

United States Army Alaska Regulation 750-3

DEPARTMENT OF THE ARMY  
HEADQUARTERS, UNITED STATES ARMY ALASKA  
Fort Richardson, Alaska 99505-5000

United States Army Alaska Regulation 750-3

1 May 1999

Maintenance of Supplies and Equipment

Boots, Combat, Rubber, Insulated, Cold Dry, White (for Extreme Cold Weather Use)

**Summary.** This regulation concerning the use of rubber insulated boots in the United States Army Alaska (USARAK) has been revised. This regulation covers the policies, responsibilities, and procedures for handling these boots. This regulation has been revised to reflect the change to USARAK.

**Applicability.** This regulation is applicable to all units, organizations, and activities assigned or attached to USARAK.

**Impact on New Manning System.** This regulation does not contain information that affects the New Manning System.

**Supplementation.** Supplementation of this regulation is prohibited without prior approval from the Directorate of Logistics, Maintenance Division, APVR-RDL-M.

**Interim changes.** Interim changes to this regulation are not official unless the Director of Information Management authenticates them. Users will destroy interim changes on their expiration dates unless sooner superseded or rescinded.

**Suggested improvements.** This regulation's proponent agency is the Directorate of Logistics, Maintenance Division. The Maintenance Division invites users to send comments and suggested improvements on Department of the Army (DA) Form 2028 (Recommended Changes to Publications and Blank Forms) directly to APVR-RDL-M.

**1. Purpose**

This regulation's purpose is to prescribe policy, responsibilities, and procedures for individual use and care of rubber, insulated boots. This regulation includes procedures for wearing, repairing, inspecting, and cleaning insulated boots.

**2. References**

a. Related publication. (A related publication is merely a source of additional information. The user does not have to read it to understand this regulation.) Technical Manual (TM) 10-8400-201-23 (Unit and Direct Support Maintenance for General Repair Procedures for Clothing) is a related publication.

b. Referenced form. DA Form 2028 (Recommended Changes to Publications and Blank Forms) is a referenced form. It is cited in the suggested improvements statement.

**3. Explanation of abbreviations**

- a. DA..... Department of the Army
- b. NSN ..... national stock number
- c. PMCS..... preventive maintenance checks and services

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\*This regulation supersedes 6th Infantry Division (Light) Regulation 750-3, dated 30 September 1988.

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- d. TM..... Technical Manual
- d. USARAK ..... United States Army Alaska

### 4. Responsibilities

- a. Commander. The commander will prevent cold injuries by ensuring that soldiers are properly trained in the wearing of boots and performing preventive maintenance checks and services (PMCS).
- b. Users. Users will ensure that insulated boots are properly worn, when required, and that the PMCS are performed per this regulation.

### 5. General

a. When properly worn, rubber, insulated boots will provide adequate protection to an individual's feet under cold and wet climatic conditions. However, in order to provide this protection, the insulation, which is sealed between two waterproof layers of rubber, must be kept absolutely dry. If the insulation becomes wet, its insulating value and protection afforded will be reduced, which may result in cold injury at extreme temperatures. This boot is designed for use under cold, dry conditions occurring in areas where temperatures are below 14 degrees Fahrenheit, and must be worn where actual temperatures of -20 degrees Fahrenheit or below may occur.

b. Marching, running, or heavy work for long periods will cause the feet to sweat. However, this moisture cannot damage the insulation because of the waterproof rubber lining inside the boot. The feet, even if damp, will stay warm. After a few days, your feet become used to this feeling. If these boots are worn continuously, the skin appears wrinkled and white as if it had been soaked in water. Drying the feet and putting on clean, dry socks will cause this condition to disappear. If ice water spills into the boot, it warms to body temperature rapidly. If your feet begin to get cold, button up all your garments and exercise the entire body by swinging the arms, stamping the feet, and rapidly moving the toes.

c. Keep this in mind: trenchfoot and frostbite are serious cold injuries that can cause painful and permanent disability. These injuries can be prevented by proper care of your feet. No boot will keep your feet from freezing, if in sub-zero weather, you remain motionless for several hours. Wear the insulated boot properly and DO NOT BECOME A COLD WEATHER CASUALTY. The key word is ACTIVITY.

### 6. Fitting

Boots are supplied in whole sizes. Widths are extra narrow, regular, wide, and extra wide. Try on the same size insulated boots as your leather boots. If you wear a half size in leather boots, try on the next larger or smaller size for proper fit. Make sure the insulated boots fit properly! They have a "soft" fit. Be sure they are large enough, and are snug, but not tight.

### 7. Wearing

a. Insulated boots are to be worn with only one pair of socks, i.e., wool, cushion sole, 15-inch leg length. Fold the sock over the top of the boot to the first eyelet to prevent slipping and wrinkling. Additional socks should not be worn, because the feet may become cramped, cutting off the circulation of blood and causing the feet to become cold needlessly. Change socks at least once daily.

b. Field trousers are to be worn outside the boots, and are not to be stuffed inside the boots, as the boots are not designed to accommodate this bulk.

c. The boot is double laced through the second eyelets. Loosen the laces and draw the boot onto the foot, seating the back of the heel firmly into the boot. Pull the laces tight above the second eyelet, firmly, to anchor the boot to the foot. Lace the rest of the boot comfortably. Fold or tuck the fullness of the gusset

rearward on the outside of the leg per the instructions imprinted on the boot. When removing the boot, loosen the laces above the second eyelet, then complete by loosening the lace directly below the second eyelet.

d. The air release valve on the outside of the boot equalizes air pressure at different altitudes. To reduce boot swelling and boot discomfort at higher altitudes, open the valve, allowing pressure to escape. When you are back at lower altitudes, close the valve. Be sure to keep the air release valve closed, except while airborne, to preclude moisture penetration. **DO NOT TAMPER WITH THE AIR VALVE—USE ONLY WHEN NEEDED!**

## **8. Care**

a. No polishes are to be applied to the rubber outer; and no paints shall be applied to the inner lining for identification purposes, as this will result in deterioration of the rubber, shortening the life of the boot.

b. Cleaning.

(1) Attempting to clean/restore the boot to its original color (new white), using excessive or abrasive cleaning techniques, will reduce the overall service life of the boot. It is acceptable for the boot to change coloration to an off-white or yellowish tint under normal conditions of maintenance, wear, and tear, during the serviceable life of the boot.

(2) To clean, sprinkle lightly with Type I scouring powder, with bleaching agent (national stock number (NSN) 7930-00-721-8592) or with all purpose industrial cleaner (NSN 7930-BP-000-0443). Wet a sponge with an abrasive back (NSN 7920-00-655-5290) and rub lightly. Rinse with water. Wash the inside of the boots with soapy water once a month.

## **9. Repair**

a. General. To be effective, this type of footwear must be in an undamaged state at all times. If boots are in need of repair, or in other than excellent condition, they should be brought to the local testing facility, with a work request, for inspection, testing, and classification. Unserviceable boots will be direct exchanged at the Central Issue Facility.

b. Emergency repair. To prevent injury to the user or further damage to the boot, limited emergency repairs may be made by the user until the damaged boot can be exchanged. Emergency repairs should be made by the individual user when punctures, cuts, tears, or holes occur during wear. These faults should be repaired immediately, if possible, using repair kit for boots, combat, rubber, insulated, cold weather (NSN 8465-00-753-6335) or other means to protect the insulation from moisture. Unit of issue is "Each" and this kit should be stocked in the unit supply room.

(1) The following directions are included in each kit:

(a) Clean the area to be patched.

(b) Buff thoroughly with the enclosed abrasive.

(c) Open the tube of cement by tearing off the end.

(d) Apply a coat of cement to the boot and allow to dry (about 3 to 5 minutes).

(e) Twist and tear to remove the backing from the patch; do not touch the fresh surface. Apply the patch. Press the patch firmly in place using a smooth, round object.

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(2) Emergency repairs without a repair kit, when a repair kit is not immediately available, may be done using a cold tire patch, rubber, or friction tape, Scotch or adhesive tape, or anything that will keep moisture out.

### 10. Inspection at organizational level

a. All insulated boots are to be inspected by the user within the designated intervals as indicated in the PMCS at appendix A. Perform these checks in the order listed. Additionally, boots will be inspected monthly during the months of usage, October through April, using the PMCS. This inspection should be conducted by the user's supervisor or an individual designated by the unit commander.

b. Boots that have any defects, as indicated in the readiness reporting column, will be turned in per paragraph 9a. A defect in one boot of a pair shall result in only that boot being considered unserviceable.

FOR THE COMMANDER

OFFICIAL:

CHARLES R. DEWITT  
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Chief of Staff

//Original Signed//

WILLIAM F. HIGGINS, JR.  
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**Appendix A**  
**Preventive maintenance checks and services**

Item Number	Interval				Procedures Check for these defects and have boots repaired, replaced, or adjusted as necessary if:	Equipment is not ready/ available if:
	B	D	A	M*		
1	●		●	●	Cracking (crazing), cuts, holes, blisters, burns spots, or deterioration of outer rubber	Any defect that will cause leaks
2	●		●	●	Separation of reinforced areas	Any excessive separation
3	●		●	●	(Remove strings) Holes, tears, cuts, or rips in tongue	Any defect that will cause a leak
4	●		●	●	Missing eyelets or torn eyelet stays	Missing eyelets or eyelet stays
5	●		●	●	Rips, tears, cuts, or separation of inner surface of boot	Any defect that will cause leaks or wearing discomfort
6	●		●	●	Air valve will not open or close, is obstructed, leaking, or missing	Any defect with the air valve
7	●		●	●	Heel is worn smooth, deteriorated, or less than 1/2 inch	Less than 1/2 inch
8	●		●	●	Sole that is worn smooth (no cleat design) or shows holes  Boots fit properly; no visible signs of damage	Smooth and/or holes  Incorrect fit

\*Monthly checks will be conducted at unit and organizational level.