

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

United States Army Alaska Regulation 670-1
Change 1

1 March 2002

Uniform and Insignia

Wearing of the Army Uniform for Arctic Soldiers

Summary. This is a change to United States Army Alaska Regulation 670-1, dated 15 January 2002. This change corrects reflective belt wear with the PFU and IPFU.

Suggested improvements. This regulation's proponent agency is the Adjutant General's Office. Users are invited to send comments and suggested improvements on Department of the Army (DA) Form 2028 (Recommended Changes to Publications and Blank Forms) directly to APVR-RAG.

1. USARAK Regulation 670-1, 15 January 2002, is changed as follows:

Page 3. Change subparagraph 10 to read as follow:

(10) Reflective belts are required for all soldiers and will be worn with the PFU and IPFU while conducting individual and unit physical fitness training. The reflective belt will be worn across the upper torso of the soldier from right shoulder to left hip. In addition, all road guards will carry a flashlight during periods of darkness and limited visibility.

2. Post these changes per DA Pamphlet 310-13.

3. File this transmittal sheet in front of the publication.

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United States Army Alaska Regulation 670-1

15 January 2002

Uniform and Insignia

Wearing of the Army Uniform for Arctic Soldiers

Summary. This regulation covering Army uniform wear in an arctic climate has been revised. the change includes an updated policy on the beret.

Applicability. This regulation applies to active Army, active Guard and Reserve, Army National Guard, United States Army Reserve soldiers assigned or attached to the United States Army Alaska (USARAK), and all tenant units, activities, or individuals stationed on Alaskan installations.

Supplementation. Supplementation of this regulation is prohibited without prior approval from the Chief of Staff or Adjutant General.

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 Users will destroy interim changes on their expiration date unless sooner superseded or rescinded.

Suggested improvements. This regulation's proponent agency is the Adjutant General's Office. Users are invited to send comments and suggested improvements on Department of the Army (DA) Form 2028 (Recommended Changes to Publications and Blank Forms) directly to APVR-RAG.

1. Purpose

This regulation prescribes the authorizations and occasions for wearing the Army uniform in Alaska.

2. References

a. Required publication. Army Regulation (AR) 670-1 (Wear and Appearance of Army Uniforms and Insignia) is the required publication.

b. Related publications. (A related publication is merely a source of additional information. The user does not have to read it to understand this regulation.)

(1) Armed Forces Visual Aid (AFVA) 161-1 (Wind Chill Chart).

(2) Field Manual (FM) 21-20 (Physical Fitness Training).

(3) USARAK Pamphlet 385-4 (Risk Management for Cold Weather Operations).

c. Referenced form. DA Form 2028 (Recommended Changes to Publications and Blank Forms) is a reference form. The suggested improvement statement cites this form.

3. Explanation of abbreviations

a. AR..... Army Regulation

b. AFVA Armed Forces Visual Aid

*This regulation supersedes United States Army Alaska Regulation 670-1, dated 15 January 2001.

- c. app appendix
- d. BDU battle dress uniform
- e. DA Department of the Army
- f. FM field manual
- g. IPFU improved physical fitness uniform
- h. PFU physical fitness uniform
- i. USARAK United States Army Alaska

4. Responsibilities and intent

a. The Chief of Staff/USARAK Command Sergeant Major is the proponent of the USARAK uniform policy.

b. Commanders are responsible for the uniformity and safety as well as good order and discipline within their commands. The intent of this regulation is to establish standards for uniform wear per AR 670-1 for all Army uniforms and uniforms unique to soldiers assigned to this command. It also assists soldiers in presenting a neat and professional appearance at all times. This overall intent allows commanders and leaders to exercise common sense and discretion in the application of this regulation when necessary to ensure the safety of their soldiers.

c. During the winter uniform period, commanders should base their decisions on what items of equipment to wear and how these items should be worn, on the temperature zone in which their soldiers will be working. The various temperature zones are described in USARAK Pamphlet 385-4; annex B. Commanders must take wind chill into account when determining temperature. Wind chill may be determined by using AFVA 161-1.

5. Uniform wear

a. The battle dress uniform (BDU) is the normal garrison duty uniform for USARAK soldiers, except for the Northern Warfare Training Center. Based on specific activities or missions, the applicable unit commander may direct or approve exceptions.

b. Except for the field uniform, any clean, serviceable Class C uniform (such as the BDU, flight, hospital duty, food service, Extreme Cold Weather Clothing System, etc.) is authorized off post except at establishments where alcohol is the primary product served. Alcoholic beverages will not be consumed while wearing any Class C uniform off the installation.

c. Any Class C uniform may be worn on all installations and in post facilities during and after duty hours.

d. USARAK soldiers, including tenant units, may wear the Class C uniform aboard commercial aircraft when traveling to military installations in Alaska for conducting official business. Soldiers are prohibited from sitting in first-class seating while traveling in any Army uniform aboard commercial air transportation.

6. Physical fitness uniform

The physical fitness training uniform is the Army physical fitness uniform or the improved physical fitness uniform (PFU/IPFU) when in a duty status.

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a. The summer physical training uniform (worn 1 May until 1 October) will consist of the following:

(1) PFU/IPFU T-shirts (long and short) will be tucked in at all times (soldiers who are pregnant and are eligible to wear the maternity uniform may wear the T-shirt out).

(2) PFU gray shorts or IPFU black shorts with Army logo.

(3) Commercially purchased running shoes. (See FM 21-20, app E.)

(4) White, calf- or ankle-length socks without colored bands, markings, or logos can be worn with the IPFU. The PFU still requires the wear of calf-length socks.

(5) Knee-length or higher spandex shorts (or equivalent) gray or black in color, without logos.

b. The winter physical training uniform (worn 1 October until 1 May) will consist of all the above with the following additions:

(1) The PFU sweatshirt and pants or IPFU gray and black jacket and black pants.

(2) The issued balaclava may be the prescribed headgear and will be worn as indicated in appendix A.

(3) Trigger-finger mittens (with inserts), arctic mittens, or black gloves (with inserts), as determined by the unit commander.

(4) Slip-on traction devices may be worn on running shoes when the running routes are icy.

(5) If the soldier wears long underwear or other similar items, they must be concealed from view with the jacket and pants.

(6) The PFU (gray, 100 percent cotton) is not authorized for wear off post, other than traveling to and from the soldier's residence and duty location to conduct physical fitness training.

(7) The IPFU is authorized for wear on and off post. The soldier may wear all or part of the IPFU when authorized by the commander. However, the IPFU must be clean, serviceable, and worn correctly at all times.

(8) Soldiers may not mix or match the PFU and IPFU. Mixing of the IPFU with civilian attire is authorized on any military installation within USARAK and may be worn with commercially purchased running shoes, black or gray spandex shorts without logos, gloves, reflective belts or vests; long underwear, and other items appropriate to the weather conditions and type of activity.

(9) The only insignia authorized for wear on the IPFU is the Physical Fitness Badge. When the Physical Fitness Badge is worn, it will be sewn on the upper, left, front side of the T-shirt and worn centered 1/2 inch above the word "Army" on the IPFU jacket.

(10) Reflective belts are required for all soldiers and will be worn with the PFU and IPFU while conducting individual and unit physical fitness training during periods of darkness and limited visibility. The reflective belt will be worn across the upper torso of the soldier from right shoulder to left hip. In addition, all road guards will carry a flashlight.

(11) When conducting physical training under temperature zone III (see app B) conditions, Commanders may designate, at their discretion, the method of wear for the balaclava, as well as the type of hand gear to be worn. When conducting physical training under temperature zone IV or colder conditions, all soldiers must wear the balaclava rolled-down, as well as the arctic mittens. Since the

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standard issue balaclava is not constructed of wind-stopper type fabric, commanders should consider if weather temperature/wind-chill conditions warrant wearing the hood of the PFU or IPFU with additional clothing.

7. Insignia and accouterments wear

a. Except for soldiers assigned to the Northern Warfare Training Center, sewing insignia and accouterments (other than nametag) on cold weather uniforms are prohibited.

b. Shoulder-sleeve insignia wear for USARAK is as follows:

(1) Soldiers assigned to the 172d Infantry Brigade will wear the 172d Infantry Brigade (Separate) shoulder-sleeve insignia.

(2) If on airborne status, soldiers assigned to the 172d Infantry Brigade (Separate) will wear the airborne tab above the shoulder-sleeve insignia.

c. Authorized shoulder-sleeve insignia wear for the United States Army Pacific Command of echelons above brigade units is as follows:

(1) Soldiers assigned to table of distribution and allowances and echelons above brigade units will wear the USARAK shoulder-sleeve insignia.

(2) Soldiers assigned as parachute riggers with the Directorate of Logistics, Aerial Delivery Branch are authorized to wear the airborne tab as an integral part of the USARAK shoulder-sleeve insignia.

d. Authorized distinctive unit insignia or "unit crest" wear is as follows:

(1) Soldiers assigned to table of distribution and allowances and echelons above brigade units within USARAK, which are not authorized a separate distinctive unit insignia as outlined in AR 670-1, paragraph 27-21, will wear the USARAK distinctive unit insignia.

(2) Table of distribution and allowances augmentees to USARAK will wear the distinctive unit insignia of the battalion-sized unit to which they are assigned.

(3) Brigade units will wear the distinctive unit insignia approved for the unit.

e. Soldiers assigned to the Northern Warfare Training Center will wear the activity patch over the right, chest pocket.

8. Additional guidelines

a. Seasonal uniform changeover date. The official seasonal changeover effective date for garrison duty uniform and winter field uniform will be 1 May and 1 October unless announced before those dates (see app A). However, commanders may specify the field uniforms and packing lists as appropriate to the mission and weather, as well as for garrison fatigue details, guard duty, physical training, etc., where modifications are deemed necessary for the safety of the soldier.

b. Field uniform. Due to diverse climatic conditions as well as unique individual and mission requirements, major subordinate commanders will specify the uniform for field exercises in both summer and winter.

(1) The Extreme Cold Weather Clothing System is designed to be a system of layers. It uses the Gortex shells as an outer layer with any of several possible combinations of under layers, as appropriate,

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based upon individual needs and leadership discretion. The "winter field" uniform will normally include the polypropylene shirt and pants under the Gortex parka and pants unless otherwise specified. A soldier may take off their Gortex parka and eat in their polypropylene shirt while eating at Army and Medical Department Activity-Alaska dining facilities on any USARAK installation. (Subordinate commanders will follow guidance issued in higher command level orders.)

(2) The Extreme Cold Weather Clothing System fiber pile "bear" shirt may optionally have nametags sewn on per AR 670-1, paragraph 27-22b.

c. Sleeve rolling. For uniformity, commanders will determine when to roll up or down sleeves for their unit formations. At all other times, sleeve wear is an individual soldier's choice.

d. Mukluks. Aviators, crewmembers on flight status, aircraft mechanics, and military police are authorized to wear mukluks. Additionally, commanders may specify mukluk issue and wear for vehicle drivers and other soldiers whose missions necessitate their wear during extreme weather.

e. Baseball caps. Parachute riggers may wear the red baseball cap in place of the BDU cap with the BDU or olive green shirt and field trousers. Affix rank and special skill badges as prescribed in AR 670-1.

f. Cold weather outer wear. The Extreme Cold Weather Clothing System parka, cold weather parka, or field jacket are the appropriate cold weather outer wear for all soldiers who have been issued them unless during a work detail or other activity for which it may be inappropriate to wear that outer garment. The snap-on, fur ruff may be optionally worn attached to the Extreme Cold Weather Clothing System parka during the seasonal months.

g. Balaclava.

(1) The balaclava is authorized for wear from 1 October until 1 May) on all USARAK installations.

(2) Only issued balaclavas may be worn while in uniform (see para A-3). Other balaclavas, knit caps, rags, and items such as sleeping caps will not be worn under other headgear. During field training and other tactical situations, balaclavas may be worn only under the helmet and not as outer garments when outside of covered areas.

(3) Leadership at all levels will ensure the proper wear of the balaclava and that it is not worn indoors.

h. Headphones are not authorized in any uniform while outdoors (walking, running, riding) on any USARAK installation. Headphones are authorized for wear inside physical fitness facilities.

i. Wear with civilian clothing. The Extreme Cold Weather Clothing System components (without rank), the cold weather parka, the balaclava, vapor barrier boots, trigger-finger mittens, and arctic mittens, are authorized for wear with civilian clothing during the winter months both on and off post in Alaska.

9. Identification of prior cold weather injuries

Since soldiers who have had prior cold weather injuries are often more at risk for subsequent cold weather injuries, it is important for leaders to be able to identify these soldiers at a glance. Soldiers with prior cold weather injuries, while wearing the PFU/IPFU, will wear an issued, high-visibility reflective armband on the upper, left arm of the PFU/IPFU sweatshirt. While in field uniform, the Kevlar will be marked with a piece of red tape on the left and right sides of the camouflage retaining band, with a third piece of red tape at the rear of the helmet, centered on the camouflage band between the two "cat-eyes". All red tape markings should be approximately 1/2-inch wide.

10. Uniformity versus judgment

When, in the commander's judgment, an alternative uniform is necessary or would be more suitable for a specific circumstance, good sense will prevail, as the safety and welfare of individual soldiers are paramount. This requires the vigilance, involvement, and enforcement by all leaders and soldiers to ensure that professional standards, safety, as well as good order and discipline are maintained as appropriate to the mission and conditions.

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Fort Shafter, Hawaii 96858-5100

Appendix A
Seasonal Duty Uniform

A-1. Summer garrison duty uniform

The summer garrison duty uniform consists of the following:

- a. BDU.
- b. BDU cap (beret or rigger cap, when authorized).
- c. Socks, olive drab or black.
- d. Undershirt, brown.
- e. Black web belt.
- f. Boots, combat (black leather); Army issue jungle boots; mountain boots; or boots of a similar commercial design as the combat boot.
- g. Identification tags.
- h. Insignia and accouterments (as authorized).
- i. Handbag (female only).
- j. Wet-weather gear as required (Extreme Cold Weather Clothing System or wet-weather parka).

A-2. Winter garrison duty uniform

The winter garrison duty uniform consists of the following:

- a. BDU.
- b. Balaclava, BDU cap, (or beret and rigger cap), if authorized for wear.
- c. Neck gator
- d. Socks, black wool or olive drab issue.
- e. Undershirt, brown.
- f. Black web belt.
- g. Boots, combat (black leather); issued mountain boots; or boots of a similar commercial design as the combat boot. Vapor barrier boots are authorized for extreme cold weather or as designated by commanders.
- h. Gloves, black or trigger-finger mittens.
- i. Identification tags.
- j. Insignia and accouterments (as authorized).

- k. Scarf, olive green (optional).
- l. Handbag (female only).
- m. Extreme Cold Weather Clothing System parka (with pin-on or sew-on rank and tape), cold weather, or field jacket.
- n. Over whites per direction of unit commanders.

A-3. Wearing the balaclava

a. The balaclava may be worn, at the individual soldier's option, in any configuration or in combination with any uniform item while in the field. These options include wearing the balaclava down over the face with the opening over or under the nose. It may also be worn with the opening stretched down under the chin. Alternately, it may be worn folded up so as to cover the ears.

b. When worn in garrison, the balaclava may be worn in any of the above configurations specified for formations or as necessary to ensure individual safety per paragraph 8g(1) . When the balaclava is worn up and folded in garrison, it must be folded in upon itself, thus closing the face opening. The face opening will be worn to the rear. See the illustrations in figure A-1.

A-4. Wearing the beret

The beret is an organizational issue item to be worn in garrison. The authorized color of the beret worn by soldiers assigned to USARAK is black, other than those assigned to an airborne unit. The maroon beret is the authorized headgear for those soldiers assigned to airborne units within USARAK. The beret (black and maroon) will be worn with the edge binding straight across the forehead, 1 inch above the eyebrow with the top of the beret draped over the right ear with stiffener positioned over the left eye. The ends of the adjusting ribbon will be cut off and the ribbon knot secured inside the edge binding at the back of the beret. Berets will only be worn with service uniforms and BDUs in garrison. Only soldiers assigned to airborne units may blouse their slacks and trousers of the service uniform with black combat boots. See the illustrations in figure A-2.

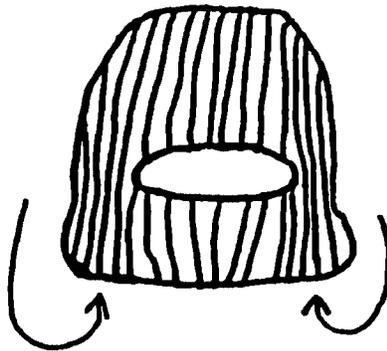
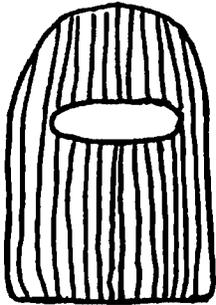
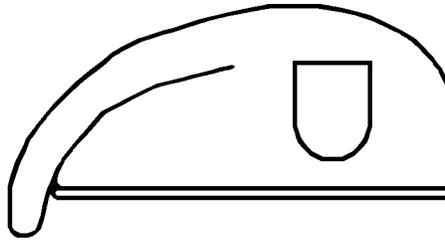
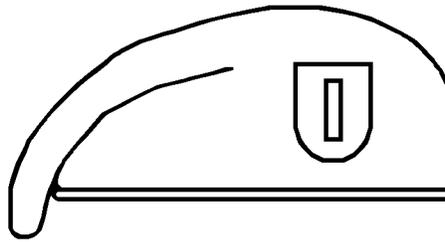


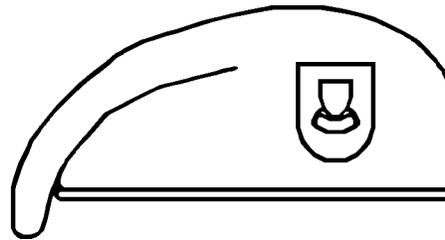
Figure A-1. Balaclava wear in garrison



Organizational beret with flash



Organizational beret with flash, officer



Organizational beret with flash, enlisted

Figure A-2. Beret wear in garrison

Appendix B
Temperature Zone Criteria

B-1. Temperature Zone I (55 to 33 degrees (Fahrenheit)).

B-2. Temperature Zone II (32 to 10 degrees (Fahrenheit)).

B-3. Temperature Zone III (9 to –19 degrees (Fahrenheit)).

B-4. Temperature Zone IV (-20 to –40 degrees (Fahrenheit)).

B-5. Temperature Zone V (below –40 degrees (Fahrenheit)).