obscene, slanderous, vulgar words/drawings, or clothing that makes disparaging comments concerning the U.S. Government are not authorized.

b. Foot Wear. Bare feet, except where footwear is not appropriate, such as swimming pools, are not authorized. Sandals or shoes without socks or stockings are authorized.

9. Conduct

You are expected to carry out your duties and to conduct yourself properly on and off-duty by living the Army Values, the Soldier's Creed, and representing the 10th Mountain Division.

(i.e., PX, commissary, CDC, mall, movie theater, etc...). Profanity and inappropriate language is prohibited in the PX, commissary, CDC, mall, movie theater, etc. locations.

a. Loud 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 or another vehicle's horn. Playing a radio, CD player, stereo, or any sound system too loud, in a vehicle, walking on the street, in the barracks, or in housing is prohibited, **30 feet away (25 feet away at Fort Polk) or heard**. Fort Drum quiet hours are between 2100-0800.

b. Traffic Regulations. You must have a valid driver's license, registration, and insurance to operate a motor vehicle. Violations could result in your driving privileges being suspended for 5 years on all military installations.

(1) Speed Limits. Vehicular traffic will slow to 10 MPH when passing Soldiers during PT or anytime when passing Soldiers in formation (three or more). Speed limits are strictly enforced and offenders will be ticketed.

(2) Restraining devices (lap belts and shoulder belts when so equipped), are mandatory.

Children under the age of eight must be in a "specifically designed detachable or removable seat" which meets the current New York State Motor Vehicle safety standards that meets the child's size and weight recommended by the manufacturer.

Troop Straps will be utilized while transporting Soldiers in tactical vehicles. All Soldiers riding in the back of a tactical vehicle will wear an ACH/ECH at all times. All government personnel (military and civilian) operating a motorcycle (MC) or moped on Fort Drum, Fort Polk, or any other government installation, must complete the Motorcycle Safety Foundation (MSF) Basic Rider Course (BRC) or DUSD(I&E) endorsed, state-approved, curriculum; Experienced Rider Course (ERC) or the MSF BRC-II; Military Sport Bike Course (MSRC) or MSF Advanced Rider Course (ARC); and MC refresher training (MRT) for Soldiers deployed for more than 180 days. Based on the MC owned or operated, Soldiers are required to complete the MC sustainment training within 5 years of completing an ERC/BRC-II or MSRC/ARC which consists of, at a minimum, retaking an ERC/BRC-II or MSRC/ARC. Rider and passenger must wear a Department of Transportation (DOT) approved helmet properly fastened under the chin, eye protection, full-fingered gloves, long trousers, long sleeved shirt or jacket and over-the-ankle shoes or boots while operating a MC, Moped or ATV. Bicyclists/Electric Scooter operators are required to wear an approved safety helmet and either a reflective belt or vest, be equipped with reflex reflectors and/or reflective tires, bell or other device capable of giving a signal audible for a distance of 100 feet, and must be equipped with a brake that will enable the operator to make the brake wheels skid on dry, level clean pavement of one-half hour after sunset to one-half hour before sunrise. Bikers will be equipped with a lamp on the front which will emit a white light visible during the hours of darkness from a distance of at least 500 feet to the front and with a red light visible from the rear for at least 300 feet. Riding double is prohibited unless the passenger is under the age of five and is in an approved child seat. Riding double on an electric scooter is prohibited.

(3) Although authorized, it is highly discouraged to transport personnel in the rear of pick-up trucks with camper shells.

c. Drugs. Possession or use of drugs is a violation of the UCMJ, State, and local laws. Possession of any controlled non-prescription substance or use of prescription drugs intended for another person, and "Spice" is against the law. Spice is defined as a chemical augmented herbal substance marketed under a number of commercial names (including, but not limited to... "Spice", "Genie", "K2", "Spice Diamond", "Spice Gold", "Spice Silver", "Yucatan Fire", and/or "Zohai") for intended purpose of being ingested, smoked, inhaled, burnt in order to inhale the smoke thereby produced, or otherwise consumed. Soldiers will be subject to random urinalysis testing.

d. Alcohol Usage and Laws. Refer to Fort Drum Regulation 215-1. No one under 21 years of age may consume alcohol and those who purchase alcohol for those under 21 will be held responsible.

e. Firearms and Prohibited Items.

(1) Mandatory Registration of all privately owned firearms (any cartridge firing or muzzle loading rifle, shotgun, handgun pistol or revolver, pellet firing rifles or handgun with muzzle velocity of 600 FPS or higher and cross bows) maintained or used on post with the Provost Marshal Office. **You must license all handguns with the State of New York.** Until licensed, store all handguns in unit arms rooms or with registered off-post firearm dealers. **Storage or possession of privately owned firearms in troop billets/barracks/common areas is strictly prohibited!**

(2) The only authorized storage, transportation, usage or possession of privately owned firearms, weapons and ammunition, are below:

(a) In a unit arms room, family quarters, or bachelor Officer/Enlisted quarters.

(b) When engaged in sporting activities, such as hunting and target shooting, at locations authorized by the Garrison Commander.

(c) When transporting privately owned firearms, weapons, or ammunition between places of use, possession, or storage, as authorized by the unit or Garrison Commander.

(d) It is unlawful to transport, or cause to be transported, any loaded privately owned firearm on the installation.

(e) It is unlawful to possess military ammunition, including blank ammunition, except as authorized by the unit or Garrison Commander.

(f) It is unlawful to carry concealed or openly displayed about your person any bowie knife, dirk, dagger, slingshot, loaded cane, metallic knuckles, razor, shuriken, stun gun, pistol, gun, or other deadly weapon of like kind. This does not apply to an ordinary pocket knife carried in a closed position. "Ordinary pocket knife" means a small knife having a cutting edge of no more than three (3) inches in length, designed for carrying in a pocket or purse, which has its cutting edge and point entirely closed by its handle, and that may not be opened by a throwing, explosive, or spring action. This prohibition does not apply to the following persons:

- Persons carrying military, hunting or fishing knives, either fixed blade or folding, and being used in conjunction with authorized hunting, fishing, military training, or field exercises.
- Division personnel acting under orders requiring them to carry arms and weapons.
- Persons legally carrying a handgun, when not concealed, and being used in conjunction with authorized hunting or target shooting in authorized areas.

(g) It is unlawful to possess "blackjacks," "slappers," riot clubs, night sticks, lead or iron pipes, rubber or plastic hoses wrapped with tape or filled with sand, lead, buckshot, or any other material, or any similar devices, except when specifically authorized by the unit or Garrison Commander for duty, officials, or guards in performing police duties or guard duty.

(h) It is unlawful to use or possess nunchakus, stars, shurikens, or other martial arts related weapons outside training/exhibition areas unless authorized by the unit or Garrison Commander.

(i) It is unlawful to conceal on the person or within his/her immediate reach razors, ice picks, screwdrivers, or similar devices and tools to use as weapons.

(j) It is unlawful to use or possess pyrotechnics, grenades (including smoke), or other explosive of any type except when authorized by the unit or Garrison Commander for use in conjunction with approved military training.

(k) It is unlawful to use or possess mace or any other commercial or homemade device designed to disperse a chemical agent for the primary purpose of incapacitating another, except when authorized in writing from the commander of the Company, Troop, or Battery to which they are assigned.

(l) It is unlawful to possess bolt cutters, crowbars, wrecking bars, or tools, which could be used to gain entry into a secured area, room, or wall locker except for those items which would normally be used in individual maintenance of an automobile or motorcycle and are secured in a POV/motorcycle, family quarters, or bachelor Officer/ Enlisted quarters.

(m) The use of BB/pellet rifles, BB/pellet pistols, slingshots, spear guns, or other missile throwing devices, except at locations specifically designated by the Garrison Commander for authorized hunting or proficiency training is prohibited on Fort Drum and Fort Polk.

(n) Willful violation of the above items is punishable under the UCMJ and applicable civil laws if violation occurred off the installation.

f. Official Travel. When traveling for government purposes, personnel will present a neat and orderly appearance. Personnel will wear a collared or professional shirt, slacks or clean jeans with no holes or rips, and closed-toed shoes.

10. Military Courtesy

Various forms of courtesy have become military customs and traditions. It is important to render a proper hand salute and greeting of the day. **Our adherence to these courtesies demonstrates our discipline.**

a. Saluting. The exchange of a salute is one of the oldest traditions in the military and a

visible sign of good discipline and mutual respect.

1. **Saluting Senior Officers.** Salutes and salutations (greetings) are rendered by enlisted personnel to officers/warrant officers and by junior officers/warrant officers to seniors. All Soldiers/subordinates render the salute unless it would be impractical (e.g., arms full of packages). All subordinates initiate the verbal greeting and hand salute with the unit motto... "Climb to Glory" followed by "Sir" or "Ma'am" as appropriate. The superior in return greets the subordinate with a return hand salute and the unit motto... "To the Top!" Greetings should be rendered when you recognize the officer/warrant officer regardless if you or the officer/warrant officer is in uniform or civilian clothes.

2. **In the Field.** Saluting is mandatory during training exercises following the same rules as in garrison.

3. **Greetings** are rendered by enlisted personnel to Non-Commissioned Officers. All Soldiers exchange verbal greetings, the unit motto or "Climb to Glory" followed by rank ("Sergeant Major, Sergeant" as appropriate). The return greeting is the unit motto or "To the Top!" Greetings should be rendered when you recognize the NCO regardless if you or the NCO is in uniform or civilian clothes.

11. Single Soldier Barracks Policy

The Army's core values are respect for the dignity of each Soldier and the ability to live and work together as a team. The Barracks Policy fosters these core values by allowing each Soldier 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. Refer to Fort Drum Installation Policy Letter 16, Single Enlisted Soldier's Living Standards for Barracks.

a. **Visitation.** Daytime visitation ("school night rule"). Soldiers may have visitors of either sex in their barracks rooms from 1700 to 2400 on a duty day and from 0800 to 2400 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 2400.

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). See the Barracks Policy for additional information on Overnight Visitation Procedures.

c. **Quiet Hours.** Quiet hours are from 2200 to 0500 hours. 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 CoC.

d. **Alcohol.** Soldiers who are 21 and over, may possess alcohol in the barracks up to, but NO more than, one 12 pack (144 oz) of beer, or two bottles (750 ml each) of wine, or one (750 ml) bottle of liquor per Soldier at any time. No alcoholic beverages will exceed 75% alcohol content (150 proof). AS PROHIBITED BY LAW, Soldiers under the age of 21 will not consume or possess any alcohol. Both the supplies of the alcohol and the under-age drinker(s) will be held accountable for their illegal acts. Unit leaders will ensure that Soldiers under the age of 21 have their barracks door identification tags clearly marked indication "Under 21".

12. Assistance Organizations

If you have a problem, any problem you cannot resolve, do not keep it to yourself. There are many people who are interested in helping you and your family. The first person you should contact is your immediate supervisor. He or she is very interested in helping you and is

available 24 hours a day. Use your chain of command.

1. Army Community Services (ACS). ACS is ready to provide information, assistance, and guidance on varied subjects such as financial planning, food stamps/Women Infants and Children (WIC) eligibility, relocation, Exceptional Family Member Assistance(EFMP)/advocacy, domestic violence prevention, stress and anger management, parenting, speaking and writing English, and completing a high school education. ACS also maintains a loan closet for newly arrived Soldiers and family members awaiting household goods, and provides baby bundles for newborn infants of junior enlisted Soldiers. Army Emergency Relief (AER) is also located with ACS.

2. Legal Assistance. The mission of the legal assistance program is to assist those eligible for legal assistance with their personal legal affairs in a timely and professional manner by (1) meeting their needs for information on personal legal matters; and (2) resolving their personal legal problems whenever possible, free legal advice regarding family law, estate planning, real property, economic issues, civilian and military administrative law, torts, taxes, and civilian criminal matters is available to Soldiers, retirees, and family members. The office also provides free powers of attorney and notarial services. The office cannot assist you with military justice matters, private business activities, litigation against the United States, and employment matters. The Fort Drum Legal Assistance Office is located in room A2-68, Clark Hall. Powers of attorney and notarizations are available on a walk-in basis. All other matters are by appointment. The office is closed on federal holidays and DONSAs. Additional information is available by calling Fort Drum Legal Assistance help desk at 315-772-5261, or the Fort Polk Legal Assistance help desk at 337-531-2580.

3. Fort Drum Claims Office. Located at 174 First Street East at the Office of the Staff Judge Advocate. The mission of the claims office is to process claims made against the United States Army for torts in which the Army is involved. Soldiers needing assistance with Household Goods Claims should contact the Fort Knox Claims Office at 502-626-3000. The Fort Knox Claims office is the sole office within the Army which deals with household goods claims. The main number for the Fort Drum Claims office is 315-774-6569, and its hours of operation are Monday- Friday, 0900-1700.

4. American Red Cross. Located on Fort Drum in Clark Hall; the phone number is 315- 772- 6561. Located on Fort Polk in building 3504; the phone number is 337-351-2041. Emergency services are available 24 hours a day, 7 days a week. The Red Cross provides military personnel and their Family members with counseling, emergency notifications and financial assistance due to an emergency.

5. Chaplain. Your unit chaplain is always available to you for confidential spiritual or family counseling. A duty chaplain is on call at all times. Call MOC at 315-772-8620 or Garrison SDO at 315-772- 5647 to contact Staff Duty Chaplain during off-duty hours, on Fort Drum. The duty chaplain at Fort Polk can be reached at 337-208-2868 24 hours a day.

6. Education Center. The Fort Drum Education Center (phone 315-772-6878) is located in building P-4300. The Fort Polk Education Division (phone 337-531-7815/5517) is located in building 660. The mission of the Education Center is to support the Army Continuing Education System by building professionalism, encouraging self-improvement, and serving each individual at his/her academic level of need. Some programs are the goArmyU program and functional aptitude skills training. Contact your unit leadership for further questions.

7. Behavioral Health Services. Behavioral Health is located in building P36. The Fort Drum Behavioral Health Department in conjunction with the Fort Drum/Samaritan Behavioral Health Clinic provides comprehensive mental health services, i.e., psychiatry, psychology, social work service, and substance abuse/dependence services for all Active Duty Soldiers.

(1) After 9:00 PM: Samaritan Medical Center Emergency Department 315-785-4100.

(2) Fort Drum 24 Hours Crisis line: 315-785-4516.

(3) On Fort Polk Behavior Health Service can be reached at 1-877-298-3514 during duty hours and through the Bayne-Jones Army Community Hospital 24/7 Emergency Service Center

after duty hours at 1-877-272-7337.

(4) National Suicide Prevention Hotline: 1-800-273-8255.

(5) 24/7 help source: www.armyonesource.com or 1-800-342-9647 for help anytime/anywhere.

13. Inspector General (IG) Assistance

8. The IG advises the Commanding General, 10th Mountain Division (LI) and Fort Drum on the state of discipline, economy, efficiency, moral and readiness of assigned and attached units and activities. The IG focuses on issues that impact readiness and war fighting capability through the functions of assistance, inspections, investigations, and teaching/training.

9. It is every Soldier's right to seek the advice of the (IG) concerning requests for assistance, complaints, or grievances that have not been resolved by the chain of command. The Division IG at Fort Drum is located in BLDG. 10011, phone 315-772-5492. The IG office at Fort Polk is located in BLDG 1943, phone 337-531-2100.

10. Remember, you must first have permission to be absent from your place of duty if you choose to visit the Division IG during duty hours.

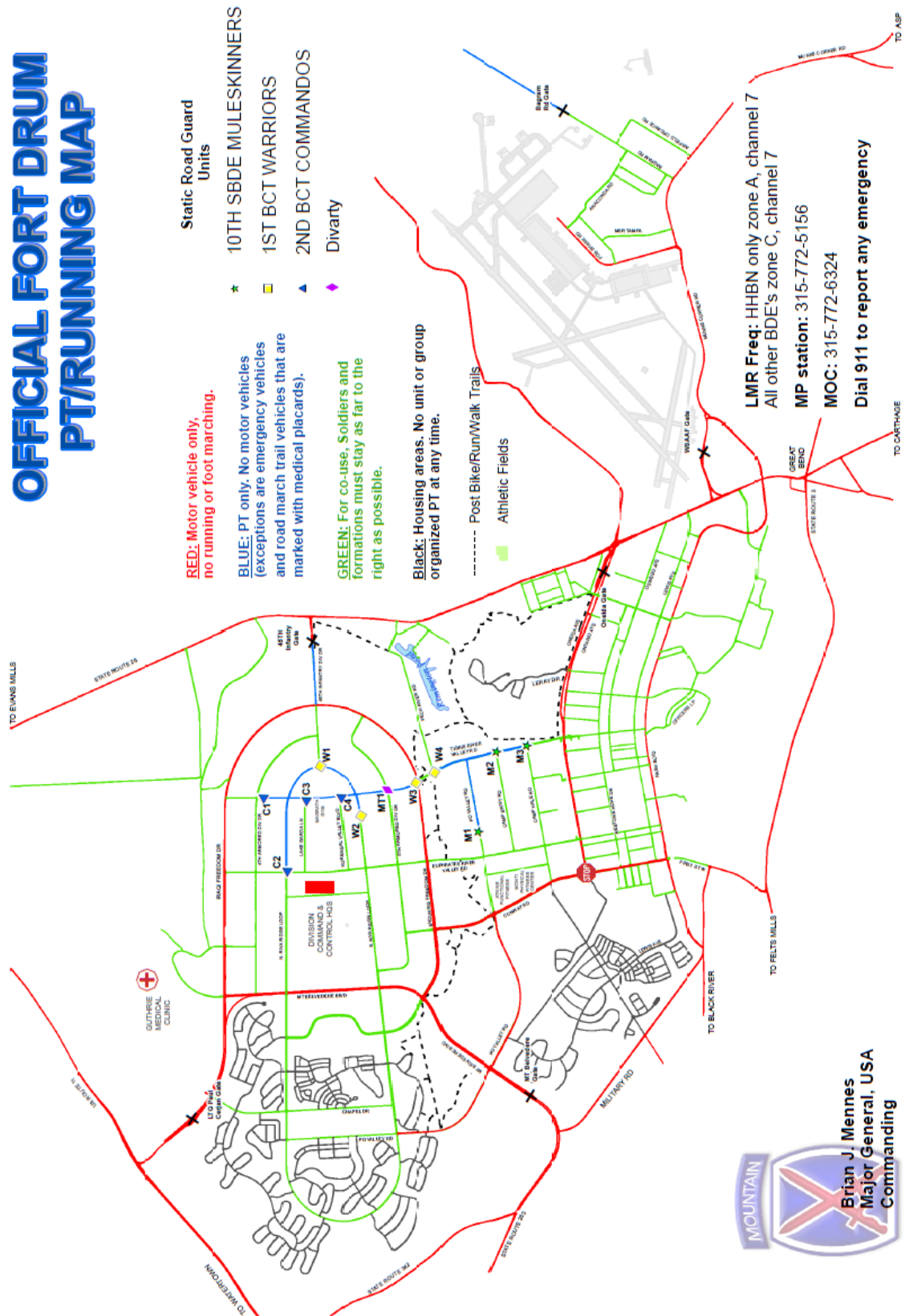
11. You are encouraged to use your chain of command first. More often than not, they can and will resolve any matter that concerns you.

14. 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 down to Company/Troop/Battery/Detachment commanders within the Division have an open door policy. Commanders are available to their Soldiers at all times. All Soldiers are free to use open door policy at any level after first notifying their chain of command of their intent to seek open door policy. They do not have to state the reason for seeking to use the open door policy. Soldiers can also use the CG's Hotline. The CG's Hotline is for Soldiers, family members or civilians who feel that they have exhausted their chain-of-command options and resources to solve problems and issue. Fort Drum offers a 24-hour hot-line, phone 315-772-6666. At both Fort Drum and Fort Polk, the Commanding Generals ask that all enlisted open door policy issues be directed to their Command Sergeants Major first.

15. Climb to Glory. No matter what, keep moving. We will all meet at the Top! We are honored to have you in the 10th Mountain Division (LI). Serve the nation proudly and honorably. Conscientiously apply yourself to your mission, follow these standards, live the Army Values and Soldiers' Creed and you will find the 10th Mountain Division (LI) and Fort Drum a great place to Soldier. Climb to Glory!

Appendix A (Official Fort Drum PT/Running Maps)



Appendix B (Fort Drum Contacts (Area code 315))

Boss Center	772-7807
CG Hotline	772-6666
Chaplain	772-5591
CIF	772-3455
Dental (Marshall)	772-8891
Dental (Stone)	772-5576
Education Center	772-6878
Equal Opportunity	772-9226
Exceptional Family Member Program	772-4653/4620
Finance	772-5529/7794
Fire Nonemergency	772-6060
ID Cards and DEERS	772-5149
IG	772-5492
JAG	772-3067
Legal Assistance	772-5261
Magrath Gym	772-9670
Monti Gym	772-4936
Military Police	772-5156
Outdoor Recreation	772-8222
Clark Hall In-processing	772-0479/0423
Safety Office	772-5352
Tricare Service Center	877-874-2273
WIC	315-782-9222
WTB	772-0416
Housing Services Officer	772-9397
Post Operator	772-6011
National Suicide Prevention Hotline	1-800-273-8255
Fort Drum 24 Hours Crisis line	315-785-4516
Fort Drum Information Hotline	772-DRUM(3786)
Installation SHARP Hotline	315-767-6128
DoD Safe Helpline	877-995-5247
Mountain Community Homes	315-955-6644
Unaccompanied Housing Branch	772-6668

Appendix B (Fort Polk Contacts (Area code 337))

Boss	531-1948
CG Hotline	772-6666
Chaplain	208-2868
CIF	531-7510
Dental	531-4854
Education Center	531-1537
Exceptional Family Member Program	531-2840
Finance	531-8648
Fire Nonemergency	531-2911
ID Cards and DEERS	531-1891
IG	531-2100
JAG	531-0236
Legal Assistance	531-2580
Wheelock Fitness Center	531-6795
Military Police	531-0705
MWR	531-1951
Provost Marshall	531-0705
Safety Office	531-4329
Tricare	800-874-2273
WIC	238-6410
Post Operator	531-2911
National Suicide Prevention Hotline	1-800-273-8255
Bayne-Jones Army Community Hospital	531-3118
National Suicide Prevention Hotline	1-800-273-8255

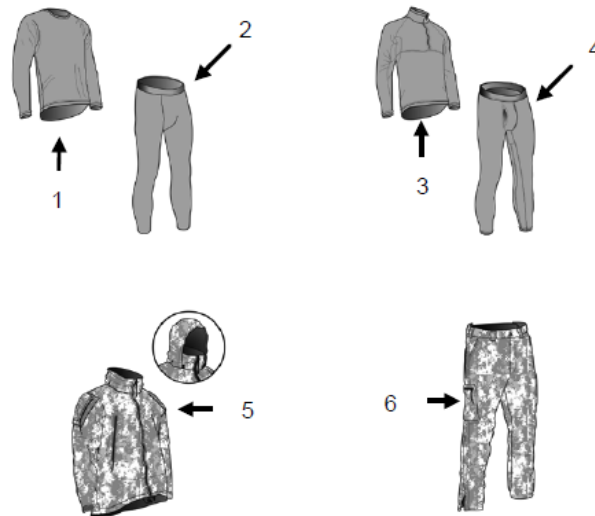
Appendix C (Leader Wind Chill Chart)

Cooling power of wind expressed as an equivalent chill temperature (under calm conditions)												
ESTIMATED WIND SPEED (IN MPH)	ACTUAL THERMOMETER READING (F)											
	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60
Calm 5 10 15 20 25 30 35 40	EQUIVALENT TEMPERATURES (F)											
	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60
	48	37	27	16	6	-5	-15	-26	-36	-47	-57	-68
	40	28	16	4	-9	-24	-33	-46	-58	-70	-83	-95
	36	22	9	-5	-18	-32	-45	-58	-72	-85	-99	-112
	32	18	4	-10	-25	-39	-53	-67	-82	-96	-110	-124
	30	16	0	-15	-29	-44	-59	-74	-88	-104	-118	-133
	28	13	-2	-18	-33	-48	-63	-79	-94	-109	-125	-140
	27	11	-4	-21	-35	-51	-67	-82	-98	-113	-129	-145
	26	10	-6	-21	-37	-53	-69	-85	-100	-116	-132	-148
Winds greater than 40 MPH have little additional effect.	LITTLE DANGER (for properly clothed person) Maximum danger of false sense of security.			INCREASING DANGER Danger from freezing of exposed flesh.				GREAT DANGER				
	Trench foot and immersion foot may occur at any point on this chart.											

Appendix D (10th Mountain Division (LI) ECWCS)



Figure 1. Active, Cold: 0° to 30°F.



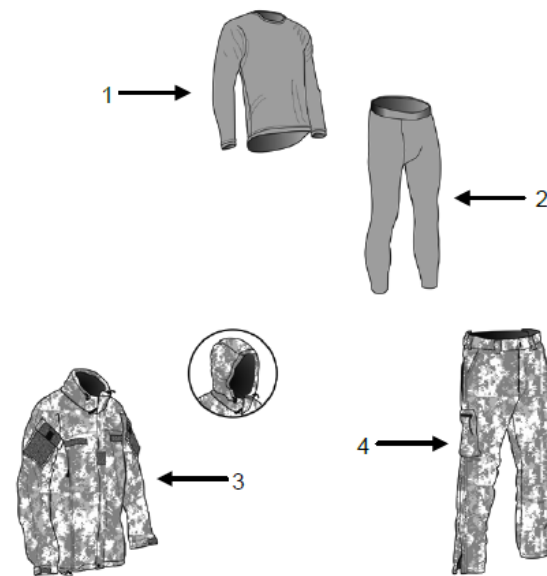
LEGEND

Items to be Worn at this Temperature (Cold 0° to 30°F):

- 1-2 Light-Weight Cold Weather Undershirt and Drawers
- 3-4 Mid-Weight Cold Weather Shirt and Drawers
- 5-6 Soft Shell Jacket and Trousers



Figure 2. Active, Wet/Intermittent Wet: 40°F (±10°).



LEGEND

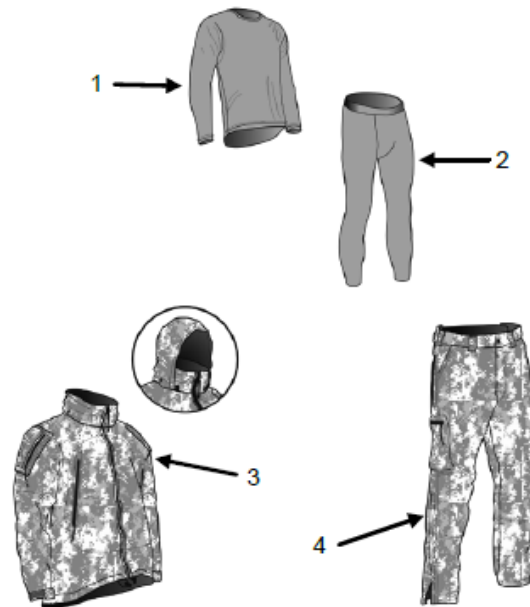
Items to be Worn at this Temperature (Wet/Intermittent Wet 40°F (±10°):

- 1-2 Light-Weight Cold Weather Undershirt and Drawers
- 3 Wind Cold Weather Jacket
- 4 Soft Shell Trousers

Appendix D (10th Mountain Division (LI) ECWCS)



Figure 3. Active, Cold/Wet: 35° to 45°F.



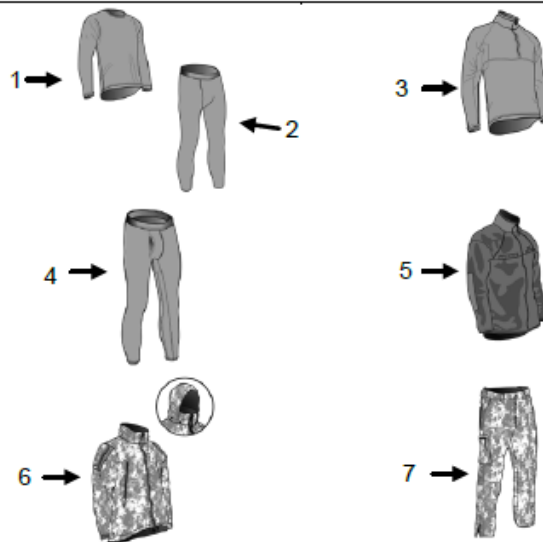
LEGEND

Items to be Worn at this Temperature (Cold/Wet 35° to 45°F):

- 1-2 Light-Weight Cold Weather Undershirt and Drawers
- 3-4 Soft Shell Jacket and Trousers



Figure 4. Active, Extreme Cold: -25° to 0°F.

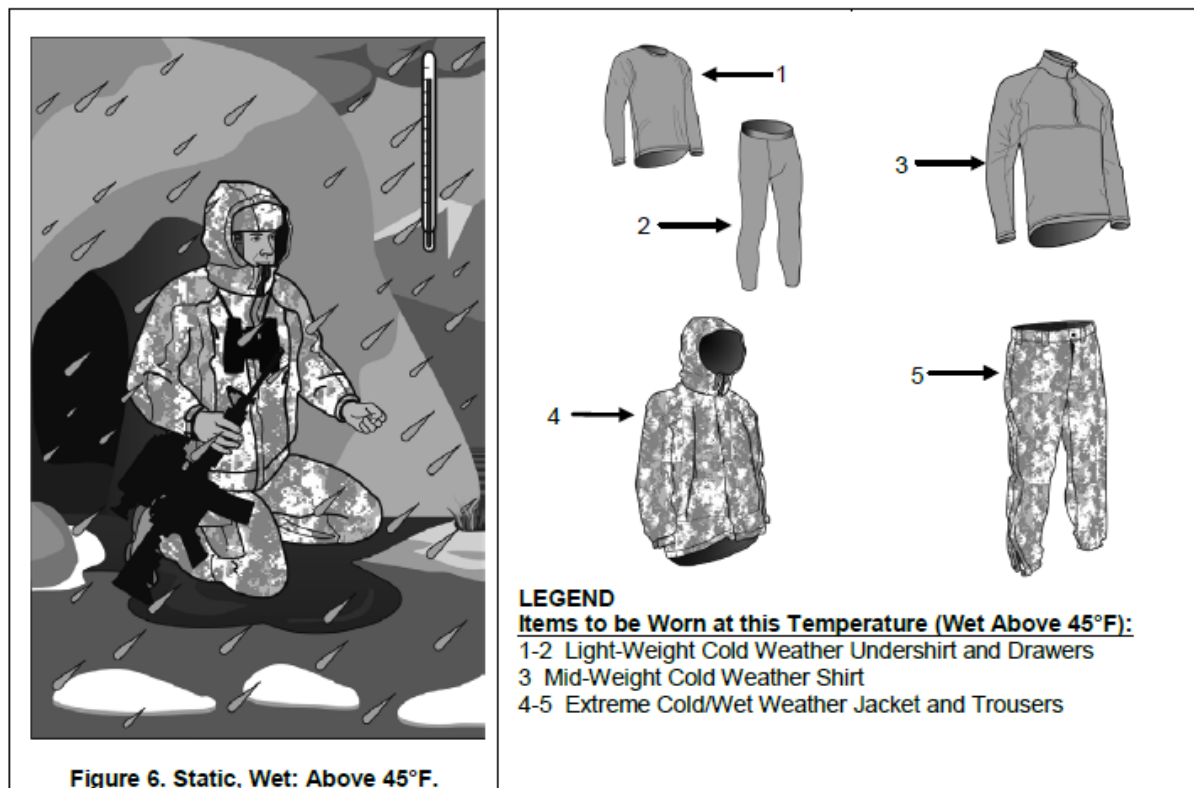
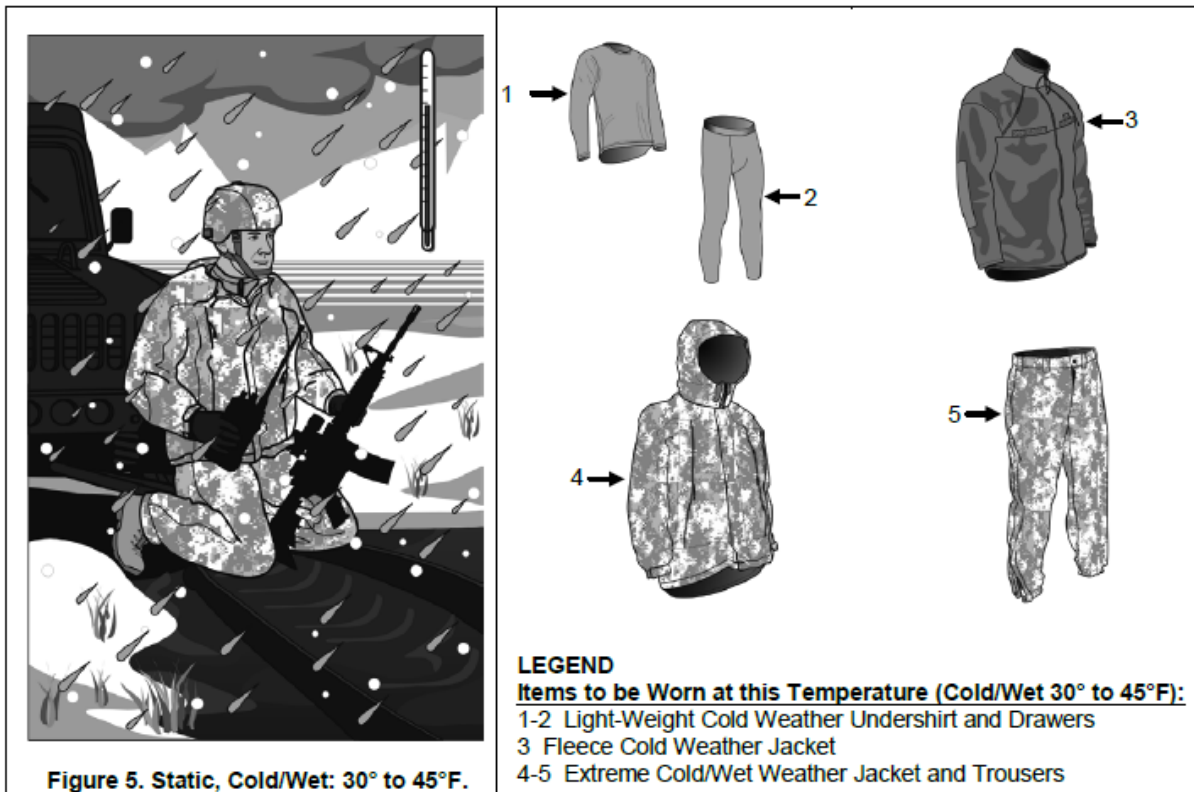


LEGEND

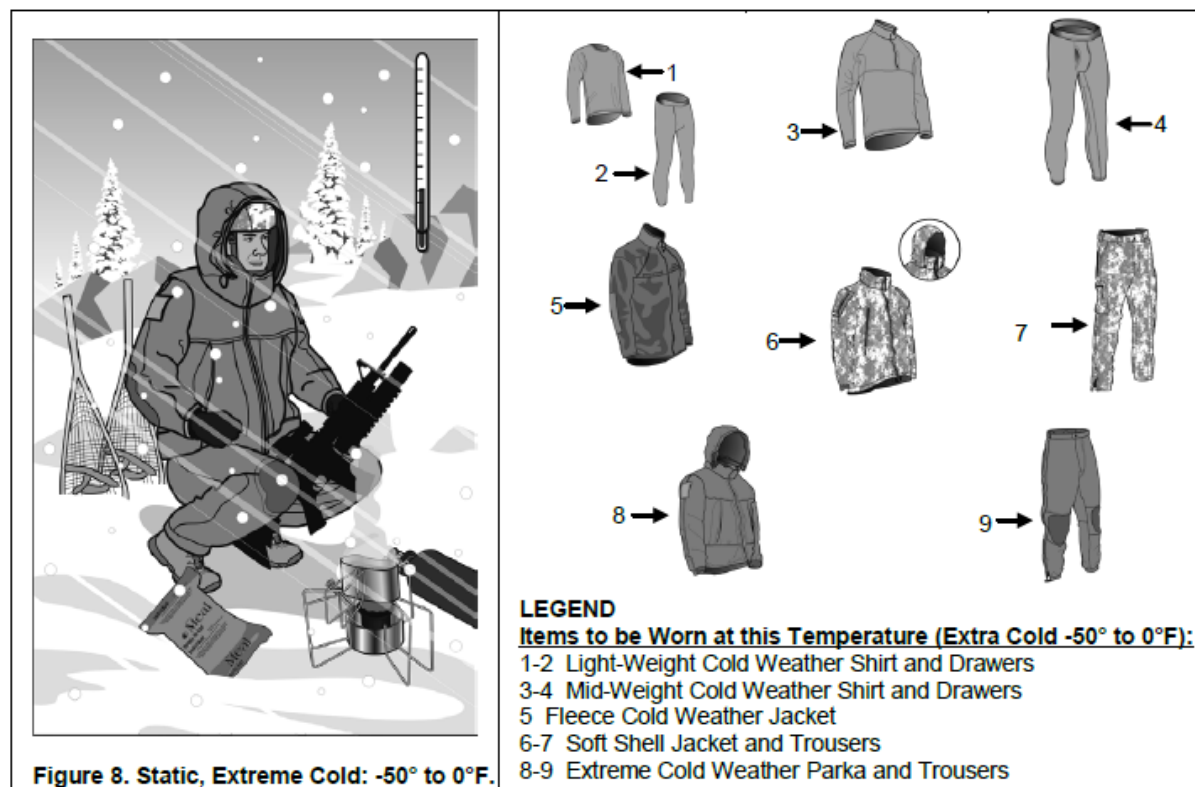
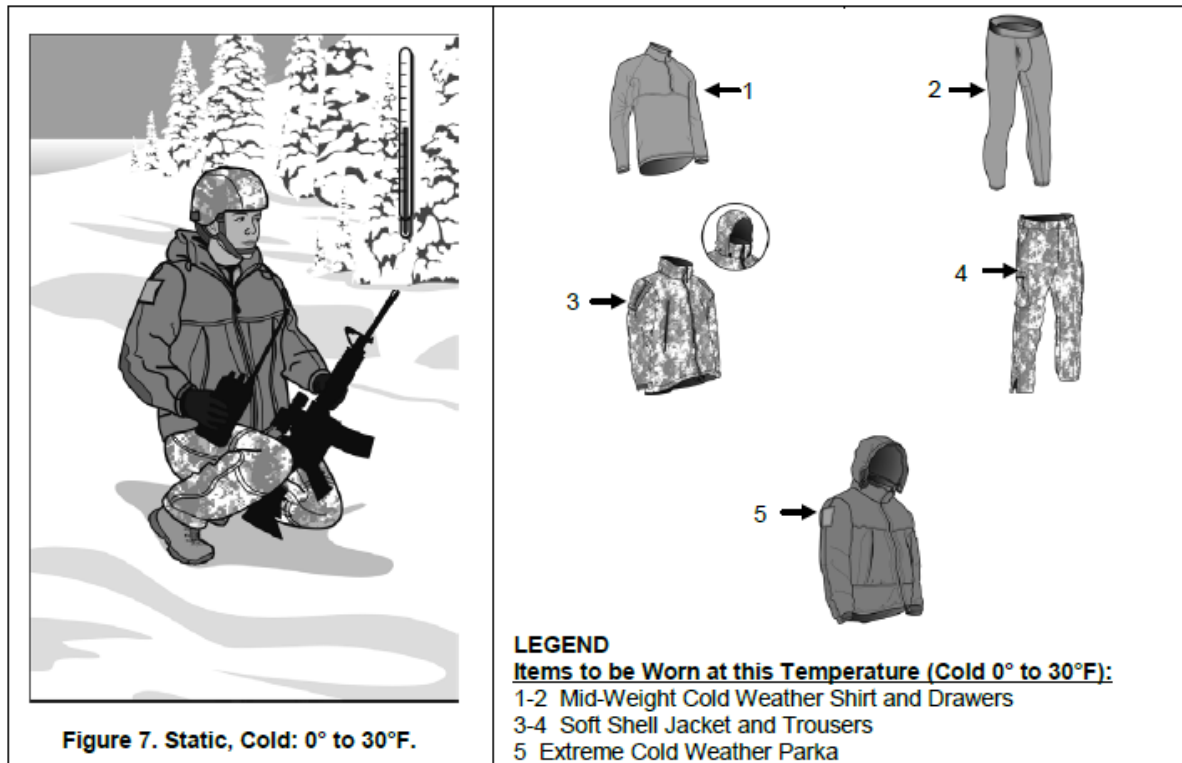
Items to be Worn at this Temperature (Extreme Cold -25° to 0°F)

- 1-2 Light-Weight Cold Weather Undershirt and Drawers
- 3-4 Mid-Weight Cold Weather Shirt and Drawers
- 5 Fleece Cold Weather Jacket
- 6-7 Soft Shell Jacket and Trousers













Appendix D (10th Mountain Division (LI) ECWCS)















Appendix D (10th Mountain Division (LI) ECWCS)



Application of the 7-Layer System in a Static environment

Static Mission	Temp (Degrees F)	Environmental Conditions		L1	L2	L3	OCP Pant	L4	L5	L6	L7
	>45	  WINDY	Dry/Moist	X			X	X			
		 WINDY 	Wet	X			X	X		X	
	30 to 45	  WINDY	Dry/Moist	X		X			X		
		 WINDY 	Wet	X		X			X	X	
	0 to 30	  WINDY	Dry/Moist		X	X			X		X
	-40 to 0	  WINDY	Dry/Moist	X	X	X			X		X

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

Active Mission	Temp (Degrees F)	Environmental Conditions		L1	L2	L3	OCP Pant	L4	L5	L6	L7
	>45	  WINDY	Dry/Moist	X			X	X			
		 WINDY 	Wet	X						X	
	30 to 45	  WINDY	Dry/Moist	X					X		
		 WINDY 	Wet	X						X	
	0 to 30	  WINDY	Dry/Moist	X And Or	X				X		
	-40 to 0	  WINDY	Dry/Moist	X And Or	X				X		As X Needed

Appendix E (The National Anthem, 10th Mountain Division (LI) Song, 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?*

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*

THE ARMY SONG (Sung to the tune of the original Field Artillery 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.*