
**I CORPS AND JOINT BASE LEWIS-MCCHORD
BLUE BOOK**



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Headquarters • Joint Base Lewis-McChord • Washington

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I CORPS COMMANDING GENERAL'S 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 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!

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Commanding

PART ONE

a. General Guidance 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. “P Week” Methodology and Training Guidance. The P Week approach, which is consistent with FM 7-0, balances priorities, achieves predictability, and creates a sustainable pace for formations at echelon. High performing units do what they say they are going to do. I Corps Commanders plan unit training, capture P Week levels on training schedules, and post P-Week calendars for maximum dissemination. The four P Weeks are P-1 (Train), P-2 (Recover), P-3 (Prepare), and P-4 (Block Leave / Red Cycle). Leaders should minimize interference with time off. The 8-Step Training model is the preeminent training model by which we plan, certify, execute, assess, and retrain within the Corps. This will be the foundational tool for all training, at every echelon. Make no mistake, every Commander will ensure that they are prioritizing the time of their organizations and Soldiers.

c. 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 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.

d. 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:

- 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 fitness readiness training 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.

e. 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.

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

g. Daily Formation / Pre-Combat Checks (PCCs) / Pre-Combat Inspections (PCIs). 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, PCCs, PCIs, crew/squad/section drills, and the dissemination of information.

h. 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/>.

i. 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.

j. 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.

k. 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.

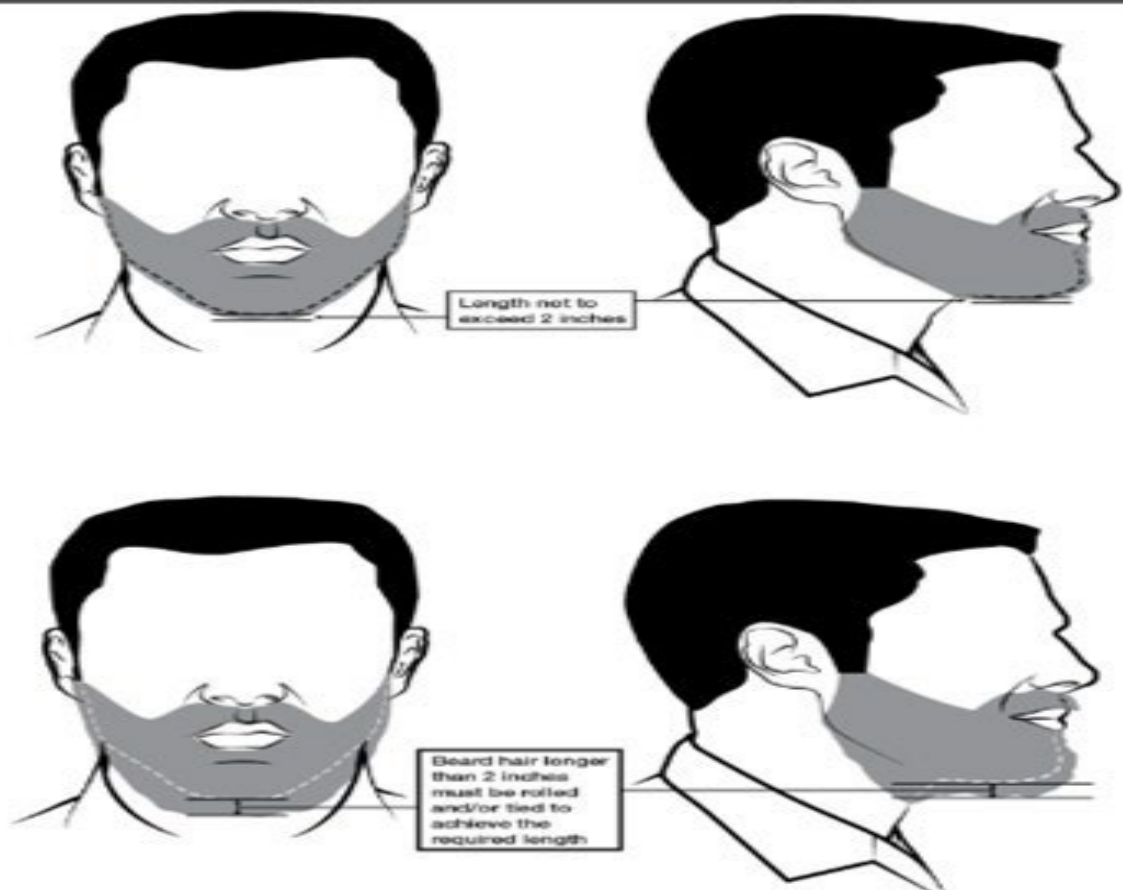
PART TWO

1. Personal Appearance Policies. All Soldiers will abide by AR 670-1 and DA PAM 670-1. 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.**

- a. **Grooming.** Soldiers will abide by AR 670-1 and DA PAM 670-1 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 or Religious Exemption Memorandum for Record on their person. However, Leaders conducting an on-the-spot correction may ask a Soldier if they have a profile or a valid Religious Exemption and may also relay a suspected violation to the Soldier's chain of command. Leaders may verify profiles and exemptions with medical professionals and Commanders.

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) Soldiers with approved religious accommodations will adhere to the specifications of their waiver and the standards outlined below.

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.



Male Haircut Standards: The hair on top of the head must be neatly groomed. The length and bulk of the hair may not be excessive and must present a neat and conservative appearance. The hair must present a tapered appearance. A tapered appearance is one where the outline of the Soldier's hair conforms to the shape of the head, curving inward to the natural termination point at the base of the neck. When the hair is combed, it will not fall over the ears or eyebrows, or touch the collar, except for the closely cut hair at the back of the neck. The blockcut fullness in the back is permitted to a moderate degree, as long as the tapered look is maintained. Males are not authorized to wear braids, cornrows, twists, dreadlocks, or locks while in uniform or in civilian clothes on duty. Haircuts with a single, untapered patch of hair on the top of the head (not consistent with natural hair loss) are considered eccentric and are not authorized. Examples include, but are not limited to, when the head is shaved around a strip of hair down the center of the head, around a u-shaped hair area, or around a patch of hair on the front top of the head. Hair that is completely shaved or trimmed closely to the scalp is authorized. Male Soldiers are authorized to wear highlights with natural colors as long as it represents a professional and natural appearance. Extreme, eccentric, or faddish haircuts or hairstyles are not authorized. Headgear will fit snugly and comfortably, without bulging or distortion from the intended shape of the headgear and without excessive gaps between the headgear and the head. Unauthorized pigments include, but not limited to purple, blue, pink, green, unnatural orange, bright red, and fluorescent or neon colors. If a Soldier decides to color or highlight their hair, root growth of a different color should not exceed 1.5 inches of the original color. If the hair does not part naturally, the Soldier may cut a part into the hair, no wider than 3mm in width, or style the hair with one part; the part will be a straight line and will fall in the area where the Soldier would normally part the hair.

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 but are not authorized to shape or line the hair growth.

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: Female Soldiers are authorized to wear highlights with natural colors as long as it represents a professional and natural appearance. Colors must blend naturally together as to not display a vast difference between shades of natural colors. There is no minimum hair length for female Soldiers. The hair may have a tapered appearance and if the hair does not part naturally, the Soldier may cut a part into the hair, no wider than 3mm in width, or style the hair with one part; the part will be a straight line and will fall in the area where the Soldier would normally part the hair. Braids, Cornrows, twists, and locks are authorized for wear. Each braid, cornrow, twist, or lock hairstyle will present a neat, professional, and well-groomed appearance. When multiple loose braids, twists, or locks are worn, they must encompass the whole head. When braids, cornrows, twists, or locks are not worn loosely and instead worn close to the scalp, they must stop at one consistent location of the head and must follow the natural direction of the hair when worn back, which is either in general straight lines following the shape of the head or flowing with the natural direction of the hair when worn back with one primary part in the hair. Hairstyles may not be styled with designs, sharply curved lines, or zigzag lines. Braids, cornrows, twists, or locks that distinctly protrude (up or out) from the head are not authorized. The bulk of the hair may not be such that it impairs the ability to wear the advanced combat helmet (ACH) or other protective equipment or impedes the ability to operate one's assigned weapon, military equipment, or machinery. A fully serviceable ACH including all its component parts must be worn in accordance with its technical manual to ensure a proper fit for safety. The only exceptions on the length of the ponytail or braid(s) are while conducting tactical or physical training in the

Army Combat Uniform (ACU) or Army Physical Fitness Uniform (APFU). The length of the secured hair should not hinder a Soldier's performance and/or increase risk to safety. No portion of the bulk of the hair, as measured from the scalp, will exceed 2 inches (except a bun, which is worn on the back of the head (centered) and may extend a maximum of 3 ½ inches from the scalp and be no wider than the width of the head. In all uniforms, the unsecured hair will be worn centered in the back of the head (placement of ponytail will not be on the side or on top of the head), be wider than the width of the head, and will not interfere with proper wear of authorized Army headgear.

The braid(s) or ponytail cannot be worn over the shoulder or pulled in front of the body. It must go down the female's back. Additionally, while female Soldiers are wearing equipment such as, but not limited to, Combat Vehicle Crewman (CVC) or ACH, they will be authorized to wear their hair in a ponytail and/or braid(s) secured in their utility uniform top. Commander's will analyze the risk of free hanging ponytail or braid(s) and use Commander's discretion to determine if long hair will be secured/tucked inside the uniform top.

Unauthorized pigments include, but not limited to purple, blue, pink, green, unnatural orange, bright red, and fluorescent or neon colors. If a Soldier decides to color or highlight their hair, root growth of a different color should not exceed 1.5 inches of the original color.

Multiple hairstyles worn simultaneously are authorized for wear as long as they are neat in appearance and do not impact the proper wear of headgear or equipment. For example, braided twists or loc hair style with a side twist to secure the hair, placed in a ponytail or two single cornrows encompassing all the hair, going into a ponytail or a bun in the back of the head is authorized.

Hair extensions are authorized. Extensions must have the same general appearance as the individual's natural hair and otherwise conform to this regulation.

Wigs, if worn in uniform or in civilian clothes on duty, must look natural and conform to this regulation. Wigs are not authorized to cover up unauthorized hairstyles.

Medium length ponytails are authorized, centered in the back of the head, no wider than the width of the head, and will not extend beyond the lower edge of the collar or interfere with proper wear of authorized Army headgear.

Long ponytails are authorized in utility uniforms when conducting physical training or tactical operations. Long ponytails will not exceed past the lower portion of the Soldiers shoulder blade. Braids are authorized for wear.

Hair holding devices are authorized only for the purpose of securing the hair. Soldiers will not place hair holding devices in the hair for decorative purposes. All hair holding devices must be plain and of a color as close to the Soldier's hair as is possible or clear. Authorized 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. Some examples of prohibited devices include, but are not limited to large, lacy scrunchies; beads, bows, or claw or alligator clips; clips, pins, or barrettes with butterflies, flowers, sparkles, gems, or scalloped edges; and bows made from hairpieces. Foreign material (for example, beads and decorative items) will not be used in the hair.

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 the 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 authorized 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.
- 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 www.peosoldier.army.mil/equipment/eyewear/)
- 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 plan in advance. The Army Improved Hot Weather Combat Uniform (IHWCU) should not be worn in cold weather conditions IOT mitigate cold weather injuries. 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 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 Warrior Restaurants, at Shoppettes (AAFES Express), the PX, the Commissary, or in any other business on the installation.

d. **Colored Shoulder Sleeve Insignia.** BDE / BN Commanders may authorize the wear of full-color Shoulder Sleeve Insignia (SSI) on the ACU and IHWCU for special occasions such as, but not limited to, commemoration ceremonies or changes of command / responsibility. The full color SSI will NOT be worn outside of the area where the ceremony or special event is being conducted. Full color SSI will not be worn on the right sleeve. Full color Ranger, Sapper, etc. will not be worn on the left sleeve.

e. **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 utility uniform during all 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.
- **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, to include wind chill, reaches 32 degrees. Soldiers will wear the fleece cap snugly on the 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 32 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 32 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 32 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.
- **Organizational Headgear (Stetson).** Battalion Commanders may substitute headgear with distinctive unit Organizational Headgear within the following guidelines: Individual purchase of Organizational Headgear must be voluntary and is authorized for units no smaller than Battalion or Squadron. Organizational Headgear will be worn only in the unit's immediate area. The Cavalry Stetson will be black in color. A braided cord, rank, regimental or ordinary cavalry brass, and the current Distinguished Unit Insignia will be worn on the Stetson.
- **Master Gunner Headgear.** NCOs assigned as the unit Master Gunner may wear the Master Gunner Ball Cap to identify themselves as gunnery evaluators; these NCOs must be graduates of the Master Gunner Course and have been awarded the Master Gunner Identification Badge (MGIB). Master Gunners are only permitted to wear the Ball Cap when serving in official Master Gunner duties and will not replace the Patrol Cap during normal duties. The optional, at the cost of the Master Gunner, headgear will be an all-black baseball style cap with the ACU Master Gunner Identification Badge sewn centered on the front panels.

f. **Cavalry Spurs.** Spurs will be worn only in the unit's immediate area or for special functions similarly to organizational headgear use such as: unit dining-ins/outs, formal events, professional gatherings, and other events designated by the Squadron Commander. Under no circumstances will they be worn in AAFES facilities, Commissaries, or support agency facilities.

g. **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 Warrior Restaurants, 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, outside of a unit's headquarters location. The only exemption is the Master Gunner headgear, worn in the conduct of their official certification/qualification duties.

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.

- 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.

a. 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.

b. 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.

c. Ballistic Protection. Many training events do not require ballistic protection (e.g., land navigation, foot marches) but live-fire training and collective training events with a tactical scenario and an opposing force (OPFOR) do. 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 ballistic 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.

d. 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 who have been issued the Integrated Head Protection System (IHPS) helmet do not require a helmet band. Lowcut or Ops-Core helmets are NOT authorized unless assigned to 2/75 Ranger Regiment, 1/160th Special Operations Aviation Regiment (SOAR), and 1st Special Forces Group or issued by the Central Issue Facility (CIF) and on a Soldier's clothing record.

e. 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 cuffed 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.

f. 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, it is highly discouraged for garrison wear below 50° F and in the PNW rainy weather. The high-loft fleece jacket will not be worn above 50° F on Joint Base Lewis-McChord.
- **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 Physical Readiness Training (PRT) when in garrison Monday through Friday from 0630-0800. 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 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 intended for wear as an all-purpose uniform. The APFU or ACUs are the only authorized uniforms for physical readiness training. 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 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. **APFU Weather Conditions Guidance.** For temperatures above 50° F, it is suggested the summer APFU be the uniform of choice. Between the temperatures of 50° F and 33° F the APFU will be determined by the Company/Battery/Troop Command (CDR and/or 1SG). At 32° F or below the APFU will be winters with the option of removing the pants with the approval of the Company/Battery/ Troop Command (CDR and/or 1SG). Organizational formations will be in the same uniform, regardless of the temperature; uniformity will be maintained.

d. **Foot March.** Foot marching will remain an important component in our conditioning and combat readiness. Leaders must take a thoughtful and progressive approach to prevent needless injuries and ensure sustainable combat readiness for mission accomplishment. The authorized foot march uniforms are either the APFU with Combat boots or the Courage Light uniform with either combat helmet or patrol cap. Soldiers will NOT wear ear buds or play music from any device while foot marching. Running or soft sole shoes will NEVER be worn during foot marches.

e. **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.
- BN CDRs may authorize Hooded Sweatshirts; however, the hood and pockets may not be used during training.
- 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/B/Ts.

- **1/4 zip collared shirts are not authorized for wear during Physical Fitness as part of the APFU.**

f. **PT Road Guard Uniform Requirements.** The duty uniform for all PT Road Guards will be Courage DUTY with equipment listed below to prevent injury or sickness.

Personnel conducting Road Guard operations from 1 April – 30 September will have their issued assault pack with wet weather top, bottoms, and gloves inside or worn.

Personnel conducting Road Guard operations from 30 September – 31 March will have all the above, in addition to cold weather ECWCS GEN III clothing items to protect themselves from cold weather conditions.

*****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, slacks with collared shirt 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 midribs, tube, skin-tight, cut-off tops or tank tops.

b. **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.

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

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

- Clothes with obscene, slanderous, or 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.
- Soldiers are required to always carry their Military ID Cards on the installation, whether on or off duty.
- Earring wear on duty in uniform, on duty in civilians, and off duty is restricted to AR 670-1 guidelines.

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 consist 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. 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 would be 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. If traveling in a government or privately owned vehicle (car, motorcycle, bicycle), Soldiers will stop, exit their vehicle, and render appropriate honors. If the location or situation is unsafe to exit vehicle, at a minimum Soldiers will stop their vehicle.

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.

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 to have 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 the 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.

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. 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 firearm 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 purposes 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 riding in tactical vehicles. At a minimum, Soldiers will wear the appropriate helmet, eye protection, and approved 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 at 25 feet or more from the vehicle with all the vehicle's windows closed, it is at an excessive volume and must be turned down. Joint Base Lewis-McChord quiet hours are between 2200-0630 daily.

d. **Motorcycle Operations.** All Soldiers operating a Motorcycle on and off post will abide by Department of Defense and local Commander guidance. All 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 the ankle style footwear. IAW Army Regulation 385-10, The Army Safety and Occupational Health Program, Chapter 13-17 and the Army Progressive Motorcycle Program, it is mandatory for all Soldiers operating a privately-owned 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 that reside off-installation are also advised that the State of Washington prohibits the importation, possession, sale, transfer, and similar transactions of certain weapons deemed "assault weapons" by Washington Statute. Servicemembers 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.

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	

PART SIX

1. 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

[illegible]

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 composed the song in 1987.

Lyrics: Sergeant Patrick Robinson wrote the lyrics for the song.
SGT Robinson was inspired to write the lyrics during a live-fire exercise with his unit on Joint Base Lewis-McChord.

Arrangement: Sergeant First Class Joshua DiStefano arranged the song.

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