I CORPS AND JOINT BASE LEWIS-MCCHORD
BLUE BOOK



VERSION 3.3
17 JULY 2026

Headquarters • Joint Base Lewis-McChord • Washington

SUMMARY of CHANGE

The Blue Book
Standards of I Corps and Joint Base Lewis McChord

This revision dated 06 January 2026 –

o Adds clarified duty day hours and formation time requirements (Part 1, Section 1 f., page 2).

o Clarifies shaving profile and religious accommodations requirements (Part 2, Section 1 a., page 3).

o Corrects link to Authorized Protective Eyewear List (APEL) (Part 2, Section 1 d., page 7).

o Clarifies “Conservative” with regard to civilian eyewear (Part 2, Section 1 d., page 7).

o Add restriction on pushing, rolling and cuffing sleeves in Class C uniform (Part 2, Section 2 a. & b., page 7).

o Clarifies Color SSI wear with restrictions to unit/event area (Part 2, Section 2 d., page 7).

o Adds clarifying guidance for the wear of the Arctic and Jungle Tabs. (Part 2, Section 2 e. & f., page 7).

o Adjusts guidance on beret to “may be” vs. “will be” worn for ceremonies and events (Part 2, Section 2 g., page 8).

o Prohibits Master Gunner Headgear in any version of the Army Uniform (Part 2, Section 2 g., page 8).

o Adds requirement for Sun Hat to have rank and name tape affixed like wearing the PC (Part 2, Section 2 g., page 8).

o Adds Protective Combat Uniform Wheel as a guide to wear the ECWCS (Part 2, Section 3 f., page 11).

o Restricts Fleece wear to below 50 degrees AND in the presence of rain or snow (Part 2, Section 3 f., page 11).

o Adds reflective belt requirements during limited visibility and during PRT 1 Oct-31 Mar (Part 2, Section 4 a., page 12).

o Allows the wear of ACUs in all JBLM Fitness Facilities and restricts APFU after 0900 (Part 2, Section 4 b., page 12).

o Adds 2/75 Ranger Regiment and 1st Special Forces Group APFU requirements (Part 2, Section 4 c. & d., page 12).

o Adds Foot March pacing requirements to ensure I Corps standards are met (Part 2, Section 4 f., page 14).

o Effective 1 April 2026, hooded-type sweatshirts (hoodies) are NOT authorized for wear during Physical Fitness as part of the APFU.

- Removes Hooded Sweatshirt authorization and adds 1/4 Zip collared shirts for APFU modification (Part 2, Section 4 g., page 14).

o Adds Physical Readiness Training Run routes (Part 2, Section 4, g. page 15).

o Adds serviceable flashlight requirement to Road Guard Duty uniform (Part 2, Section 4 h., page 15)

o Moves Child Development Center salute requirements (Part 3, Section 3 c., page 18).

o Provides clarifying details regarding quiet hours in Single Soldier Housing (Part 3, Section 4 c., page 18).

o Clarifies requirements to wear PPE while in Tactical Vehicles (Part 4, Section 1 b., page 20).

o Adds Courage Cares QR Code (Part 5, page 22).

o Adds important links (Part 6, page 23).

o Adds Appendix A – Smart Card for Grooming and Appearance Standards (Page 25)

o Adds Appendix B – Smart Card for General Corps Uniform Standards (Page 26)

o Updates all authorizations for wear of the beanie cap to 39 degrees regardless of windchill (multiple locations).

o Removes standards for Organizational Headgear (Stetson).

o Removes standards for Spurs.

By order of the
Commanding General

MATTHEW W. MCFARLANE
Lieutenant General, USA
Commanding

Official:

JONATHAN E. REFFEOR
CSM, USA
Command Sergeant Major

Summary. This pamphlet educates and informs uniformed service members of I Corps and Joint Base Lewis McChord of Corps and Installation policies.

Applicability. This book applies to all United States service members, Active, Reserve and National Guard assigned to I Corps and Joint Base Lewis McChord. All I Corps Soldiers that reside on other installations will comply with the host installation standards and policies should policies conflict.

Proponent and Exception Authority. The proponent is the Corps Command Sergeant Major. The exception Authority does not apply to this publication.

Distribution. This publication is distributed to all I Corps subordinate units and tenant units to Joint Base Lewis McChord.

TABLE OF CONTENTS

Commanding General Policy #1 _____ vii

Joint Base Lewis-McChord Standards Memo _____ x

PART ONE: General Guidance

1. General Guidance _____ 1
- a. Army Values
- b. Battle Buddy
- c. NCO Support Channel
- d. Daily Uniform
- e. Judgement
- f. Daily Formation / Pre-Combat Checks (PCC) / Pre-Combat Inspections (PCI)
- g. Leaders
- h. Open Door Policy
- i. Inspector General Access

PART TWO: Uniforms and Appearance

1. Personal Appearance Policies _____ 3
- a. Grooming
- b. Electronic Devices
- c. Hearing Protection
- d. Eyewear

2. Utility Uniforms _____ 7
- a. Flight Suit (A2CU)
- b. Combat Vehicle Crewman (CVC) Uniform
- c. Army Combat Shirt
- d. Colored Shoulder Sleeve Insignia
- e. Jungle Tab
- f. Arctic Tab
- g. Headgear
- h. Cadre T-shirts

3. Tactical Uniform _____ 9
- a. Personal Protective Equipment (PPE)
- b. Body Armor
- c. Ballistic Protection
- d. Combat Helmet
- e. Courage Uniform Configurations
- f. Extended Cold Weather Clothing System (ECWCS)

4. Physical Readiness Training _____ 12
- a. General
- b. Uniform
- c. 2/75 Ranger Regiment Uniform
- d. 1st Special Forces Group (Airborne)
- e. APFU Weather Conditions Guidance
- f. Foot March
- g. Unit T-Shirts and Sweatshirts
- h. PT Road Guard Uniform Requirements

5. On and Off-Duty Appearance _____ 16
- a. Civilian Clothing

b. Prohibited Clothing
c. Identification Card Requirements

PART THREE: Personal Conduct
1. Joint Base Lewis-McChord Conduct 17
a. Intra-Unit Intimate Relationships
b. Drugs
c. Smoking / Vaping / Dipping
d. Off-Duty Employment

2. Off Limits Establishments 17

3. Military Courtesy 17
a. Saluting / Greetings
b. Reveille, Retreat, and National Anthem
c. Child Development Centers

4. Single Soldier Housing 18
a. Daily Visitation
b. Overnight Visitation
c. Quiet Hours
d. Alcohol
e. Firearms

5. Command Housing Visitation 19
a. Command Visits
b. Visit Content

PART FOUR: Safety and Protecting the Force
1. Safety and Protecting the Force 20
a. Privately Owned Vehicles
b. Tactical Vehicles
c. Loud Noise
d. Motorcycle
e. Privately Owned Weapons

2. Online Conduct 20

3. Political Endorsements/Activities 21

PART FIVE: Important Numbers 22

PART SIX: Important Links & References 23

I CORPS March Lyrics 24

APPENDIX A - Grooming and Appearance Smart Card 25

APPENDIX B - Uniforms Smart Card 26

DEPARTMENT OF THE ARMY
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JOINT BASE LEWIS-MCCHORD, WA 98433-9500

AFZH-CG POLICY LETTER # 1 25 October 2024

MEMORANDUM FOR LEADERS OF FIRST CORPS AND JOINT BASE LEWIS MCCHORD

SUBJECT: Commander's Intent and Leadership Philosophy

1. Purpose. This is the Corps' primary policy letter. This Commander's Intent and Leadership Philosophy form the primary and enduring framework from which all other Corps and Installation policies and guidance flow. It provides the foundation for all training guidance and all other directives or policies for the Corps and Installation. In the absence of specific policy in a particular area, leaders can find guidance in this policy to enable them to act within my intent in any situation.

2. Overarching Policy Guidance.

a. First Corps is America's **Operational Corps for the Pacific** and JBLM is the home of critical Joint and Army units. When deterrence fails, we are ready to respond to crisis and prevail in conflict.

b. We are **One Team**- a team of teams across I Corps, JBLM, the Pacific Theater, and around the globe. I expect all leaders, units, and organizations to operate as such.

c. We are **transforming** to campaign effectively in competition and crisis, and if required, to dominate in conflict as the character of war and the environment evolves around us. If it is outdated or doesn't make sense, we don't do it.

d. Have a **bias for action**- I expect disciplined initiative and your professional military judgement instead of waiting for instructions or following orders that no longer fit the situation.

e. **Drive progress and avoid perfectionism**. There are no perfect organizations in our military, nor is there a perfect leader.

f. I will lead by applying a **"command and feedback"** approach to help me, the Corps, and JBLM drive progress. We are command centric organizations, and I will involve commanders in decisions impacting their organizations. I expect you to do the same.

3. Corps policy letters are intended to enable or simplify commanders' actions, empowering them to lead their organizations, manage resources, and enable their units' success.

4. The best part of serving our great Nation is serving with you. I am proud to serve alongside you and will have the COURAGE to be the leader we all want to be led by.

2 Encls
1. CDRS Intent and Enduring Priorities
2. Expectation of Every Service Member
DISTRIBUTION:
A, B, C, D, G

MATTHEW W. MCFARLANE
Lieutenant General, USA
Commanding

AFZH-CG
SUBJECT: Policy Statement #1- Commander's Intent and Leadership Philosophy

ENCLOSURE 1: Commander's Intent/Vision and Enduring Priorities

Commander's Intent:

America's First Corps is the Army's unit that campaigns to deter conflict, respond to crisis, and prevail in combat in the Pacific Theater. Units and leaders understand the Pacific environment, are masters of their profession, and are ready to prevail alongside any partner nation when called upon.

The Soldiers of First Corps- are lethal, fit, and resilient warriors who live by the Army values, exude discipline, and take initiative to complete the mission at hand.

The Leaders of First Corps- lead by example, are comfortable in complex situations, have a bias for action, are always learning about their profession while adapting to the threat and environment, and accept prudent risk while acting confidently in the absence of orders.

Joint Base Lewis McChord is the Pacific power projection platform for our Nation that prioritizes tough, realistic training, all aspects of readiness, rapid deployments and providing the quality of life our service members and their Families deserve.

My enduring priorities for the Corps and Installation Commander are:

1. Warfighting Readiness. **My #1 priority is the relentless pursuit of warfighting readiness** allowing I Corps to dominate in the Pacific- from Jungle to Arctic, and Archipelagic to contiguous, and to preserve readiness to generate, deploy and sustain units. All Soldiers, units, and organizations must be READY. Every leader must train their unit for war; our Army exists to deter conflict and fight and win our Nation's wars if deterrence fails. We care for our soldiers by preparing them for the rigors of combat.

2. Develop leaders to **strengthen the profession of arms.** Be the leaders we all want to be led by. Leaders who are comfortable in complex and ambiguous environments because they are competent in all domain warfare and drive tough, realistic training. Leaders who are trusted by their formations because they are masters of their profession, foster a positive command climate, and see themselves and their organizations. Leaders who continuously learn and share make their peers and units better.

3. Foster a **culture of transformation** across the Corps to dominate in the first battle of the next fight. We must transform predictively with the environment around us and the evolving character of war. We are Transforming in Contact so we do not have to do it in conflict. Transformation is more than technology. It is applying appropriate historical lessons to understand our adversaries' and our environment. It is ruthlessly prioritizing what we will do and identifying what we will not do. Finally, it is optimizing support to Service Members, civilians, and Families. We are humble enough to know that we don't have all the answers, and we empower our Soldiers to drive change in our formations.

4. We ensure **Quality of Life** where people live, work, train, maintain, deploy from and return home to – now and in the future. Providing top-tier Quality of Life to promote the health and well-being of service members, civilians, and Families, while increasing recruitment and retention by reducing stress and uncertainty. Improved Quality of Life increases readiness by ensuring safe, quality housing and childcare, providing effective health care, maximizing spouse employment and education opportunities, and building effective transition support processes.

AFZH-CG
SUBJECT: Policy Statement #1- Commander's Intent and Leadership Philosophy

ENCLOSURE 2: Commander's Expectation of Every Service Member

1. **Be READY-**

R: be **RESPECTFUL** of others (Live by the Golden Rule). Respect is automatically given to others.

E: be **EXPERTS** in your craft. Don't train until you get it right, train until you can't get it wrong.

A: be an **ATHLETE,** fit and confident to operate in the harsh Pacific environments under the stress of combat.

D: be **DISCIPLINED.** Know the standard, exemplify the standard, and enforce the standard.

Y: it's up to **YOU.** Be the example that motivates those around you, take initiative to make a difference, and be accountable for your actions.

2. We will train to meet and dominate the enemies of our Nation in any environment, at any time. The readiness we build today, and the resolve we carry into tomorrow, will be the greatest contribution of our lifetimes. We stand at a pivotal moment, where how we train, and lead will determine the future of our Army, our Nation, and the world.

3. From the freezing expanse of the Arctic to the unforgiving heat of the jungle, we thrive in the harshest and most dangerous terrains on earth. While we're focused on preparing now for the future, we cannot forget the lessons of the past, particularly from the Pacific Theater. The sacrifices of those who came before us serve as a guidepost. Their courage, tenacity, and innovation must be studied, understood, and applied to ensure our Soldiers not only survive but prevail.

4. As Leaders in America's First Corps, we will build agile and lethal warfighting formations rooted in doctrine, but capable of transformative change to adapt to any battlefield. Our Soldiers are smart, aggressive, and adaptable; and we will place extreme trust in them to execute the mission. While this trust is earned, the respect we give to all members of our I Corps team is automatic.

5. This policy is not just a directive – it's a charge to each of you. Lead with boldness, train with relentless focus, and inspire those around you. Together, we will shape the future of warfare and leave a legacy of greatness.

6. This policy applies to all units, military organizations, and institutions subordinate to I Corps, and remains in effect until revoked or superseded.

I CORPS COMMAND TEAM MEMO

MEMORANDUM FOR All Personnel Performing Duties on Joint Base Lewis-McChord, Washington

SUBJECT: Intent for the "I Corps and JBLM Blue Book"

1. Purpose. To inform Soldiers assigned to, visiting or attached to I Corps and Joint Base Lewis-McChord of the standards for individual discipline, appearance, conduct, and military courtesy. Just as Soldiers and Leaders who have gone before us, Soldiers will use the Blue Book to ensure that everyone, from the newest private to the Commanding General, know, live by, and enforce the standards. This Blue Book applies to all United States Army Soldiers assigned or attached to America's I Corps or Joint Base Lewis- McChord. I Corps personnel who conduct duties on other installations will comply with host installation standards and policies.

2. Discipline and Standards are the foundation for our Profession of Arms. The standards found in this Blue Book serve to reemphasize adherence to the single, authoritative Army standard for units and Soldiers of I Corps and Joint Base Lewis- McChord, Washington. Unit standards books have a rich history in our Army. During the American Revolution, Baron Friedrich Wilhelm von Steuben assisted General George Washington and other leaders in training the Continental Army at Valley Forge. To do so, he produced a short pamphlet, *Regulations for the Order and Discipline of the Troops of the United States*, which became known as the "Blue Book." That heritage continues today. Discipline is the soul of the Army, and we expect every Soldier to know, execute, and enforce these standards.

3. This Blue Book serves as the foundation for our organization. Through our enforcement of standards, we will outfight any enemy, anywhere, under any conditions. We are proud to serve with each member of the Courage Team.

Courage!

JONATHAN E. REFFEOR
CSM, USA
Command Sergeant Major

MATTHEW W. MCFARLANE
LTG, USA
Commanding

PART ONE

1. General Guidance

a. Army Values. All Soldiers will follow the Army Values and apply them to everything they do, on and off duty. I Corps Soldiers will live and operate within the Army Values: Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage.

b. Battle Buddy. The battle buddy team is a tradition that dates to the earliest of times and is the best system for looking out for one another. Leaders will ensure all newly assigned Soldiers are paired with an experienced Soldier from the individual's team, squad, or section. Soldiers should always operate as a two-person team, on or off duty. The battle buddy does not replace a newly assigned Soldier's assigned sponsors. The Battle Buddy system can be utilized by Soldiers of all ranks, from the most senior to the most junior I Corps and Joint Base Lewis-McChord Soldier.

c. NCO Support Channel: The NCO Support Channel (leadership chain) parallels and complements the chain of command. It is a channel of communications and supervision from the Command Sergeant Major (CSM), to 1SG and then to other NCOs and enlisted personnel of the unit. The goal is to solve concerns at the lowest level. Commanders define responsibilities and authority of their NCOs to their staff and subordinates. This NCO support channel will assist the chain of command in accomplishing the following:

- Enforce Standards
- Transmitting, instilling, and ensuring the efficacy of the professional Army Ethic.
- Planning and conducting day-to-day unit operations within prescribed policies and directives.
- Training of enlisted Soldiers in their MOS as well as in the basic skills and attributes of being a Soldier.
- Supervising unit physical readiness training (PRT) and ensuring that Soldiers comply with the height/weight and appearance standards outlined in AR 600–9, and AR 670–1.
- Teaching Soldiers the history of the Army, to include military customs, courtesies, and traditions.
- Caring for individual Soldiers and their Families, both on and off duty.
- Teaching Soldiers the mission of the unit and developing individual training programs to support the mission.
- Accounting for and maintaining individual arms and equipment of enlisted Soldiers and unit equipment under their control.
- Administering and monitoring the Noncommissioned Officer Development Program (NCOPDS) and other unit training programs.
- Achieving and maintaining courage, candor, competence, commitment, and compassion.
- Fostering initiatives through the NCO support channel that encourage first line and junior leaders to take responsibility for building a team in a climate of respect and trust.

d. Daily Uniform. Company/Troop/Battery and Detachment Commanders and 1SGs will set the daily Duty Uniform and command teams will ensure it is known throughout their formation. Commanders and 1SGs will ensure they select the appropriate uniform, based on the day's tasks, while mitigating risk associated with work and weather.

e. Judgement. All leaders are expected to exercise good judgment throughout the execution of their duties. If a Commander's decision veers from a known standard, the Commander should be able to reasonably justify the reasons for making their decision, based on risk to force, risk to mission, and current and future weather conditions.

f. Daily Formation / Pre-Combat Checks (PCCs) / Pre-Combat Inspections (PCIs). The I Corps prescribed duty day is 0630-1700. Every Company/Troop/Battery and Detachment will conduct daily formations to facilitate accountability, inspect their troops, reinforce discipline, instill attention to detail, and enhance NCO professionalism. The primary categories of routine inspections are morning parade, PC's, PCIs, crew/squad/section drills, and the dissemination of information. At a minimum, every Company/Troop/Battery will conduct three formations daily: 0630 - Accountability and PRT; 0900 - Accountability and to issue priorities of work for the day; and Close of Business formation to set expectations and priorities for the next 24 hours.

g. Leaders. All Leaders should reference Army Regulations and doctrine (ADP, FM, TC, etc.) when making decisions, or corrections, on anything that is not covered in this document. Base decisions on risk-to-force, risk-to-mission, and standing Army doctrine or policy. Leaders will reference Army doctrine utilizing the Army Publishing Directorate website at https://armypubs.army.mil/.

h. 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 commander 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. Within JBLM, the CG highly recommends that all enlisted open-door issues be directed to their Command Sergeant Major first to allow for the solving of problems/concerns at the lowest level.

i. Inspector General Access. Soldiers can also call the Inspector General Office (253-967-5181) for assistance. The Inspector General Office is for Soldiers, Family Members, or Civilians who feel that they have exhausted all other options and resources to solve the problem or issue.

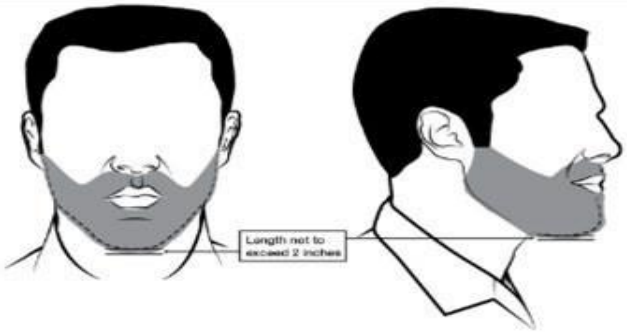
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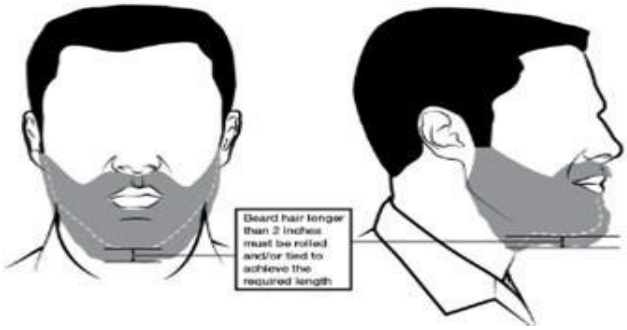
1. Personal Appearance Policies. All Soldiers will abide by AR 670-1, DA PAM 670-1 and Army Directive 2025-18. Soldiers will present a professional image, both on and off duty. Pride in appearance includes physical fitness and adherence to acceptable weight standards in accordance with AR 600-9. **Portions of AR 670-1, excerpted below, are punitive, violations of which may result in adverse administrative and/or punitive action under the UCMJ.** Refer to **Appendix A** for the Smart Card leaders can reference for easy on the spot corrections.

a. Grooming. Soldiers will abide by AR 670-1, DA PAM 670-1 and Army directive 2025-18 grooming standards. Soldiers that are off duty are not required to shave. Soldiers are not required to carry a copy of their temporary shaving profile. However, Leaders conducting an on-the-spot correction may ask a Soldier if they have a valid profile, verification memo or appropriate religious accommodations ETP, and may also relay violations to the Soldier's chain of command.

- **Medical Profiles (Beards).** If appropriate medical authority prescribes beard growth, the length required for medical treatment must be specified, for example, "The length of the beard will not exceed 1/4 in." (Refer to TB MED 287). If a temporary shaving profile becomes necessary, Soldiers will carry on their person while on duty, a valid verification memo, electronic or hard copy signed by the first O5 in their chain of command.

- **Religious Accommodations (Beards).** The following grooming standards apply to only Soldiers with a religious accommodation request approved by a Commanding General in accordance with AR 600-20. IAW AR 670-1, beards for religious accommodation (which include facial and neck hair) must be maintained to a length not to exceed 2 inches when measured from the bottom of the chin. Beards exceeding 2 inches will be rolled or tied to achieve the 2-inch maximum length. Beards must be worn in a neat and conservative manner that presents a professional appearance. See reference photo for visual clarification. Soldiers must maintain a copy of the religious accommodation approval, electronic or hard copy, on their person while on duty.





- **Facial hair.** Males will keep their face clean-shaven when in uniform, or in civilian clothes on duty. Mustaches are permitted. 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, and beards are not authorized without an approved Religious Exception to Policy or a Medical shaving profile. If appropriate medical authority allows beard growth, the maximum length authorized for medical treatment must be specific. For example, "The length of the beard cannot exceed 1/4 inch". Soldiers will keep the growth trimmed to the level specified by the appropriate medical authority and are not authorized to shape or line the hair growth.

- **Male Haircut Standards. HAIR COLOR:** Hair color must present a professional and natural appearance (defined as any shade of hair that grows from the scalp without artificial coloring). Only natural shades of hair coloring are authorized, and must be applied in a blended, subtle manner. Hair color must be free of abrupt or extreme artificial contrasts in shading. **HAIR STYLE/CUT:** Hair will be tapered or faded starting at zero length (skin fade) or at 1/4-inch length at the sideburns and hair around the ears (low, mid, and high fades). Hair must blend evenly around the sides and back and will not fall over the ears. The bulk (defined as the distance the hair protrudes from the scalp) of the hair at the top of the scalp will not exceed 2 inches, and the bulk of the hair at the sides of the head will not exceed 1 inch. Only shaved or closely cut hair on the back of the neck may touch the collar of the uniform. Male Soldiers are authorized to shave or trim their heads (whole scalp). Edged or outlined cuts are authorized if they are natural to the Soldier's hairline. If the hair does not part naturally, the male Soldier may cut a part in the area where the Soldier would normally part the hair (no wider than 1/8-inch width). The part will be one straight line, or if slanted or curved, align with the natural hairline. Male Soldiers are not authorized to wear locs, braids, or twists. **SHAPING AND CUTTING DESIGNS:** Male Soldiers will not shape or cut designs into their hair or scalp. Leaders will judge the appropriateness of a particular hairstyle based on the guidelines found within this directive and the ability to wear all types of headgear (such as beret, garrison cap, patrol cap, or service cap/hat) and any protective equipment (such as a protective mask or combat helmet) properly.

- **Sideburns.** Sideburns are hair grown in front of the ear and below the point where the top portion of the ear attaches to the head. 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.

- **Female Haircut Standards. HAIR COLOR:** Hair color must present a professional and natural appearance (defined as any shade of hair that grows from the scalp without artificial coloring). Only natural shades of hair coloring are authorized, and must be applied in a blended, subtle manner. Hair color must be free of abrupt or extreme artificial contrasts in shading. **HAIR STYLE/CUT:** Hairstyle techniques will encompass the entirety of the scalp (defined as the skin covering the head, excluding the face). Bangs must remain above the eyebrows when worn and, at a minimum, be no shorter than the middle of the forehead. There is no minimum hair length for female Soldiers. Female Soldiers are authorized to shave or trim their heads (whole scalp). Female Soldiers are not allowed to wear braided or unbraided ponytails when in any variation of the dress uniform. Hair must be styled above the collar or secured in a bun above the collar when in service or dress uniform variations.

- **Buns.** Buns will be worn on the back of the head and may extend a maximum of 3 inches from the scalp and no wider than the width of the head. Buns will be centered at the back of the head,

positioned horizontally in line with the top of the ears when viewed from the side. The bottom portion of the bun may fall at or above the collar.

- **Ponytails.** Female Soldiers are authorized to wear their hair in a single braided or a single unbraided ponytail while in the Army Combat Uniform (ACU) or the Army Physical Fitness Uniform (APFU). Hair must be neatly fastened and secured in a single ponytail. The bulk of the ponytail must not exceed the width of the head. The ponytail length must not exceed 6 inches from the top of the collar. The minimum length is at least 1 inch, measured from the base of the ponytail holder. The ponytail will be centered at the back of the head and positioned horizontally in line with the top of the ears when viewed from the side. Female Soldiers are not allowed to wear ponytails when in any variation of the dress uniform.

- **Braids, Locs, Twists and Cornrows.** Multiple braids, locs, twists, or cornrows may be uniformly styled and gathered into braids or a single ponytail to ensure a cohesive appearance. Female Soldiers are allowed to wear up to two braids (must run down the center of the back, parallel to each other and in equal length and width), with no braid exceeding 2 inches in width, and no longer than 6 inches when measured from the top of the collar. The braids or braided ponytail cannot be worn over the shoulder or pulled in front of the body. Female Soldiers are not allowed to wear braided ponytails when wearing any variation of the dress uniform.

- **Hairstyle Techniques.** Female hairstyles involving shorter sides and back, with significantly longer hair on top, are authorized provided they adhere to the following standards: The top section will not exceed 2 inches in length when measured from the scalp and must blend smoothly into the shorter sides and back, avoiding a stark disconnect. Styles involving shorter sides and back will not incorporate buns, braids, twists, or ponytails. A gradual transition in length is required, creating a blended contrast instead of a sharply defined undercut. Asymmetrical (defined as unbalanced or lopsided) haircuts and hairstyles are prohibited. At the discretion of the wearer, female Soldiers may taper or fade their hair, starting at zero length (skin fade) or at 1/4-inch length at the sideburns and hair around the ears (low, mid, and high fades). Hair must blend evenly around the sides and back and will not fall over the ears. The bulk (defined as the distance the hair protrudes from the scalp) of the hair at the top of the scalp will not exceed 2 inches, and the bulk of the hair at the sides of the head will not exceed 1 inch. Only shaved or closely cut hair on the back of the neck may touch the collar of the uniform. Edged or outlined cuts are authorized if they are natural to the Soldier's hairline. If the hair does not part naturally, the female Soldier may cut a part in the area where the Soldier would normally part the hair (no wider than 1/8 inch in width). The part will be one straight line, or if slanted or curved, align with the natural hairline. Female Soldiers may not combine tapered or faded haircuts with other authorized hairstyles. No part of the hair's bulk, measured from the scalp in its styled position, may exceed 2 inches in length, except in styles such as buns, braids, and ponytails.

- **Shaping and Cutting Designs.** Female Soldiers will not shape or cut designs into their hair or scalp. Leaders will judge the appropriateness of a particular hairstyle based on the guidelines found within this directive and the ability to wear all types of headgear (such as beret, garrison cap, patrol cap, or service cap/hat) and any protective equipment (such as a protective mask or combat helmet) properly.

- **Devices.** Visible hair-holding devices used to secure hair will closely match the Soldier's hair color. Devices must blend naturally with the hair, should be discreet and complement the overall appearance, and be no larger than 1/2-inch thick. Authorized devices must closely match the wearer's hair color. These devices include, but are not limited to, small plain scrunchies (elastic

hair bands covered with material), barrettes, combs, pins, clips, rubber bands, and hair or head bands. Such devices should conform to the natural shape of the head.

- All headgear will fit snugly and comfortably around the largest part of the head without bulging or distortion from the intended shape of the headgear and without excessive gaps. When headgear is worn, hair should not protrude at distinct angles from under the edges. Hairstyles that do not allow headgear to be worn in this manner are prohibited.

b. Electronic Devices. Soldiers WILL NOT walk and talk / text on any electronic device while in uniform. This applies to the use of a hands-free device or when the cell phone is in speaker mode. Leaders will limit the use of electronic devices while training. During training events, focus needs to be on the task to be trained and not cell phones. Commanders are encouraged to restrict cellular phone use when there is an increased risk to Operational Security (OPSEC) and in training environments. Commanders will publish SFRG and Emergency Points of Contact (POC) rosters while in cellular phone restricted environments. Commands will always enforce/reinforce this guidance.
During physical training, the following rules apply:

- Soldiers may use headphones, including wireless or non-wireless devices and earpieces, in uniform only while performing individual physical readiness training at indoor gyms or fitness centers IAW Army Directive 2016-20; ear pads will not exceed 1-1/2 inches in diameter at the widest point.

- Soldiers may also wear a solid black armband for electronic devices in the gym or fitness center.

- Soldiers may **NOT** wear headphones or armbands while in uniform and conducting PT outdoors.

- Leaders may allow their formations to play music during static organized physical readiness training; this includes the area around beaver fit containers and gym in a box container.

- Soldiers may **NOT** play music during runs, foot marches, or other outdoor on-the-move activities.

- Music will be played at a volume that does not interfere with other formations and will not contain profanity, degrading, or distasteful content.

c. Hearing Protection. All Soldiers will wear fitted non-linear hearing protection during all military training/operations involving high-frequency impulse noise that can cause injury to a Soldier's hearing.

d. Eyewear. The following rules apply to eyewear and contact lenses:

- 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.

- Eyeglasses or sunglasses that are trendy or have lenses or frames with conspicuous initials, designs, or other adornments are not authorized for wear. Soldiers may not wear lenses with extreme or trendy colors, which include, but are not limited to, red, yellow, blue, purple, bright green, or orange. Lens colors must be traditional gray, brown, or dark green shades.

- In field environments, Soldiers are only authorized to wear Authorized Protective Eyewear List (APEL) ballistic eye protection issued with Smoke/Tinted/Clear lenses. (Refer to the PEO Soldier Qualified products list at https://www.peosoldier.army.mil/Equipment/Approved-Eyewear-QPL/

- Contact lenses that change the natural color of the eyes are prohibited while on duty.

- Contact lenses are NOT authorized in field conditions.

2. Utility Uniforms (Class C). All military uniforms will be worn IAW AR 670-1 and DA PAM 670-1. Leaders must understand the Washington weather/environment and that temperatures may swing 20-30 degrees in a 12-hour period and must apply advanced planning. The Army Improved Hot Weather Combat Uniform (IHWCU) should not be worn in cold weather conditions IOT mitigate cold weather injuries. Sleeves will not be pushed rolled or cuffed in garrison environment. If worn off post, utility uniforms will be clean and serviceable. Soldiers will not wear utility uniforms off post in any establishment which primarily serves alcohol.

a. Flight Suit. The Army Aviation Combat Uniform (A2CU) is worn on duty when flying, on standby awaiting flight, or as directed by the commander. A2CUs are not authorized for everyday wear in garrison or office environments. Sleeves will not be pushed, cuffed or rolled. Personnel wearing the A2CU outside of the flight line will blouse their trousers.

b. Combat Vehicle Crewman (CVC) Uniform. Soldiers may wear the combat vehicle crewman uniform on duty when prescribed by the commander for combat vehicle operations IAW CTA 50-900 and unit SOPs. The CVC uniform is not intended for wear as an all-purpose uniform and will not be worn as such.

c. Army Combat Shirt. The Army Combat Shirt is authorized only during training events and must be worn with name tape, unit patch, and subdued US Flag. The Army Combat Shirt will **NOT** be worn off post, in Dining Facilities at Shoppettes (AAFES Express), the PX, the Commissary, or in any other business on the installation.

d. Colored Shoulder Sleeve Insignia. BDE Level Commanders and above may authorize the wear of full-color Shoulder Sleeve Insignia (SSI) and SSI – Military Operations in Hostile Conditions (MOHC) 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 and SSI-MOHC will NOT be worn outside of the area where the ceremony or special event is being conducted. Full-sized, full color, and embroidered special skill tabs such as Special Forces, Ranger, Sapper and Presidents Hundred may also be worn with the full-color SSI. Any deviation from the above will require an ETP requested to the Corps Command Sergeant Major's Office.

e. Jungle Tab. Authorized only for Soldiers who completed the Jungle Operations Training Course. The Jungle Tab may be worn only while assigned to any USARPAC MSC/DRU installations or operational area. It is not authorized for wear during TDY, deployments, or in official military photographs. Commanders may direct wear for specific events such as ceremonies, parades, ranges, and training exercises.

f. Arctic Tab. Authorized only for Soldiers who are Arctic Operations-qualified who meet the prescribed criteria. The Arctic Tab may be worn only while assigned to the USARPAC Area of Operations. The Arctic Tab is authorized to wear on all uniforms where the SSI is authorized and may be worn while Soldiers are on TDY, during deployments, and in official military photographs. Commanders may authorize the wear of the Arctic Tab for specific operations such as, but are not limited to, change of command ceremonies, parades, training exercises, or range qualifications.

g. Headgear. Soldiers in uniform will wear appropriate headgear when outdoors except when it interferes with safety. When headgear is stored, it will not create a bulky appearance or protrude from any pocket. Wave caps, bandanas, etc. will not be authorized for wear underneath any headgear.

- **Patrol Cap.** 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 alterations to the cap are authorized. The cap is worn so that no hair is visible on the forehead beneath the cap. If the name tape is sewn on the patrol cap, the rank must be sewn on.

- **Beret.** The beret will be worn with the Army Service Uniform and may be worn with utility uniform during ceremonies or special duties. If assigned to 1st Special Forces Group, 2/75 Ranger Regiment, 5th Security Forces Assistance Brigade, or the 62nd Air Lift Wing, personnel will wear the distinct beret associated with their organization.

- **ACU Sun "Boonie" Hat.** The "boonie" hat may be worn at the discretion of the Commander or 1SG for training or while deployed. Soldiers will **NOT** wear the "boonie" outside of the unit or training areas; it will not be worn in the Garrison environment. When wearing the Sun Hat, the Soldiers' rank and name tape will be affixed to the hat as is worn with the Patrol Cap.

- **Black/Coyote Brown Fleece Cap.** The fleece cap may be worn with ACU or the APFU in Garrison, field, flight line, or on static guard duty when the ambient temperature reaches 39 degrees. Soldiers will wear the fleece cap snugly on their head; Soldiers will not roll the cap but can have one-fold. Commander's discretion will be used for long duration events, such as motorpool operations and Access Control Point (ACP) operations, in cold weather outside the prescribed temperature guidance listed above. The fleece cap will not be worn to and from any off-post area, Commissary, AAFES Shoppettes, or AAFES PX/BX if the current temperature is above 39 degrees. The fleece cap will not be worn indoors at any time.

  ****Military Police, while on official duties, may wear the Fleece Cap off the installation, when responding to emergencies, if the weather conditions are 39 degrees and below or considered long duration responses.

- **Neck Gaiter.** The neck gaiter is authorized for wear and may be worn with the APFU and tactical uniforms when temperatures reach 39 degrees and below or when designated by the Commander or 1SG. It may be worn as a neck warmer, hood, or balaclava/mask. Neck gaiters are removed when indoors.

- **Master Gunner Headgear. Master Gunner Headgear is no longer authorized to be worn while in any Army uniform.**

h. Cadre T-Shirts. Professional programs (e.g. Installation Reception Center (IRC), Bayonet Academy, etc.) may wear a Cadre T-shirt approved by their Commander. The T-shirt will only be worn in the immediate area of that program or during official program training, instruction, or duty. At no time will Cadre wear the approved T-Shirt at the Dining Facility, Commissaries, AAFES facilities, or other areas outside the program area. Cadre will not place their ACU blouse over their Cadre T-Shirt when entering these facilities; they must replace it with the brown T-shirt. No baseball style headgear will be worn, while in the duty uniform.

3. Tactical Uniform. Leaders will use the three base line uniform configurations during garrison, field training exercises, or combat operations. This standard ensures that units are optimally prepared for combat. How a unit looks makes an impression on friend and foe; the standard for all Courage Soldiers is to look like a professional, skilled, and ready Warrior. Standards on wear, uniformity, and maintenance depend on leader involvement and inspections. The three configurations are the *Courage DUTY Uniform*, *Courage LIGHT Uniform*, and the *Courage READY Uniform*. Refer to **Appendix B** for the Smart Card leaders can reference for easy on the spot corrections.

- No unauthorized patches will be worn on the uniform or on any item of equipment.
- All uniform guidelines are open to Commanders and 1SG modification based on appropriate Risk Assessment and Leader Judgement.
- Wear of facial 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. Skin camouflage will not be worn in any facility outside of the unit footprint.

4. Personal Protective Equipment (PPE). All Soldiers, when in Courage LIGHT or Courage READY, will have on their person or wear the following protective gear when appropriate:

- Ballistic Eye Protection (APEL approved only).
- Hearing Protection, ID card, ID Tags, and note taking material.
- Fire-retardant gloves with a leather palm.
- Knee Pad on the knees or combat pants with knee inserts. (Discretion of the Commander)
- Combat Application Tourniquet. Every Soldier will have two tourniquets while wearing the Courage READY Uniform.
- PPE should be accessible and worn based on leader analysis of METT-TC.

5. Body Armor. Body armor will be worn closed with all buckles closed, hook and loop fastened, nametape attached, and rank attached. Leaders will ensure all Soldiers have the Individual First Aid Kit (IFAK) attached to the body armor, FLC/ TAP system, duty belt, or sub belt system for training and combat operations.

6. Ballistic Protection. All live-fire training and collective training events with a tactical scenario and/or an opposing force (OPFOR). When **full ballistic protection is required**, the minimum uniform requirements consist of Courage READY as outlined below. During live fire training, deployments, or when directed, Soldiers will be issued and wear front and back SAPI/ESAPI plates. Side plates will be worn at the discretion of the Commander. Commercial body armor and plate carriers are not authorized for wear at any time**.**

7. Combat Helmet. The ACH/ECH helmet will be complete with helmet cover, NVG mount (if designated as a vehicle operator), and helmet band with sewn-on last name. Soldiers issued the Integrated Head Protection System (IHPS) helmet do not require a helmet band. Highcut or Ops-Core helmets are NOT authorized unless assigned to 2/75 Ranger Regiment, 1/160th Special Operations Aviation Regiment, and 1st Special Forces Group or issued by the Central Issue Facility (CIF) and on a Soldier's clothing record.

a. Courage Uniform Configurations. The following uniform configurations are the I Corps baselines. Leaders may modify these configurations to fit their operational needs regarding risk and safety mitigation as designated by their Commanders:



- **Courage DUTY Uniform.** The uniform will be a clean and serviceable ACU uniform with name tape, US Army tape, rank, colored cloth flag, and SSI. AR 670-1 compliant boots are the only authorized footwear for wear. Clean, serviceable patrol cap with rank and name tape. Brown T-Shirt, brown belt, ID card, ID tags, paper, and writing instrument. Commanders at company-level and above may authorize their entire formation to roll sleeves above the elbow IAW AR 670-1; this is not an individual Soldier decision. In garrison, Soldiers will not cuff sleeves. While training or in field conditions, the sleeves may be down and inside the coat.



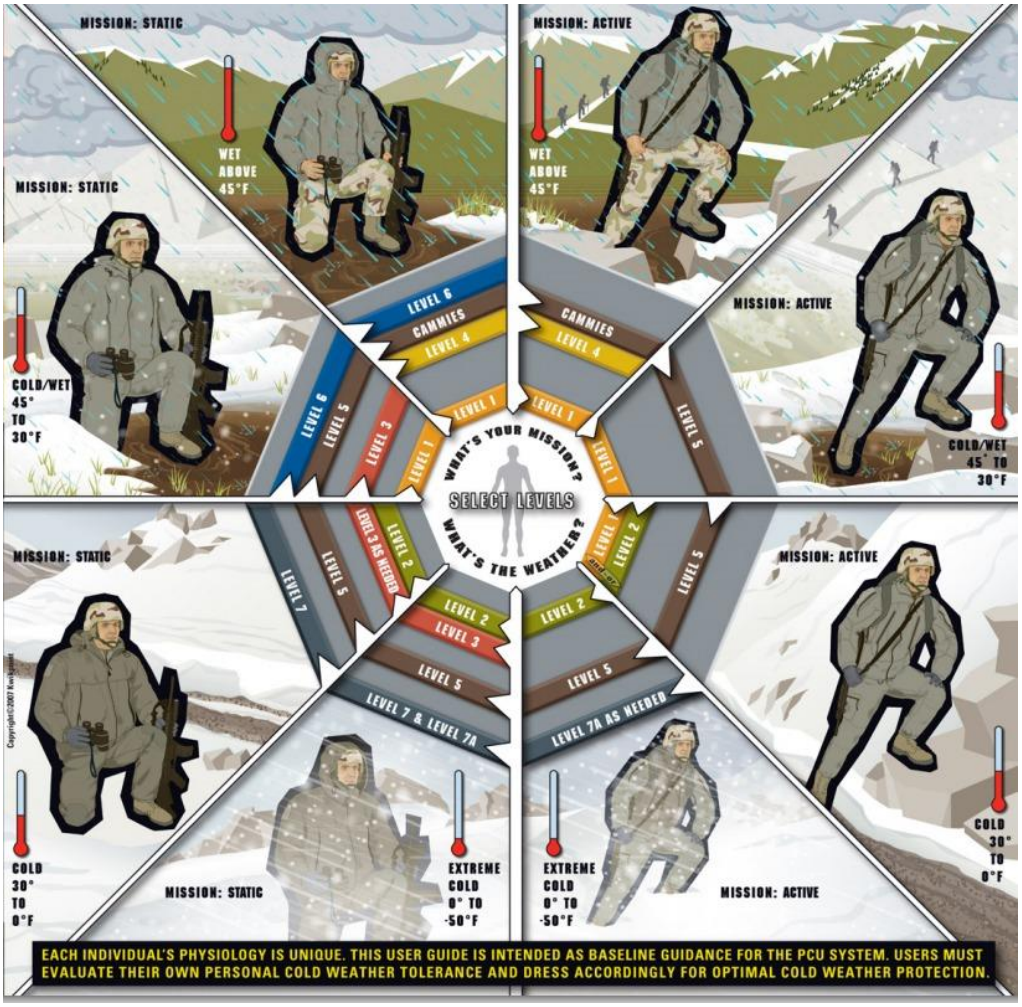
- **Courage LIGHT Uniform.** Same as the Courage DUTY Uniform with the following additions: no skill badges will be worn in the Courage LIGHT Uniform unless sewn on; clean, serviceable combat helmet, approved eye protection, approved hearing protection, approved gloves, FLC/TAP worn IAW DIV/BDE/BN SOPs, knee and elbow pads (when applicable and at the Commander's discretion), personal hydration system, subdued / Infrared (IR) flag, and issued tourniquets and IFAK. Subdued flags will be worn with the Courage Light Uniform.



- **Courage READY Uniform.** Same as Courage LIGHT Uniform with the addition of body armor and ESAPI ballistic plates. FLC/TAP is not required to be worn with body armor if the Soldier has appropriate pouches attached to their body armor. Tourniquets and IFAK must be worn with the Courage READY Uniform on the left side of the Soldier. Secondary pouches will be Soldier's preference to enable maneuverability and survivability. Soldier's must be able to carry Unit Basic Load of ammunition for their assigned weapon system.

b. Extended Cold Weather Clothing System Generation III (ECWCS GEN III). ECWCS is a breathable multi- layered, versatile, insulating system that allows the soldier to adapt to varying mission requirements and environmental conditions. The system is designed to maintain adequate environmental protection between 40F and -60F (4C and - 51C). The ECWCS GEN III system uses moisture management principles to transfer perspiration away from your skin so you will remain dry and warm.





- **Level I** is a base layer that is worn next to the skin and other shell layers are worn over the base layer. Level I consists of the light-weight undershirt and drawers.
- **Level II** is another base layer that is worn next to the skin and other shell layers are worn over the base layer. Level II consists of the mid-weight shirt and drawers.
- **Level III** is the **primary insulation layer** that is worn underneath shell layers or worn as an outer garment in cool conditions. Level III consists of the high-loft fleece jacket. While authorized for wear as an outer garment, the fleece jacket will **ONLY be worn when the temperature is below 50º F and there is no presence of rain or snow.**
- **Level IV** is a shell layer designed to be worn with base and insulative levels in transitional environments to provide wind and sand protection. Level IV consists of the wind jacket.
- **Level V** is a shell layer designed to be worn with base and insulative levels for use in moderate to cold conditions. Level V consists of the soft-shell cold weather jacket and trousers.
- **Level VI** is a shell layer that is a waterproof barrier designed to be worn over other levels in moderate to cold wet conditions alternating between freezing and thawing. Level VI consists of the extreme wet/cold weather jacket and trousers.
- **Level VII** is a soft shell insulative layer and is designed to be the outermost layer. Level VII is used during static operations in extreme cold and dry conditions.

4. Physical Readiness Training.

a. General. All I Corps and Joint Base Lewis-McChord Soldiers will conduct at least **one hour** of Physical Readiness Training (PRT) when in garrison Monday through Friday between 0630-0800. **All personnel are required to wear a reflective belt during hours of darkness or low visibility to ensure safety and visibility. The reflective belt is a required item with the APFU from 1 Oct – 31 Mar during routine PRT each morning.** PRT is the first foundational team building event and should be treated as such. PRT will be conducted as Teams, Squads, Platoons, or higher. Leaders will conduct PRT as a group and with their respective formations. There will be no PRT activities at the individual level from 0630-0800. The first formation of the day is an accountability formation and allows leaders to inspect, teach, train, mentor, and build discipline in our ranks. The Battalion Commander is the approval authority for 1) off-installation PRT activities, and 2) any PRT starting before 0630 and beyond 0800. Sports PT, while an authorized PT event and an excellent team cohesion event, will not be a repetitive physical training event for units and must have approval from the Battalion Commander. Leaders must allow for adequate Soldier recovery time following PRT, including personal hygiene and nutrition. If Soldiers' duties prevent them from conducting PRT during these hours, commanders will establish PRT at an alternate time during the duty day. All PRT sessions are organized unit level activities and will be planned accordingly. Outside of medical appointments, there will be no activities conducted prior to 0800 without the prior approval of the Company Commander. This includes, but is not limited to, ceremony rehearsals, ceremonies, training rehearsals, motor pool operations, etc.

b. Uniform. The Army Physical Fitness Uniform (APFU), when clean and serviceable, is authorized for wear on and off duty and on and off the installation, unless restricted by the commander. **The APFU is not authorized as an all-purpose uniform and will not be worn after 0900 during the normal duty day unless specifically authorized by the commander to attend appointments, such as Physical Therapy, that require the wear of the APFU. Exception to include traveling to/from or conducting physical training (PT) for shift workers or additional PT.** APFU is not authorized for wear in the PX, Commissary, or other facilities as posted by facility managers. Soldiers may visit the AAFES Shoppette (AAFES Express) in APFU while in transit. From 0630-0800, the APFU or ACU will be worn in all JBLM Fitness Facilities for all Soldiers that are in a "Present for Duty" status. All Soldiers that are in an official "Leave" status, approved by their Commander, are exempt from the APFU requirement from 0630-0800 during the duty week. IAW DA PAM 670-1, Para. 10-6, Pregnant Soldiers will wear the APFU until the uniform 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 APFU to accommodate the pregnancy. When the uniform becomes too small or uncomfortable, pregnant Soldiers may wear equivalent civilian workout clothes while conducting physical fitness in the JBLM Fitness Facilities from 0630-0800.

c. 2/75 Ranger Regiment APFU Standards. The Regimental PT or Field uniforms are the only authorized PT uniforms to be worn during PT hours 0600-0900 on any military installation, during duty days, in both performance training centers and outdoors. ID tags will not be worn in the PT uniform. The only items authorized for wear while in the PT uniform are wedding band, watch, KIA Bracelet, heart monitor, black running belt, and military ID card. All recommended PT uniform changes will meet the above-mentioned requirements, be reviewed by RJAG, and approved by the RSM prior to being placed on the PT menu.

- PT UNIFORM: DFND and SOFFE are the only two approved vendors for the PT uniform
- Black short sleeve shirt with the Battalion/Regimental scroll. (Wear out date 01 June 2026)
- Black short sleeve shirt with scroll. (Only authorized short sleeve shirt after 01 June 2026)
- Black sterile shorts with a 5" inseam, zipper pockets and mesh liner.
- Black DFND hoodless pullover jacket w/ 1/4"zip and grey Regimental DUI.
- Black running wind jacket w/ full zipper and grey Regimental DUI.
- Black long sleeve shirt with grey Regimental DUI.
- Black DFND sweatpants.

- Black sterile micro-fleece cap.
- Athletic shoes and black socks (IAW AR 670-1).
- Approved uniform variations
  - Long/short sleeve shirt with jacket, pants, and shorts
  - Long/short sleeve shirt with jacket and shorts
  - Long sleeve shirt with shorts
  - Short sleeve shirt and shorts (gloves and fleece cap not authorized)
- PT uniforms will be neat, clean, loose fitting, free of holes, and not faded.
- The PT T-shirt will remain tucked in at all times.
- Black socks will be worn IAW AR 670-1. Socks must be visible when wearing athletic shoes, to include high-top shoes.
- The field uniform with running shoes or boots may be worn as a PT uniform for combat focused PT.
- Minimalist-style shoes must be close-toed and worn with black socks.
- Solid color gloves including black, sage, brown, or green may be worn when appropriate during cold weather.

d. 1st Special Forces Group APFU Standards. 1st SFG (Abn) maintains accountability and uniform standards both on and off compound. Current policy for Group Soldiers while conducting physical fitness off compound consists of the standard APFU or all black shorts with a black t-shirt/hoodie with their unit insignia or Special Forces crest. Accessory standards such as shoes socks, headphones remain in line with I Corps standards.

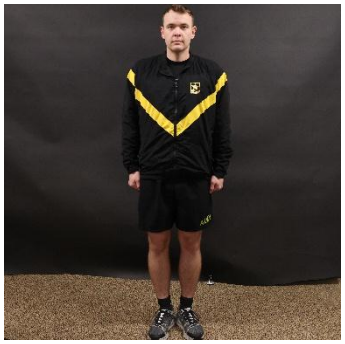
e. APFU Weather Conditions Guidance. The chart below is to be used as a guide in determining the minimum uniform for PT formation. Sample photos below are not all inclusive. Windchill is not factored into the determination. Leaders are authorized to downgrade based on conditions and workout plan as noted in training schedule. All Soldiers in formation, whether PRT is conducted as the team/squad level or up to the CORPS level, will be in the same uniform.

APFU Weather Conditions Guidance Chart

Uniform Items	Temperature			
	60 or +	50-59	40-49	39 and below
S/S Shirt	X			
Shorts	X	X	X	X
L/S Shirt		X	X	X
Jacket			X	X
Long Pants			X	X
Gloves				X
Fleece Cap				X









f. Foot March. Foot marching is a vital part of our conditioning and combat readiness. Leaders must implement a thoughtful, progressive training approach to prevent unnecessary injuries and maintain sustainable readiness for mission success. Authorized uniforms and targe paces for foot marches are:

- Army Physical Fitness Uniform (APFU) with combat boots (13-15 min/mile pace)
- Courage Duty/Courage Light Uniform (no headgear required; fleece cap authorized if the temperature reaches 39 degrees (15-17 min/mile pace)
- Courage Ready Uniform (17-19 min/mile pace)

g. Unit T-Shirts and Sweatshirts. Commanders may substitute a distinctive Battalion and above t-shirt or sweatshirt for the APFU t-shirt or jacket within the following guidelines:

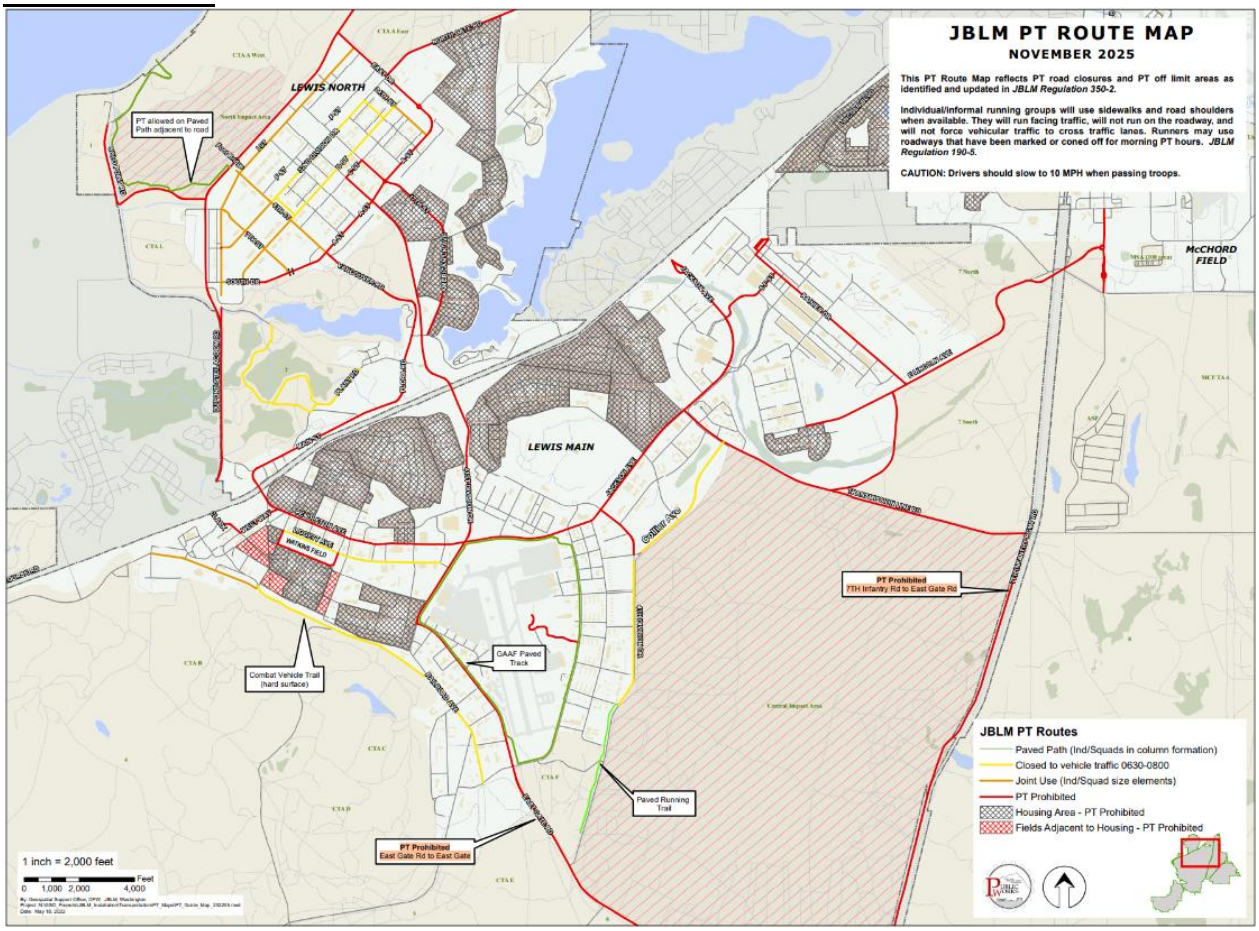
- Individual purchase must be voluntary.
- Logos must be in good taste, with no profanity or lewd images.
- Unit T-shirts and sweatshirts will have Battalion and above designs on the back and C/B/T logo on the front left breast. All T-Shirts will be uniform across the C/T/Bs.
- 1/4 zip collared shirts (worn as an outer garment) and crewneck (hoodless/pocketless) sweatshirts with unit designs are the only authorized cold weather modifications to the APFU.
- **Effective 1 April 2026, hooded-type sweatshirts (hoodies) are NOT authorized for wear during Physical Fitness as part of the APFU.**




h. PT Road Guard Uniform Requirements. Road Guards will wear the APFU based on weather conditions (See 4 e. APFU Weather Conditions Guidance Chart). Road Guards will also wear a Road Guard Vest (preferred) or Reflective Belt worn diagonally across the body year-round. All Road Guards will carry a serviceable flashlight from October 1 to 31 March.

*Road Guards will safely conduct PT in the immediate vicinity of their assigned position

******At no time will PT Road Guards be performing their duties from inside their privately owned vehicles.***



5. On and Off-Duty Appearance. 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. While off duty, Soldiers may dress casually and comfortably but must maintain situational awareness of the messages they are sending by their attire in public spaces.

a. Civilian Clothing. On occasion, we conduct unit events where civilian clothing serves as the prescribed uniform. We will use the following guidelines:

- ***Courage Business Casual:*** For Male personnel, or khakis with collared shirt or Polo tucked and dress shoes. Jacket and tie optional. No denim or cargo pants. For Female personnel, slacks, dress or skirt and blouse with dress shoes.

- ***Courage Casual****:* Casual slacks, denim, or field pants with button-down collared shirt or blouse and activity- appropriate street or hiking/trail style shoes. Polos' are an acceptable replacement for a button-down collared shirt.

- ***Pacific Northwest Casual***: Pants, shorts, skirt, or dress (mid-thigh or lower), tasteful shirt, and shoes/sandals based on temperature. No midriffs, tube tops, skin-tight, cut-off tops or tank tops.

- **Official Travel (TDY)**. While traveling on official orders, Soldiers will travel in appropriate civilian attire (*Courage Casual*). Courage Duty Uniform (ACUs) is authorized for wear while traveling on official orders but highly discouraged for security reasons.

- **Dining Facilities.** Soldiers and visitors will not wear hats or sleeveless shirts while visiting or dining in Dining Facilities. All headphones will be removed in the serving line while ordering meals. Closed toe shoes are the only authorized footwear in Dining Facilities.

- **On-Post Facilities**. While visiting on-post support activities, agencies, work areas, and public areas, Soldiers will wear appropriate attire.

b. Prohibited Clothing.

- Clothes with obscene, slanderous, vulgar words or drawings, or items which make disparaging comments are not authorized on Joint Base Lewis-McChord.

- Cut-off jeans or garments which expose any part of the buttocks, or any see-through garments normally worn as undergarments are prohibited.

- Except where footwear is not appropriate (e.g., swimming pools), bare feet are not authorized in any facility on the installation.

c. Identification Card. Soldiers are required to always carry their Military ID Cards on the installation, whether on or off duty.

PART THREE

1. Joint Base Lewis-McChord Conduct. You are expected to carry out your duties and to conduct yourself properly on and off duty by living the Army Values, the Soldiers' Creed, and representing your Unit with pride. There are civil laws which pertain to all citizens, Soldiers included, and you must obey these laws. You will use professional language in public and common areas on and off the installation. Profanity and inappropriate language are prohibited in common areas. Soldiers will demonstrate appropriate respect for all civilian authorities on and off the installation. Leaders must conduct daily in person accountability which consists of a form of inspection (Morning Parade) throughout the duty week. Leaders are also expected to engage their subordinates daily through active professional development and ensuring Soldier's concerns are being address in a timely manner, with the appropriate agencies.

a. Intra-Unit Intimate Relationships. Soldiers are discouraged from engaging in intimate relationships that may cause real or perceived issues with good order and discipline. Such relationships include any behaviors that compromise, or appear to compromise, the integrity of supervisory authority or the chain of command; cause actual or perceived partiality or unfairness; involve, or appear to involve, the improper use of grade or rank or position for personal gain; are, or are perceived to be, exploitative or coercive in nature; or create an actual or clearly predictable adverse impact on discipline, authority, morale, or the ability of the command to accomplish its mission. Soldiers of different ranks are prohibited from engaging in certain relationships. Such relationships are outlined in AR 600-32, Conduct Between Soldiers of Different Grades, and can be punished under the UCMJ. Commanders should seek to prevent inappropriate or unprofessional relationships through proper training and personal, engaged leadership.

b. Drugs. Possession or use of any controlled substance without a valid prescription or use of prescription drugs intended for another person is illegal. Other substances, including, but not limited to, "spice", and CBD oil, that are deemed illegal by the Federal Drug Enforcement Administration, State of Washington, or Department of Defense are prohibited. Despite the Washington amendment to legalize marijuana for personal use, wrongful use or possession of marijuana by Servicemembers is a violation of the U.C.M.J. Additionally, wrongful use or possession of marijuana by non-Servicemembers on a federal installation is a violation of federal law. This applies to Family members of Soldiers who live or work on post, as well as guests visiting the installation.

c. Smoking / Vaping / Dipping. Tobacco use of any kind is prohibited in all government buildings. Smoking and vaping are prohibited in unit motor pools, military tentage, and government-owned vehicles. Unit commanders are encouraged to establish "smoking areas" inside of their unit footprints.

d. Off Duty Employment. All active-duty personnel are prohibited from engaging in off-duty employment without their Battalion Commander's prior approval.

2. Off-Limits Establishments. Individuals will not enter off limits or restricted areas. A list can be found on the Joint Base Lewis-McChord website: https://home.army.mil/lewis-mcchord/my-Joint-Base-Lewis-Mcchord/all-services/off-limits-list.

3. Military Courtesy. Various forms of courtesy have become military customs and traditions. It is important to render these courtesies correctly.

a. Saluting/Greetings.

- **Officers.** Enlisted personnel, as well as junior officers, will render a salute and the greeting of the day to superior officers (commissioned and warrant). All Soldiers render the salute unless it is impractical

(e.g., arms full of packages) and exchange verbal greetings with either the unit motto or the division motto such as "Courage!" followed by "Sir" or "Ma'am" as appropriate. The return greeting is "Ready!" or the unit motto response. In addition to saluting officers, 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.

- **Noncommissioned Officers.** All enlisted Soldiers will exchange verbal greetings to NCOs with either the unit motto or the division motto such as "Good morning / afternoon / evening, Courage" followed by appropriate rank (Sergeant, First Sergeant, Sergeant Major). The return greeting is "Ready!" or unit motto.

b. Reveille, Retreat, and National Anthem. Soldiers (on or off duty, in or out of uniform) are expected to render proper honors during Reveille, Retreat, and the National Anthem IAW AR 600-25.

c. Child Development Centers (CDC). All Child Development Centers located on Joint Base Lewis McChord, Washington are designated as No Hat, No Salute areas. While no salutes will be rendered in these areas, the greeting of the day will if encountering an Officer or NCO. CDCs will have signage posted by Joint Base Garrison stating the immediate areas around the CDC are designated as No Hat, No Salute when picking up or dropping off children.

4. Single Soldier Housing. The Army's core values are respect and dignity for each Soldier and the ability to live and work together as a team. The Army Barracks Management Policy, in conjunction with, Unit Barracks Policies foster 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. **Soldiers who are 21 years or older are not authorized to be roomed with Soldiers under the age of 21. Commanders are the decision authority when this separation cannot be achieved.**

a. Daily 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. Soldiers residing in Single Soldier Housing are not authorized overnight visitation on Duty Days.

b. Overnight Visitation. A Soldier residing in the barracks may request a visitor remain overnight on non-duty days. To host a visitor overnight, Soldiers must submit a Visitation Plan to their Chain of Command. 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). All visitors must be above the age of 18. No visitors below the age of 18 will be allowed in Single Soldier housing without a parent or guardian that is over the age of 18, in conjunction with prior knowledge, coordination, and approval of the Soldier's Chain of Command.

c. Quiet Hours. 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 NCO Support Channel / Chain of Command.

d. Alcohol. Leaders at all levels are encouraged to discuss responsible alcohol consumption and risky behavior mitigation with the Soldiers that reside in Single Soldier Housing. There will not be a limit on

amount of alcohol a Soldier may possess while residing in Single Soldier Housing unless there is a documented high risk Soldier event that prohibits alcohol consumption. Commanders are authorized to restrict the amount of alcohol Soldiers may have in their housing if needed due to behavior, standards, or general indiscipline problems within their formations.

e. Firearms. Servicemembers and dependents must register 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.

Soldiers residing within Single Soldier Housing must store all handguns in your unit's arms room or with a registered off-post firearms dealer. Storage or possession of privately owned firearms in the barracks is strictly prohibited.

5. 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 obligations, and that Soldiers understand their housing rights and responsibilities.

a. Command Visits. Defined as a voluntarily granted entrance by the Soldier into privatized quarters 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 purpose of assessing safety, health, and overall housing quality. An Occupant (Soldier or other occupant) may limit or completely revoke consent at any time, to include during the visit, to any area of the residence. 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 a Soldier or Family Member for not giving consent or revoking consent.

b. Visit 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 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.

PART FOUR

1. Safety and Protecting the Force. This is everyone's responsibility. Failure to adhere to safety standards, under factual circumstances, could be addressed, at the appropriate echelon of command, as dereliction of duty under Art. 92, UCMJ, and potentially result in the issuance of unfavorable information, non-judicial punishment, adverse administrative action, or courts-martial.

a. Privately Owned Vehicles. Soldiers and Department of the Army civilians will not display obscene, racist, or offensive messages prejudicial to good order and discipline in or on their vehicles.

b. Tactical Vehicles. Soldiers will wear appropriate PPE when in tactical vehicles. At a minimum in a tactical environment, Soldiers will wear approved helmet, eye protection, and gloves. All occupants will wear the provided vehicle restraints (seat belt, harnesses, safety tether, etc.). Soldiers riding in the back of a troop carrier will utilize the troop strap. Tactical vehicles are prohibited in Shoppette (AAFES Express), PX, Commissary, Commercial Food Providers, or similar parking lots regardless of length of time.

c. Loud Noise. If the sound system can be heard 25 feet or more from a vehicle with the windows closed, it is at an excessive volume and must be turned down. JBLM quiet hours are between 2200-0630 daily. Quiet hours are designated times during which noise levels must be kept to a minimum to ensure a peaceful environment. This includes loud music, parties, or any disruptive activities in residences, barracks, and surrounding areas. All Soldiers are expected to respect these hours to maintain good order and discipline.

d. Motorcycle Operations. All Soldiers operating a Motorcycle on and off post will abide by Department of Defense and local Commander guidance. Soldiers that operate or are passengers on a motorcycle will wear a properly fastened Department of Transportation approved helmet, eye protection, long sleeve shirt/jacket, long pants, full fingered gloves, and over ankle footwear. IAW Army Regulation 385-10, Army Safety and Occupational Health Program, Chapter 13-17 and the Army Progressive Motorcycle Program, it is mandatory for all Soldiers operating a motorcycle to complete all motorcycle safety training before operating a motorcycle.

e. Privately Owned Weapons. All Joint Base Lewis-McChord and DoD personnel, including their dependents, and any person entering Joint Base Lewis-McChord will register and maintain their weapon(s) within 24 hrs., IAW AR 190-11, (Physical Security of Arms, Ammunition, and Explosives). Violators are subject to punitive measures by the Commanding General. Servicemembers residing off installation are advised the State of Washington prohibits importation, possession, sale, transfer, and similar transactions of weapons deemed "assault weapons" by Washington Statute. Service members with questions about the applicability of this law are encouraged to consult with a legal assistance attorney. Firearms registration is conducted at Waller Hall, Bldg. 2140, JBLM Main.

In Washington state, there are no licensing requirements for the possession of handguns. Individuals can purchase a handgun without a license, but need to meet eligibility requirements, including being at least 21 years of age and passing a background check. Open carry of handguns is allowed without a permit in Washington state. Personnel will not open or conceal carry while on the installation at any time.

2. Online Conduct. Soldiers are expected to conduct themselves professionally while online and the same rules and regulations that govern other aspects of a Servicemember's conduct apply to online behavior. Inappropriate or unlawful conduct online can have real consequences. A general and widely accepted rule is to Think, Type, Post. Inappropriate online conduct can negatively impact a Soldier's career.

3. Political Endorsement / Activities. Soldiers will abstain from partisan/political endorsement while on duty. Political displays (e.g., signs, flags) are forbidden on Joint Base Lewis-McChord, the only exception being a discreet bumper sticker for official candidates running for elected office. Additionally, Soldiers have a responsibility to avoid engaging in activities that associate the Department of Defense with any partisan political campaign, election, candidate, cause, or issue. Soldiers are individually responsible for understanding the restrictions imposed by DoD Directive 1344.10.

PART FIVE

Emergency Services	
Medical Emergencies	911
Military Police Dispatch	253-967-7112
Fire Department	253-966-2615
Duty Chaplain	253-967-0015
JBLM Weather Hotline	253-967-1733
SHARP Hotline	253-389-8469
Equal Opportunity Help Line	253-982-1282
Suicide Prevention	800-273-8255
Domestic Violence	253-966-7233
Inspector General	253-967-5181

Important to Me	
Staff Duty	
Commander	
Senior Enlisted Leader	
Platoon Leader	
Platoon Sergeant	
Team Leader	
Squad Leader	
Battle Buddy	



Courage Cares: Critical Assistance with Resources for Environmental Stressors

https://home.army.mil/lewis-mcchord/my-Joint-Base-Lewis-Mcchord/courage-cares

PART SIX

1. Important Links for I Corps and Joint Base Lewis McChord

   a. On-Post Housing
   https://home.army.mil/lewis-mcchord/my-Joint-Base-Lewis-Mcchord/all-services/Housing-Home

   b. Dining Facilities
   https://home.army.mil/lewis-mcchord/my-Joint-Base-Lewis-Mcchord/all-services/dining-facilities

   c. Equal Opportunity
   https://home.army.mil/lewis-mcchord/my-Joint-Base-Lewis-Mcchord/all-services/eeo-program

   d. Sexual Harassment/Assault Response and Prevention
   https://home.army.mil/lewis-mcchord/my-Joint-Base-Lewis-Mcchord/all-services/sharp-sapr

   e. Off Limits List
   https://home.army.mil/lewis-mcchord/my-Joint-Base-Lewis-Mcchord/all-services/off-limits-list

   f. Newcomers
   https://home.army.mil/lewis-mcchord/about/Directorates-support-offices/dhr/mpd/inprocessing

2. **References.** The following references were used while creating this handbook, however, future changes in Army policy and regulations will supersede unless otherwise notified. You are encouraged to visit the Joint Base Lewis-McChord official website, https://home.army.mil/lewis-mcchord/. for other policies and references.

   a. AR 190-5, Motor Vehicle Traffic Supervision

   b. AR 385-10, The Army Safety Program

   c. AR 600-9, The Army Body Composition Program

   d. AR 600-20, Army Command Policy

   e. AR/DA PAM 670-1, Wear and Appearance of Army Uniforms and Insignia

   f. AR 600-25, Salutes, Honors, and Courtesy

   g. AR 600-63, Army Health Promotion

   h. AR 385-10, The Army Safety and Occupational Health Program

   i. ALARACT 016/2021 – United States Army Appearance and Grooming Modifications

   j. ALARACT 030/2022 – United States Army Appearance and Grooming Modifications

   k. ADP/ADRP 6-22, Leadership

   l. FM 7-22/ATP 7-22.02, Holistic Health and Fitness

   m. TC 7-22.7, The Noncommissioned Officer Guide

I CORPS SONG

"We are the Soldiers of America's
Corps, We're here to serve and
keep our country free, Like brave
patriots who've gone before,
We will press on to victory!

When called to the
battlefield, Up on the
front you'll hear the
roar. No need to fear
the best is here,
The Soldiers of First Corps!"



Composer: Sergeant Elliott Bennett

Lyrics: Sergeant Patrick Robinson

SGT Robinson was inspired to write the lyrics during a live-fire exercise with his unit on Joint Base Lewis-McChord in 1987.

Arrangement: Sergeant First Class Joshua DiStefano

The song was recorded by America's First Corps Band at Joint Base Lewis-McChord, WA.

APPENDIX A

ARMY POLICY UPDATES
GROOMING AND APPEARANCE

U.S. ARMY

Uniformity | Discipline | Professionalism | Readiness || "This We'll Defend"

FEMALE SOLDIERS

HAIR

- ☑ Ponytails:
  - Max length is 6 inches from the top of the collar
  - Not allowed in service or dress uniform
- ☑ Braids-Twists-Locs-Cornrows:
  - Can be in a ponytail or up to two braids
  - Braids cannot exceed 2 inches in width
- ☑ Short Sides with Long Top:
  - Max 2 inches on top
  - Top must blend smoothly into the shorter sides
  - No buns, braids, twists, ponytail with this style
  - No shaping and cutting in designs
- ☑ Hair Coloring:
  - Must be natural colors
  - Must be blended in a subtle manner

EYELASHES

- ⊘ No Eyelash Extensions or False Eyelashes unless medical exemption

COSMETICS

- ☑ Makeup: Must be conservative application for even skin tone and natural complexion
- ☑ Semi-permanent Makeup: Must conform to makeup standards
- ⊘ No Tattooed Makeup
- ⊘ No Lipstick
- ☑ Lip Gloss: Only clear or skin-toned

NAILS

- ☑ Length: Max 1/4 inch with square or rounded shape
- ☑ Only clear nail polish allowed

EARRINGS

- ☑ Earring Studs:
  - Allowed one each earlobe (only); must match
  - Must be plain and cannot exceed 1/4 inch diameter
  - Cannot be worn in field environments, deployments, or in PT uniforms

MALE SOLDIERS

HAIR

- ☑ Length: Max 2 inches on top; 1 inch on sides
- ☑ Hair Coloring
  - Must be natural colors
  - Must be applied in a blended, subtle manner
- ⊘ No Braids-Twists-Locs-Cornrows
- ⊘ No shaping and cutting in designs

NAILS

- ☑ Length: No longer than the edge of the finger
- ⊘ No polish

COSMETICS

- ⊘ Not allowed

EARRINGS

- ⊘ Not allowed

APPENDIX B

UNCLASSIFIED

U.S. ARMY

Uniform Wear

Courage Uniform Levels



Courage DUTY Uniform. ACU uniform with name tape, US Army tape, rank, colored cloth flag, and SSI.



Courage LIGHT Uniform. Same as Courage DUTY Uniform, with following: no skill badges unless sewn on; combat helmet, eye pro, hearing protection, gloves, FLC/TAP, knee and elbow pads, personal hydration system, subdued/Infrared flag, tourniquets and IFAK. Subdued flags will be worn.



Courage READY Uniform. Same as Courage LIGHT Uniform. With following: body armor and ESAPI ballistic plates. FLC/TAP is not required to be worn with body armor if the Soldier has appropriate pouches. Tourniquets and IFAK worn on the left side. Soldier's must be able to carry Unit Basic Load of ammunition for assigned weapon system.

PT Uniform Decision Points

Uniform Items	Temperature			
	60 or +	50-59	40-49	39 and below
S/S Shirt	X			
Shorts	X	X	X	X
L/S Shirt		X	X	X
Jacket			X	X
Long Pants			X	X
Gloves				X
Fleece Cap				X

Foot March Uniforms

Army Physical Fitness Uniform (APFU) with combat boots (13-15 min/mile pace)

Courage Ready Uniform (17-19 min/mile pace)

Courage Duty/Courage Light Uniform (no headgear required; fleece cap if temperature reaches 39 degrees (15-17 min/mile pace)

UNCLASSIFIED