

**ROCK of the MARNE**

**3rd Infantry Division**



**The Marne Standard  
19 May 2014**

# CONTENTS

Commander's CSM Memorandum.....	1
Commander's Vision.....	2
Division Patch Medal of Honor Decorations Campaign Streamers.....	3
Division History.....	4-8
References Appearance Policy Hair and Grooming Standard.....	9
Tattoo Branding and Body Mutilation.....	10
Jewelry Uniform Appearance and Wear Policy.....	11
Army Combat Uniform.....	12-13
Required or Prohibited Wear or Army Uniform Civilian Clothing Eyeglasses and Sunglasses ID Tags.....	14
IPFU/APFU.....	15
IPFU/APFU Photos.....	16
Tactical/Field Uniform "Marne Standard".....	17-18
ACH Photo.....	19
Marne Standard Photo.....	21
Coverall/NOMEX Military Courtesy Public Display of Affection.....	20
Cell Phone Use POV/POW Dress Code on Post Dress Code off Post.....	21-22
Mileage Pass Civil Court Appearance Seat Belt Use Motor Cycle and ATV Operation Safety.....	23

# CONTENTS

<b>Alcohol Use</b>	
<b>Avoiding Endorsement.....</b>	<b>24</b>
<b>Social Media.....</b>	<b>25</b>
<b>Media Tips.....</b>	<b>26</b>
<b>Soldier's Creed.....</b>	<b>27</b>
<b>Noncommissioned Officer's Creed.....</b>	<b>28</b>
<b>Dog Face Soldier Song.....</b>	<b>29</b>
<b>Army Song.....</b>	<b>30</b>
<b>National Anthem.....</b>	<b>31</b>
<b>General Orders</b>	
<b>Code of Conduct.....</b>	<b>32</b>
<b>Army Values.....</b>	<b>33</b>
<b>Composite Risk Mitigation Process.....</b>	<b>34</b>
<b>Individual Safety Card (GTA 05-08-012).....</b>	<b>35-39</b>
<b>Notes.....</b>	<b>40-41</b>



**DEPARTMENT OF THE ARMY**  
HEADQUARTERS, 3<sup>RD</sup> INFANTRY DIVISION AND FORT STEWART  
942 DR. BEN HALL PLACE, BUILDING HQ001  
FORT STEWART, GEORGIA 31314-5048

REPLY TO:  
ATTENTION OF:

AFZP-CG

19 May 2014

MEMORANDUM FOR All 3rd Infantry Division Soldiers assigned to Fort Stewart, Hunter Army Airfield, and Fort Benning (Kelley Hill).

SUBJECT: The Marne Standard

1. Congratulations on your assignment to Fort Stewart, Hunter Army Airfield, Kelley Hill and the 3<sup>rd</sup> Infantry Division, "The Marne Division." You are now a member of a fighting unit that has demonstrated its courage on the battlefields of France in WWI, WWII, the Korean War, Vietnam, Iraq, and now finishing the fight in Afghanistan. The 3rd Infantry Division has a proud legacy of succeeding at the toughest missions and you are now a member of this team.
2. The hallmark of this outstanding unit is discipline-individual and unit discipline. Discipline is simply defined as doing what's right even when no one is supervising you. Individual and unit discipline is essential to our ability to conduct decentralized operation successfully. Discipline is often the difference between mission success and failure. It was true in 1918 where we made our stand on the Marne River, and it is true today.
3. In our profession, we live by the seven Army values and our actions are guided by our Warrior Ethos. We are a standards based organization. In this division, leaders lead by setting an outstanding personal example in all they do and leaders enforce standards. This book, THE MARNE STANDARD, is a directive guide that serves as a reference of standards for Soldiers of in the 3rd Infantry Division. Just as you are expected to live our Army values and Warrior Ethos, we expect you to know the contents of this book and follow them.
4. You have the responsibility to live up to the professional, disciplined and warfighting reputation of Dog Face Soldiers who have fought in five wars and are still fighting today. Do not let them or your teammates down. Learn and live the Marne Standard.

ROCK OF THE MARNE!

CHRISTOPHER G. GILPIN  
CSM, U.S. Army  
Command Sergeant Major

JOHN M. MURRAY  
MG, U.S. Army  
Commanding

## 3ID Commanding General's Vision

3<sup>rd</sup> Infantry Division is the Army's premier force for decisive action.

We are **disciplined, expeditionary, and lethal** with our weapon system.

We focus on **highly trained platoons and companies** capable of rapidly answering our Nation's call. We do routine things to a high standard and are good stewards of resources.

We **honor our legacy** by living the **Army Values**, the **Warrior Ethos**, and always treating others with **dignity and respect**.

---

### What I expect of Soldiers

Physically and mentally fit

Highly disciplined and professional

Expert with our assigned weapon system

Get better every day-as a Soldier and as a person

Soldiers and leaders of character - Army Values and Warrior Ethos

Honor our legacy

### What I expect of Leaders

Establish and maintain standards

Establish and maintain a positive climate

Develop your subordinate leaders

Create predictability to our Soldiers and Families

Focus on what is more important-basic skills and tasks executed to a high standard

Leaders with the led

### The Division Patch

The 3rd Infantry Division shoulder sleeve insignia consists of three diagonal white stripes 5/16" wide and 5/16" apart, superimposed diagonally upon a dark blue field 2 1/4" square. When worn on the left sleeve, the three stripes should run from the upper rear corner downward to the front lower corner. The clear field of blue stands for the loyalty, steadfastness and undying devotion to the principles of right and justice by the American Soldier. The three clear-cut white stripes stand dually for the three operations up to the signing of the Armistice of 11 November 1918, of which the 3rd Division took part (*Marne, St. Mihiel and Meuse-Argonne*), and for the numerical designation of the Division. One of the basic facts considered in the design was the striking appearance of any design that embodied the use of equal stripes as shown to the world by the flag of our country.

### MEDAL OF HONOR

WORLD WAR I - Medals of Honor – 2

WORLD WAR II - Medals of Honor – 39

KOREAN WAR - Medals of Honor – 13

OPERATION IRAQI FREEDOM - Medal of Honor – 1

### DECORATIONS

Presidential Unit Citation (Army), Streamer embroidered COLMAR  
Presidential Unit Citation (Army), Streamer embroidered Iraq 2003  
Meritorious Unit Commendation (Army), Streamer embroidered Iraq 2007-20  
French Croix de Guerre with Palm, World War II, Streamer embroidered COLMAR  
French Croix de Guerre, World War II, Fourragere  
Republic of Korea Presidential Unit Citation, Streamer embroidered UIJONBU CORRIDOR  
Republic of Korea Presidential Unit Citation, Streamer embroidered IRON TRIANGLE  
Chryssoun Aristion Andrias (Bravery Gold Medal of Greece), Streamer embroidered Korea

### CAMPAIGN STREAMERS

#### World War I

Aisne  
Champagne-Marne  
Aisne-Marne  
St. Mihiel  
Meuse-Argonne  
Champagne 1918

#### World War II

Algeria-French Morocco (with arrowhead)  
Tunisia  
Sicily (with arrowhead)  
Naples-Foggia  
Anzio (with arrowhead)  
Rome-Arno  
Southern France (with arrowhead)  
Rhineland  
Ardennes-Alsace  
Central Europe

#### Korean War

CCF Intervention  
First UN Counteroffensive  
CCF Spring Offensive  
UN Summer-Fall Offensive  
Second Korean Winter  
Korea Summer-Fall 1952  
Third Korean Winter  
Korea Summer 1953

#### War on Terrorism

Liberation of Iraq  
Transition of Iraq  
Iraqi Governance  
National Resolution  
Iraqi Surge  
(additional campaigns to be determined)

## 3rd INFANTRY DIVISION HISTORY

The **3rd Infantry Division** is based at Fort Stewart, Fort Benning, and Hunter Army Airfield, Georgia. Its current organization includes four Brigade Combat Teams, one Aviation Brigade, and support elements. The Division boasts a storied history of valorous service in World War I, World War II, Korea, and Operations Iraqi Freedom and New Dawn. Additionally, units from the Division deployed and fought in Operation Desert Storm and Enduring Freedom. It was the first conventional U.S. unit to enter Baghdad during the 2003 invasion and the first Division to serve four tours in Iraq. This outstanding combat record was earned at the high price of more than 50,000 wartime casualties. Fifty five members of the 3rd Infantry Division have been awarded the Medal of Honor, more than any other Division.

### World War I

The 3rd Infantry Division was constituted 12 November 1917 in the Regular Army as Headquarters, 3d Division and organized on 21 November 1917 at Camp Greene, North Carolina for service in World War I. Eight months later, it saw combat for the first time in France. At midnight on 14 July 1918, the Division Earned its nickname on the banks of the Marne River. The final push of the German "Peace Offensives" threatened Paris, leading to the emergency commitment of the Division to the lines under French command. The 7th Machine Gun Battalion rushed to the town of Château-Thierry amid retreating French and held the Germans back at the Marne River. While surrounding units retreated, the 3rd Infantry Division, under the command of Major General Joseph T. Dickman, remained rock solid and earned its reputation as the "Rock of the Marne." General "Black Jack" Pershing said the Division's performance was one of the most brilliant in United States history. The Division went on to play a significant role in both the St. Mihiel and Meuse-Argonne offensives, the two major operations that inflicted mortal blows to Imperial Germany. During the war, two members of the Division were awarded the Medal of Honor.

### World War II

The 3rd Division is one of the few American Divisions that fought the Axis on all European fronts and was among the first U.S. combat units to engage in offensive ground combat operations during World War II. The Division first saw action as a part of the Western Task Force in the North African invasion, landing at Fedala on 8 November 1942, before capturing half of French Morocco. Eight months later, on 10 July 1943, the Division made an assault landing on Sicily, fought its way into Palermo — even outpacing the armor units — and raced on to capture Messina, thus ending the Sicilian campaign. Nine days after the Italian invasion, on 18 September 1943, the 3rd ID landed at Salerno and in intensive action drove to and across the Volturno River and to Cassino. After a brief rest, the Division was ordered to hit the beaches at Anzio, 22 January 1944, where for four months it maintained its toe-hold against furious German counterattacks. On 29 February 1944, the 3rd ID fought off an attack by three German Divisions. In May the Division broke out of the beachhead and drove on to Rome. It then went into training for the invasion of Southern France. On 15 August 1944, otherwise known as the "Forgotten D-Day," the Division landed at St. Tropez, advanced up the Rhone Valley, through the Vosges Mountains, and reached the Rhine at Strasbourg by late November. After maintaining defensive positions it took part in clearing the Colmar Pocket beginning on 23 January 1945. In seven weeks of intense fighting, eight 3rd ID Soldiers were awarded the Medal of Honor while crushing the German forces preparing to act as the southern pincer by attacking Allied forces defending in the Battle of the Bulge. On 15 March, the Division struck the Siegfried Line south of Zweibrücken, smashing through the defenses. It then crossed the Rhine, on 26 March 1945, before taking Nuremberg in fierce block-by-block fighting, 17-20 April. The 3rd then pushed on to take Augsburg and Munich, and was in the vicinity of Salzburg when the war in Europe ended. The 3rd Division suffered more combat deaths in World War II than any other U.S. Division, and the third highest among modern U.S. Divisions, behind only the 2nd Infantry Division in the Korean War and the 1st Cavalry Division in the Vietnam War.

## **Korean War and the Cold War**

During the Korean War, the Division was known as the "Fire Brigade" of Eighth Army for its rapid response to crises. The 3rd Infantry Division had been headquartered at Fort Benning along with its 15th Infantry Regiment. Following the decision to repel the North Korean invasion, the 3rd Infantry Division was initially sent to Japan where, as the Far East Command Reserve, it planned post-conflict occupation missions in northern Korea. In Japan the unit's strength was increased by the augmentation of South Korean Soldiers. After the commitment to Korea at the port of Wonson, the 65th Infantry Regiment — a unit of the Puerto Rican National Guard — joined the Division as its third regiment. The entire Division then moved north to Hungnam and Majon-dong. The purpose-built Task Force Dog, commanded by assistant division commander, Brigadier General Armistead D. Mead, advanced to conduct a relief in place and support the withdrawal of 1st Marine Division and Regimental Combat Team 31 from the Chosin Reservoir. 3rd Infantry Division's TF Dog was the rear guard keeping the pressure off of the Marine column. The Division established, along with the 7th Infantry Division, a collapsing perimeter around the port of Hungnam until the last of X Corps was off the beach. The port of Hungnam was blown up to deprive the enemy the use of those facilities as the last of the 7th, 15th, and 65th Infantry units boarded ships. The Division went on to support combat missions of the Eighth Army until 1953 when it was withdrawn. Throughout the war, the Division fought valiantly, receiving ten Battle Stars, and adding eleven more MOH recipients to the Division's list of heroes.

## **Germany**

From April 1958 to April 1996, the Marne Division was stationed with the VII Corps in West Germany near the Czech border westward throughout various towns including Würzburg, Schweinfurt, Kitzingen, and Aschaffenburg. In August 1961, a few days after the Berlin Wall was erected, a reinforced company from the 7th Infantry Regiment in full battle gear, was ordered to travel along the autobahn from Aschaffenburg to West Berlin. This was to assert the right of U.S. forces to travel unhindered from West Germany across the western part of East Germany to West Berlin. After the Berlin Wall was built, it was not known if the East German forces would attempt to impede or restrict the movement of US troops when crossing East Germany while trying to reach West Berlin. The unit arrived in West Berlin without incident confirming the right of free passage. In November 1990, Soldiers of the 3rd Infantry Division were once again called into action. Following Iraq's invasion of Kuwait, more than 6,000 Marne men and women deployed with the 1st Armored Division as part of Operation Desert Storm. Later, nearly 1,000 Soldiers deployed to southeastern Turkey and northern Iraq to provide comfort to Kurdish refugees. In late spring of 1991, the Division supplied senior officers and non-commissioned officers, along with a military police company to Task Force Victory (Forward). Stationed in Kuwait the Task Force was to provide division-level support to the 11th Armored Cavalry Regiment. They returned to their home units in early September 1991.

## **Fort Stewart**

As part of the Army's reduction to a 10-Division force, the 24th Infantry Division was inactivated on 15 February 1996, and reflagged to become the 3rd Infantry Division at Fort Stewart, Fort Benning, and Hunter Army Airfield, Georgia. The Division repeatedly demonstrated its capability by deploying battalion- and brigade-sized units to Kuwait, Egypt, Bosnia, and Kosovo in partnership training and peacekeeping missions.

## **Iraq – OIF and OND**

In 2003, the Marne Division demonstrated that it was the premier mechanized force in the world. Although some elements were already present in Kuwait, the remainder deployed in a matter of mere weeks. Leading the advance up the Euphrates River Valley, the 3rd Infantry Division crushed several fiercely defended positions before reaching Saddam International Airport and the Al Faw Palace on the western side of Baghdad in early April. It was at this time that Sergeant First Class Paul R. Smith earned the Division's first Medal of Honor since the Korean War with his extraordinary valor in the course of nearly single-handedly repelling an enemy counterattack. Several days later, the 2nd Brigade made two daring



“Thunder Runs” into the middle of Baghdad, the second of which culminated in the toppling of the Saddam Hussein statue with a mechanized recovery vehicle. During the second Thunder Run, Colonel David Perkins, Spartan Brigade Commander, recommended to Major General Buford “Buff” Blount that the unit remain in the city rather than returning. This suggestion was boldly accepted by General Blount and Lieutenant General William J. Wallace, the V Corps and Ground Component Commander (GCC). This decision might have cut weeks or months from the fight against Saddam Hussein. Following the fall of this regime and further operations in Baghdad and Anbar, the Division returned to the United States in August 2003.

In 2004, the 3rd Infantry Division reorganized as part of the Army’s transformation. This change entailed a shift from three maneuver brigades to four “units of action,” with an infantry, armor, cavalry, and artillery battalion in each.

In January 2005, the 3rd Infantry Division returned to Iraq as Multi-National Division Baghdad (MND-B) headquartered at Camp Liberty. The First and Third Brigades of the 3rd Infantry Division were placed under control of the 42nd Infantry Division and later under the 101st Airborne Division in MND-North. Meanwhile, the Fourth Brigade incorporated the California Army National Guard’s 1-184 Infantry and the Hawaii Army National Guard’s 2-299 Infantry. The Division redeployed to Fort Stewart and Fort Benning in January 2006.

By early 2007, the entire Division had returned to Iraq as part of the “Surge.” The Division headquarters became the core of a newly-formed Multi-National Division-Central (MND-C) that was to operate in the “southern belts” on the edge of Baghdad. Operations followed the “clear-hold-build” methodology that produced a notable reduction of violence that was consolidated by numerous patrol bases throughout the area. At various points throughout the deployment MND-C included 4/25<sup>th</sup> Infantry Division, 2/10<sup>th</sup> Infantry Division (Mountain), 3/101<sup>st</sup> Airborne Division, and the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Heavy Brigade Combat Teams of the 3<sup>rd</sup> Division, 3<sup>rd</sup> Combat Aviation Brigade, 214<sup>th</sup> Fires Brigade and a brigade from the Republic of Georgia. At this same time, the 1<sup>st</sup> Heavy Brigade Combat Team served in Anbar Province under the command of a Marine Corps headquarters. The Division headquarters redeployed to the United States in May 2008.

Under the new modular organization, the 3rd Infantry Division deployed its headquarters and brigade combat teams to different locations throughout 2009 and 2010. Major events during this period were the national parliamentary elections in March 2010, the transition from Operation Iraqi Freedom to Operation New Dawn in September 2010, and, for the Division Headquarters and 2<sup>nd</sup> Brigade, the establishment of the Combined Security Mechanism, a tripartite security agreement bringing together the Iraqi Security Forces and Kurdish Pesh Merga. This series of deployments marked the fourth time the Division deployed to Iraq, the most of any Division.

- The Division Special Troops Battalion served as the core of Multi-National Division-North (later United States Division-North) from November 2009 to November 2010
- 1<sup>st</sup> Heavy Brigade Combat Team served in Baghdad from January to December 2010
- 2<sup>nd</sup> Heavy Brigade Combat Team served in Ninewa from November 2009 to October 2010
- 3<sup>rd</sup> Heavy Brigade Combat Team served in five different provinces south of Baghdad.
- 4<sup>th</sup> Infantry Brigade Combat Team, following its conversion in 2009 from a Heavy Brigade Combat Team, deployed to Anbar Province in the summer of 2010.

### **Afghanistan - OEF**

Meanwhile, the 3rd Combat Aviation Brigade deployed to Afghanistan in November 2009 in support of Operation Enduring Freedom X. While in Afghanistan, Task Force Falcon also commanded subordinate aviation units from Afghanistan, Poland, Czech Republic, Korea and France, as well as various American fixed-wing aircraft. During this time, the aviators of Marne Air flew in excess of 150,000 combat flight hours, more than any other multi-functional aviation brigade in either Operation Enduring Freedom or Operation Iraqi Freedom. All missions were completed in some of the harshest weather and over the most challenging terrain imaginable.

## **MARNE HEROES, PAST & RECENT**

### **Audie Murphy (PAST, WWII)**

Audie Leon Murphy was a legend in his own time. A war hero, movie actor, writer of country and western songs, and poet. His biography reads more like fiction than fact. He lived only 46 years, but he made a lasting imprint on American history. Audie was born on a sharecropper's farm in North Texas on June 20, 1924. As a boy, he chopped cotton for one dollar a day and was noted for his feats of daring-do and his accuracy with a gun. He had only 5 years of schooling and was orphaned at age 16. After being refused enlistment during World War II in both the Marines and Paratroopers for being too small (5'5") and underweight (110 lbs), he enlisted in the U.S. Army a few days after his 18th birthday. After basic training at Camp Wolters, Texas, and advanced training at Fort George G. Meade, Maryland, Audie was sent overseas. He was assigned to the famous 15th Infantry Regiment of the 3rd Infantry Division where he fought in North Africa, Sicily, Italy, France, and Germany. He earned a battlefield commission for his courage and leadership ability as well as citations and decorations including every medal for valor that America gives. He was also awarded three French and one Belgian medal. Lieutenant Audie Murphy was the highest decorated Soldier in American history. Discharged from the Army on September 21, 1945, Audie went to Hollywood at the invitation of movie star James Cagney. He remained in California for the rest of his life and was closely associated with the movie industry, both as an actor and a producer. He acted in 44 films, starring in 39 of them. His best known film was "To Hell and Back," adopted from the bestselling book of his war experiences by the same name. Most of his movies were westerns. In 1955, Audie Murphy was voted the Most Popular Western Actor in America by the Motion Picture Exhibitors. Audie wrote the lyrics to 16 country and western songs, the most popular of which was "Shutters and Boards," written with Scott Turner in 1962. The song was recorded by over 30 pop singers, including Jerry Wallace, Dean Martin, and Porter Wagoner. He was an accomplished poet; unfortunately, only a few of his poems have survived. In 1950 Audie joined the 36th Infantry Division ("T-Patchers") of the Texas National Guard and served with it until 1966. He was a Mason and a Shriner and belonged to several veterans organizations. Audie Murphy was killed in a plane crash on a mountain top near Roanoke, Virginia on May 28, 1971. Fittingly, his body was recovered 2 days later on Memorial Day. Audie could very well be the last American war hero. He was the greatest combat Soldier in the 200-plus year history of the United States.

### **SFC Paul R. Smith (Recent, OIF I)**

Paul Ray Smith was born on September 24, 1969, in El Paso, Texas. At the age of nine, his family moved to South Tampa, Florida, where he attended public schools. He enjoyed sports, liked cats, skateboarding, riding bicycles, and playing pranks with friends and his younger sister Lisa. He particularly enjoyed football, which instilled the importance of being part of a team and motivated his natural leadership abilities.

Upon graduating from Tampa Bay Vocational Technical High School in 1988, he joined the Army and attended Basic Training at Ft. Leonard Wood, Missouri. As his mother wrote in his biography for a dedication ceremony in Orlando, he had begun living his dream...he was assigned to Germany, met and married his wife, Birgit, had two children, and was "doing what he was born to do.... lead American Soldiers...." Sergeant 1st Class Smith served as a combat engineer and was deployed to Kuwait during the Persian Gulf War, Bosnia-Herzegovina, Kosovo, and finally to Operation Iraqi Freedom.

Sergeant 1st Class Smith joined the 11th Engineer Battalion in 1999 and immediately became an integral part of Bravo Company. When he deployed with his platoon to Kosovo in May 2001, as part of the KFOR 3A rotation, Smith was responsible for daily presence patrols in the highly populated town of Gnjilane. In the spring of 2002, he was promoted to sergeant first class and completed the Advanced Noncommissioned Officer Course in August 2002.

In January 2003, Sergeant 1st Class Smith returned from leave to prepare his men for rapid deployment to Kuwait as part of the 3rd Infantry's Divisions buildup for Operation Iraqi Freedom. Smith took a strict approach to training his men, ensuring that his platoon was proficient in handling weapons and prepared for urban combat. Bravo Company crossed the border on March 19th and traveled more than 300 kilometers in the first 48 hours of the war as part of the lead company in support of Task Force 2-7 Infantry. On the night of April 3rd, Smith and his men passed through the Karbala Gap towards Baghdad International Airport, where Bravo Company, 11th Engineer Battalion of Task Force 2-7 were involved in a firefight with Iraqi forces.

SFC Paul Smith: violently attacked by a company sized enemy force. SFC Smith reacted to the vulnerability of over 100 fellow Soldiers. He quickly orchestrated a defense. Fearing the enemy would overrun their defenses, SFC Smith moved to man a .50 caliber machine gun mounted on a damaged armored personnel carrier. In total disregard for his life, he maintained his position in order to engage the attacking enemy force. In view of his heroic acts, SFC Smith was awarded the Medal of Honor. The citation reads:

Sergeant First Class Paul R. Smith distinguished himself by acts of gallantry and intrepidity above and beyond the call of duty in action with an armed enemy near Baghdad International Airport, Baghdad, Iraq on 4 April 2003. On that day, Sergeant First Class Smith was engaged in the construction of a prisoner of war holding area when his Task Force was violently attacked by a company-sized enemy force. Realizing the vulnerability of over 100 fellow Soldiers, Sergeant First Class Smith quickly organized a hasty defense consisting of two platoons of Soldiers, one Bradley Fighting Vehicle and three armored personnel carriers. As the fight developed, SFC Smith braved hostile enemy fire to personally engage the enemy with hand grenades and anti-tank weapons, and organized the evacuation of three wounded Soldiers from an armored personnel carrier struck by a rocket propelled grenade and a 60mm mortar round. Fearing the enemy would overrun their defense, SFC Smith moved under withering enemy fire to man a .50 caliber machine gun mounted on a damaged armored personnel carrier. In total disregard for his own life, he maintained his exposed position in order to engage the attacking enemy force. During this action, he was mortally wounded. His courageous actions helped defeat the enemy attack, and resulted in as many as 50 enemy Soldiers killed, while allowing the safe withdrawal of numerous wounded Soldiers. SFC Smith's extraordinary heroism and uncommon valor are in keeping with the highest traditions of military service and reflect great credit upon himself, the Third Infantry Division "Rock of the Marne," and the United States Army.

## THE MARNE STANDARD

**1. REFERENCES.** AR 670-1, Wear and Appearance of Army Uniforms and Insignia; DA PAM 670-1 Guide to the Wear and Appearance of Army Uniform and Insignia; AR 600-20, Army Command Policy; AR 600-25, Salutes, Honors and Visits of Courtesy; FM 3-21.5, Drill and Ceremonies and FM 7-22 Army Physical Readiness Training.

**2. RESPONSIBILITY.** Commanders will ensure that personnel within their command present a neat, Soldierly appearance. The Noncommissioned Officer is responsible for the general appearance of subordinate Noncommissioned Officers and Soldiers. It is each Soldier's duty to take pride in his/her appearance at all times. Every Soldier, NCO, and Officer assigned to the Marne Division is required to know the contents of the Marne Standard and ensure it is understood and adhered to.

### 3. GENERAL.

a. Live the Army Values. Treat others with dignity and respect. Do not tolerate or engage in sexual, racial, or other types of discrimination or harassment. The use of profanity is not acceptable under any circumstance.

b. Only uniforms, accessories, and insignias prescribed by AR 670-1 and DA PAM 670-1 as approved by Headquarters, Department of the Army, or contained in current authorization documents are worn by U.S. Arm personnel. Uniform items will not be altered in any way to change the design or intent of the item.

**c. Every Soldier will carry the Marne Standard on their person at all times while in duty uniform.**

### 4. PERSONAL APPEARANCE POLICY

a. Soldiers will present a professional image at all times and will continue to set the example in military presence, both on and off duty. This includes all grooming policies in accordance with AR 670-1, physical fitness and weigh standards in accordance with AR 600-9. **NOTE: The face is clean shaven daily to include when on leave or pass thereby setting the example in military presence and a professional image.**

### 5. HAIR STANDARD AND GROOMING POLICIES (PUNITIVE)

a. **Sideburns:** 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 an individual hair of the sideburn will not exceed 1/8 inch when fully extended.

b. **Pony tail:** Pony tail is authorized for "PT only when within the scope of physical training" to when female Soldiers may wear a pony tail in physical fitness uniforms, which includes traveling to and from PT. It does not include such things as medical appointments, when PT is prescribed as the daily uniform for anything other than PT (such as organizational days or post clean-up) or females wearing PTs for other than PT activities in a deployed environment.

c. **Mustache:** 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.

d. **Female short hair:** This is defined as hair length that extends no more than 1 inch from the scalp

(excluding bangs). Hair may be no shorter than ¼ inch from the scalp (unless due to medical injury) but may be evenly tapered to the scalp within 2 inches of the hairline edges. Bangs if worn may not fall below the eyebrows, may not interfere with the wear of headgear, must lie neatly against the head, and not be visible underneath the front of the headgear. The width of the bangs may extend to the hairline at the temple.

e. **Female medium hair:** When worn loose, graduated hair styles are acceptable, but the length, as measured from the end of the total hair length to the base of the collar, may not exceed 1 inch difference in length, from the front to the back.

f. **Braids:** When worn multiple braids will be of uniform dimension, small in diameter (approx ¼ inch), show no more than 1/8 of an inch of scalp between the braids and must be tightly interwoven to present a neat, professional, well-groomed appearance.

g. **Cornrows:** When worn cornrows must be of a uniform dimension, small in diameter (approx ¼ inch), show no more than 1/8 inch of scalp between the rows and must be tightly rolled or braided to present a neat, professional, well-groomed appearance.

## 6. TATTOO, BRANDING, AND BODY MUTILATION POLICY (PUNITIVE)

a. Tattoos and brands are permanent markings that are difficult to reverse (in terms of financial cost, discomfort, and effectiveness of removal techniques). Before obtaining either a tattoo or a brand, Soldiers should consider talking to unit leaders to ensure that they understand the Army tattoo and brand policy. The words tattoo and brand are interchangeable in regards to this policy.

b. The following types of tattoos or brands are prejudicial to good order and discipline and are, therefore, prohibited anywhere on a Soldier's body:

- (1) Extremist. Extremist tattoos or brands are those affiliated with, depicting, or symbolizing extremist philosophies, organizations, or activities. Extremist philosophies, organizations, and activities are those which advocate racial, gender, or ethnic hatred or intolerance; advocate, create, or engage in illegal discrimination based on race, color, gender, ethnicity, religion, or national origin; or advocate violence or other unlawful means of depriving individual rights under the U.S. Constitution, and Federal or State law (see AR 600–20).
- (2) Indecent. Indecent tattoos or brands are those that are grossly offensive to modesty, decency, propriety, or professionalism.
- (3) Sexist. Sexist tattoos or brands are those that advocate a philosophy that degrades or demeans a person based on gender.
- (4) Racist. Racist tattoos or brands are those that advocate a philosophy that degrades or demeans a person based on race, ethnicity, or national origin.

c. Tattoos or brands, regardless of subject matter, are prohibited on certain areas of the body as follows:

- (1) Soldiers are prohibited from having tattoos or brands on the head, face (except for permanent makeup), or neck (anything above the t-shirt neck line to include on/inside the eyelids, mouth, and ears), wrists, hands, or fingers. Accessing applicants must adhere to this same policy.
- (2) Soldiers may have no more than four visible tattoos below the elbow (to the wrist bone) or below the knee. The tattoos in these areas must be smaller than the size of the wearer's hand with fingers extended and joined with the thumb touching the base of the index finger. The total count of all tattoos in these areas may not exceed a total of four.

d. A single tattoo is defined as one or multiple tattoos spaced apart that can still be covered by a circle with a diameter of five inches. Tattoos spaced apart that cannot be covered by a circle with a diameter of five inches are considered separate tattoos.

e. A band tattoo is a tattoo that fully encircles the circumference of the body part. Band tattoos may be no more than two inches in width. Each band tattoo counts as one authorized tattoo. Soldiers may have a total of one visible band tattoo on the body. The band tattoo may either be below one elbow (above the wrist bone) or below one knee.

f. A sleeve tattoo is a tattoo that is a very large tattoo or a collection of smaller tattoos that covers or almost covers a person's arm or leg. Sleeve tattoos are not authorized below the elbow or below the knee.

## 7. JEWELRY (PUNITIVE)

a. Identification bracelets are limited to the following: medical alert bracelets, missing in action, prisoner or war, or KIA (black or silver in color only bracelets).

b. Attaching, affixing or displaying objects, articles, jewelry, or ornamentation to, through, or under their skin, tongue, or any other body part is prohibited (this includes earrings for male Soldiers). This applies to all Soldiers on or off duty. The only exception is for female Soldiers, who may wear earrings consistent with AR 670-1 specifications (6 mm or ¼ in diameter, and must be unadorned and spherical. Fit snugly against the ear, worn as a matched pair, with one per ear lobe.

## 8. UNIFORM APPEARANCE, FIT AND WEAR (PUNITIVE)

a. **Keys:** Keys or key chains will not be attached to the uniform on the belt, belt loops, or waistband, unless they are not visible (to include making a bulky appearance under the uniform). When authorized by the commander, Soldiers may attach visible keys or key chains to the uniform when performing duties such as charge of quarters, armorer, duty officer or noncommissioned officer (NCO), or other similar duties.

b. **Electronic devices:** Soldiers may wear an electronic device on the belt, belt loops, or waistband of the uniform. Only one electronic device (for example, cell phone) may be worn. The body of the device may not exceed the size of a Government issued electronic device, and the device and carrying case must be black; no other colors are authorized. If security cords or chains are attached to the device, Soldiers will conceal the cord or chain from view. Other types of electronic devices are not authorized for wear on the uniform, unless medically prescribed. If the commander issues and requires the use of other electronic devices in the performance of duties, the Soldier will carry them in the hand, pocket, briefcase, purse, bag, or some other carrying container.

a. Soldiers will not walk while engaged in activities that would interfere with the hand salute and greeting of the day or detract from a professional image. Examples include, but not limited to, walking while eating, using electronic devices, or smoking cigarettes, cigars, or pipes. Soldiers are not authorized to wear wireless or non-wireless devices/earpieces while wearing Army uniforms. Hands free devices while operating a commercial or military vehicle (to include a motorcycle or bicycle) are allowed if not otherwise prohibited by policy or law in accordance with AR 385-10.

b. **Hands in pocket:** While in uniform, personnel will not place their hands in their pockets, except momentarily to place or retrieve objects. Soldiers will keep uniforms buttoned, zipped, and snapped.

c. **Pressing:** Soldiers are authorized to press or roll press the ACU as necessary but starching, sizing, and any process that involves dry-cleaning or steam press is not authorized.

## 9. ARMY COMBAT UNIFORM (ACU)

a. **ACU coat:** The coat will not extend below the top of the cargo pocket on the trousers and will not be higher than the bottom of the opening of the side pocket on the trousers. Sleeves will be worn down at all times and will not be rolled or cuffed. The T-shirt is never worn as an outer garment except during personal hygiene, sleeping, or working out inside the gym.

b. **Sewing:** When personnel sew on badges the following must be sewn on: name tape, US Army tape and grade insignia. This requirement does not apply to the patrol cap. Soldiers can either pin on or sew on their rank.

c. **Badges:** No pin on badges authorized in a field or deployed environment. Soldiers may only wear badges in a deployed location if sewn on.

d. **Silk weight:** The silk weight undergarment will be worn as undergarment only. The tan t-shirt is worn over it.

e. **Off Post:** Personnel may not wear the ACU (or any uniform) in off-post establishment that primarily sells alcohol. If off-post establishment sells alcohol and food, Soldier may not wear their uniform if their activities in the establishment center on drinking of alcohol.

f. **Camelbak:** Commander's may authorize the use of camouflage, black, or solid color (in a similar color to match the shade of uniform) Camelbak in field environment, high-heat areas, or on work details. Do not wear in garrison unless commander authorized for one of the conditions above. Do not let drinking tube hang from the mouth when the device is not in use.

g. **Insignias:** The following insignia are not authorized to be worn on the ACU. Blood type, combat lifesavers, medic, allergies, Arabic nametapes, no known allergies, no known drug allergies, penicillin, and so forth.

h. **ACU trousers:** When bloused the trousers should not extend below the third eyelet from the top of the Boots.

i. **Headgear:** Soldiers may sew the nametape and/or grade insignia as an option on their patrol cap. A portion of or all of the fleece cap may be folded to fit properly.

j. **Belt:** *The only belt authorized to be worn is the sand rigger and open-faced buckle with utility uniforms.*

k. **Boots:** *Boots, combat, tan, flesh-side out cattlehide leather with a plain toe and tan outsoles and nylon duck upper, removable cushioned insert, a closed loop speed lace system, and drainage eyelets. Sewn-in or laced-in zipper or Velcro® inserts are not authorized. Rubber or pure polyether polyurethane soles are the only outsole material that currently meets the need for durability and traction on surfaces in multiple environments and temperature ranges. Optional boots: As an option, Soldiers may wear commercial boots of a design similar to that of the Army combat boot (tan), as authorized by the commander. The boots must be between 8 to 10 inches in height and made of tan flesh-side out cattlehide leather, with a plain toe and a soling system matching the color of the tan upper materials. Rubber and polyether polyurethane are the only outsole materials that are authorized. The soling materials will not exceed 2 inches in height, when measured from the bottom of the outsole, and will not extend up the back of the heel or boot or over the top of the toe. The exterior of the boot upper will not*

contain mesh but will be constructed of either all leather or a combination of leather and nonmesh fabric. Soldiers may wear optional boots in lieu of the Army combat boot (tan), as authorized by the commander; however, they do not replace issue boots as a mandatory possession item.

l. **Beret:** Commanders retain the authority to prescribe the beret for special events such as changes of command or responsibility, reenlistments, ribbon cuttings, award ceremonies, retreats, tattoos, tree dedications, and memorial ceremonies. The black beret will be retained and worn with the dress uniforms. Soldiers who are authorized to wear the green, tan, or maroon beret will continue to do so in accordance with AR 670-1.

m. The beret is worn so that the headband (edge binding) is straight across the forehead, 1 inch above the eyebrows. The flash is positioned over the left eye, and the excess material is draped over to the right ear, extending to at least the top of the ear, and no lower than the middle of the ear. Personnel will cut off the ends of the adjusting ribbon and secure the ribbon knot inside the edge binding at the back of the beret. When worn properly, the beret is formed to the shape of the head.



n. The Patrol Cap is worn straight on the head so that the cap band creates a straight line around the head, parallel to the ground. The Patrol Cap will fit snugly and comfortably around the largest part of the head without distortion or excessive gaps. The cap is worn so that no hair is visible on the forehead beneath the cap. Sewn on or pin on rank is worn with the Patrol Cap. The last name will be sewn on or attached with Velcro fasteners to the Velcro panel that is pre-sewn onto the back of the cap.



o. The beret is worn with the ASU, Class A, Class B and Class C uniforms with the edge binding 1 inch above the eyebrow and straight across the forehead. Center the flash above the left eye. Pull the excess material between the top and middle of the right ear. Hair should not extend below the front bottom edge of the beret. Officers wear their rank centered on the flash while enlisted wear their distinctive unit insignia on the flash.

p. **Gore-Tex:** The Leader Identification Insignia (LI) is worn on the center tab of the Extended Cold Weather Clothing System (ECWCS) Gore-Tex® parka. When the LI is worn on the parka, personnel wear their grade insignia centered on the LI. Personnel may wear pin-on grade insignia, or they may sew onto the LI the same cloth grade insignia that is worn on the uniform. Soldiers will also wear name tape sewn on the left pocket flap of ECWS parka.



## **10. REQUIRED OR PROHIBITED WEAR OF THE ARMY UNIFORM (PUNITIVE)**

- a. Commanders will not prescribe seasonal wear dates for uniform items, but may prescribe uniform(s) based on safety reasons (for example, for extreme cold or hot weather based on temperature).
- b. If Soldiers choose to wear a shoulder bag while in uniform, the bag must be black or match the camouflage pattern of the uniform being worn, and may not have any commercial logos. The content of the bag may not be visible: therefore see-through plastic or mesh bags are not authorized. Soldiers may carry authorized bags by hand, on one shoulder using a shoulder strap, or over both shoulders using both straps.
- c. Bags (to include civilian gym bags, civilian backpacks, or other similar civilian bags) must be carried only in the hand if they do not meet the criteria for shoulder carry/wear.
- d. Soldiers will wear headgear with the Army uniform except under the following circumstances: POV, commercial vehicle, or public conveyance (subway, plane, train, or bus).
- c. Soldiers will not wear headgear indoors, unless under arms in an official capacity, or when directed by the commander, such as for indoor ceremonial activities.
- d. Soldiers are authorized storage of the headgear, when not worn in the Class C uniform cargo pocket, if applicable. Soldiers must fold the headgear neatly so as to not present a bulky appearance. They may also elect to store it in the small of the back, with the bill tucked in the belt, provided there is no bulky appearance and the headgear remains hidden from view. Soldiers will not attach headgear to the uniform or hang it from the belt.

## **11. CIVILIAN CLOTHING (NOT PUNITIVE)**

- a. When on military installation, civilian headgear will be removed indoors in accordance with established norms.
- b. Uniform items authorized for wear with civilian clothing by male Soldiers are restricted to gold cuff links, studs, tie bar, mourning band, footwear, socks, undergarment, black bow-tie, wool scarf, all weather coat, windbreaker jacket, fleece caps, and physical fitness uniforms.
- c. Uniform items authorized for wear with civilian clothes by females are restricted to the white shirt without insignia or grade, footwear, gloves, handbag, clutch purse, wool scarf, all-weather coat, windbreaker jacket, fleece caps, and physical training uniforms.
- d. Uniform items that have been declared obsolete may be worn with civilian clothing provided such items contain no distinctive insignia or buttons.

## **12. EYEGLASSES AND EYEGLASSES (PUNITIVE)**

- a. Personnel will not hang eyeglasses case on the uniform and may not let glasses hang from eyeglass restraints down the front of the uniform. Glasses may not be worn on top of the head at any time.

## **13. IDENTIFICATION TAGS (NOT PUNITIVE)**

- a. Soldiers will wear Identification tags at all times while in duty uniform unless otherwise directed by the

commander. Personnel will wear identification tags around the neck, except when safety consideration apply (such as during physical training).

#### **14. IMPROVED PHYSICAL FITNESS UNIFORM (IPFU) AND ARMY PHYSICAL FITNESS UNIFORM (APFU)**

a. Soldiers may wear all or part of the IPFU/APFU with civilian attire off the installation, unless restricted by the commander.

b. The U.S. Army issue IPFU/APFU PT shirt is always tucked into the shorts. Black or gray spandex (without decals) is authorized for wear under the IPFU/APFU shorts and must end above the knee or higher. Listening devices may be worn with the IPFU/APFU while conducting individual physical fitness training at any time (in the gym only). No listening devices are authorized when conducting group PT as a squad, section etc.

c. PT will be conducted from 0630 through 0730 on duty days in accordance with FM 7-22 Army Physical Readiness Training (PRT), however this doesn't limit other forms of Physical Training.

d. Profile PT will be conducted at the unit level (Co or BN); walking PT will be conducted in the designated running areas on the outside edge of the road.

e. The reflective belt will be worn at all times by Soldiers when wearing the PT uniform outdoors. Each brigade will wear their perspective colors as followed, 1<sup>st</sup> HBCT: Yellow, 2<sup>nd</sup> HBCT: Red, 3<sup>rd</sup> HBCT: Green, 4<sup>th</sup> IBCT: Blue, 3<sup>rd</sup> CAB: Orange, 3<sup>rd</sup> SB: Lime, DHHB: White. The reflective belt will be worn around the waist when in shorts and T-short. When wearing the sweat top the reflective belt will be worn across the chest from Top Left to Bottom Right, The blue reflective vest will be worn in lieu of the yellow reflective belt by Unit Commanders, CSMs, 1SGs, Division Primary/Special Staff Officers and their Primary SGMs/NCOICs at all times. Leaders will ensure Soldiers are properly protected when conducting PT in team/section or larger formations.

f. Ruck/Foot marches will be conducted in the ACU, not the IPFU/APFU. Complete Marne Standard is not required for all marches, the progression and upgrade to complete Marne Standard will be the unit commander's decision. At a minimum the ACH will be worn with the ACU during all marches.

g. Only MSG/1SG, SGM/CSM and Field Grade Officers are authorized to conduct individual Physical Training. However, leaders are with the led.

h. **Green micro fleece:** Wear the green micro fleece cap pulled down snugly on the head with the bottom edge covering the ears, but not covering the eyebrows. The bottom edge (a portion of or all) of the cap may be folded, but not rolled.

## IMPROVED PHYSICAL FITNESS UNIFORM (IPFU)



## ARMY PHYSICAL FITNESS UNIFORM (APFU)



## 15. FIELD/TACTICAL UNIFORM “MARNE STANDARD”

a. Commanders in charge of units on maneuver may prescribe the uniform for wear within the maneuver area. FOB based and patrol base activities as examples may require a downgrade in the Marne Standard based on the tactical situation. The decision to downgrade the uniform is made by the unit commander. However, the complete Marne Standard as listed below must be worn when executing combat operations in a training or deployed environment. Movement and all tactical operations require the complete Marne Standard.

b. The Marne Standard consists of:

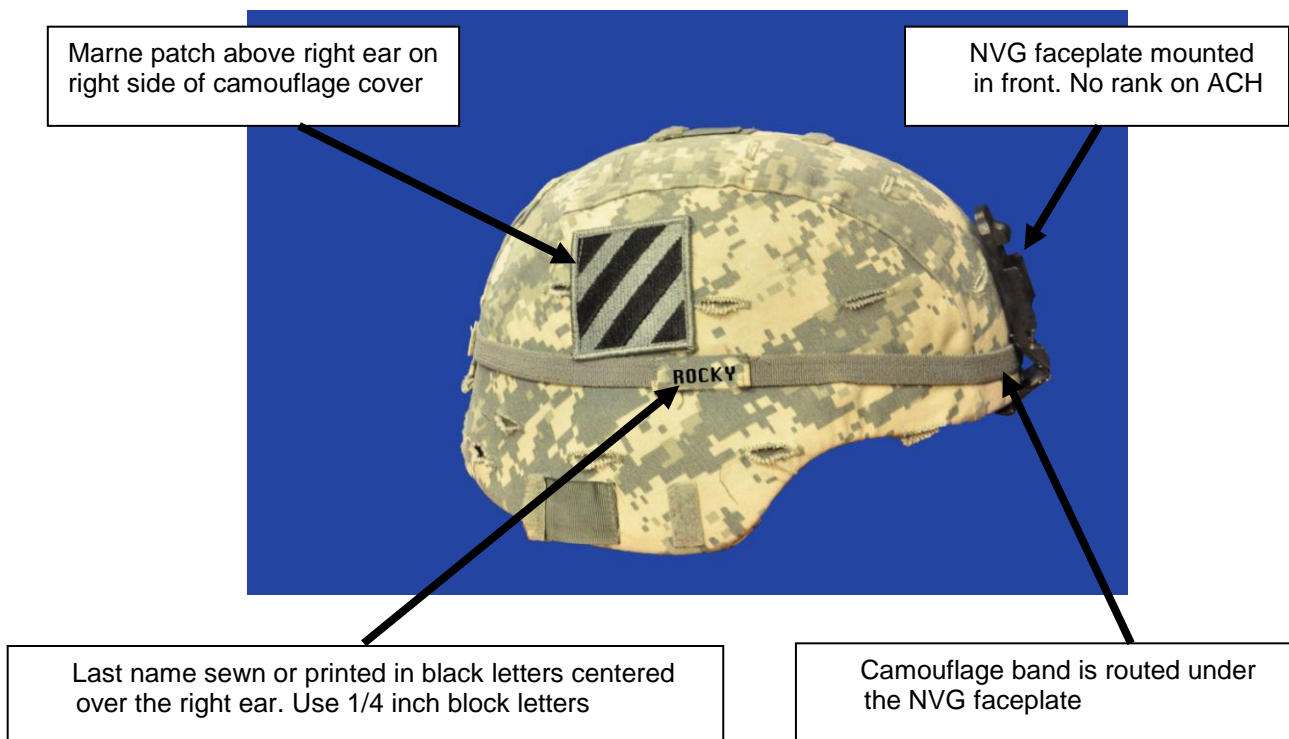
- (1) Army Combat Uniform (ACU).
- (2) Advanced Combat Helmet (ACH) with chinstrap secured and fastened. Do not have the straps loose and flapping about. Secure them with the retaining straps or similar color tape.
- (3) Combat ear plug.
- (4) Authorized Protective Eyewear List (APEL) ballistic protection is worn whenever the helmet is worn. Tinted or clear lens may be worn during daylight hours and only clear at night.
- (5) The Improved Outer Tactical Vest (IOTV) with Modular Lightweight Load Carrying Equipment System (M.O.L.L.E.) or Ranger Assault Carrying Kit (RACK). The Outer Tactical Vest (OTV) or RACK is typically used by combat vehicle crews but can be worn by dismounted personnel IAW unit SOP.
- (6) The Improved First Aid Kit (IFAK) is worn on the lower left side of the IOTV.
- (7) Enhanced Small Arms Protective Insert (ESAPI).
- (8) Enhanced Side Ballistic Inserts (ESBI).
- (9) Hydration System (camelbak) or canteens.
- (10) Gloves (full fingered).
- (11) Groin Protector (Commanders discretion/mission dependent).
- (12) Knee pad (Commander's discretion/mission dependent). Hard shell or inserts.
- (13) Elbow pad (Commander's discretion/mission dependent). Hard shell or inserts.
- (14) Individual assigned weapon.
- (15) Two copies of DA Form 1156 (Casualty Feeder Card) dated March 2007 is filled out to the fullest extent possible. One copy is carried in the left sleeve pocket of the ACU jacket and one copy is carried in the IFAK. Cards are placed in waterproof bags.

c. During field training the ballistic helmet, ACH, flight helmet, or CVC are the normal authorized headgear. The ballistic helmet will be worn with the chinstrap fastened around the chin with all ends secured with the retaining straps or similar color tape. Two strips of luminous tape, ½ inch wide and 1 inch long, will be affixed to the rear of the helmet camouflage band. The camouflage band will have the following:

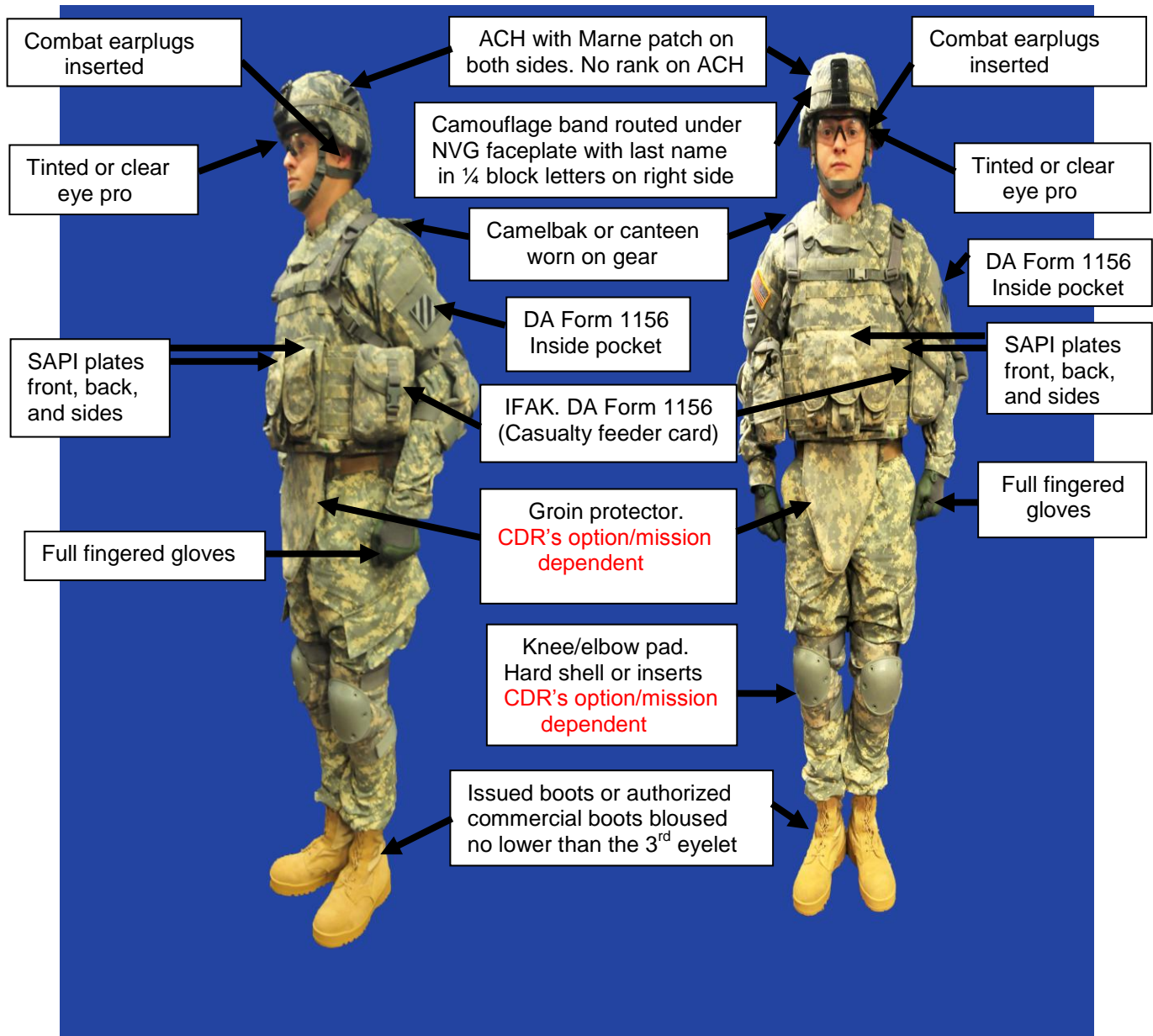
- (1) Individuals last name sewn or printed in black, centered over the right ear.

- (2) If sewn, information is 1/2 inch wide and 3-1/2 inches long, with 1/4 inch block lettering.
  - (3) Battle roster number to include last four of **SSN is no longer displayed** on the left side of the camouflage band due to DA directive restricting display of personal identifiable information.
  - (4) No rank is displayed on the ACH.
  - (5) The faceplate for the NVG mount is affixed to the ACH at all times. Goggles are up to Commander Discretion.
  - (6) The camouflage band is routed under the NVG faceplate. It is never routed over or on top of the faceplate.
  - (7) Marne patches are sewn above the left and right ear on both sides of the camouflage helmet Cover.
- d. Proper headgear is worn when riding in a military vehicle, including TMP vehicles. The ballistic helmet/ACH is always worn when traveling in tactical vehicles.

## ACH SET UP



# MARNE STANDARD "FIELD/TACTICAL UNIFORM"



## 16. COVERALLS/NOMEX

a. Coveralls are authorized for wear where maintenance duties are performed. Armored crewmen Nomex uniforms are only worn when performing crew duties. Neither is worn in post facilities, or off post. The armored crew Nomex uniform is not worn in lieu of coveralls during maintenance.

## 17. MILITARY COURTESY

a. A salute is rendering honor to an individual or nation, e.g. our National Anthem. It is a visible sign of discipline and mutual respect. Saluting is an outward sign of unit pride and esprit de corps. Salutes at Fort Stewart, Hunter Army Airfield, and Kelley Hill should be the sharpest in the United States Army. Each salute should be rendered with a greeting and response. The Fort Stewart, Hunter Army Airfield, and Kelley Hill greeting is your, "Unit Motto, Sir or Ma'am!" The response from the Officer will be "Unit Motto." When approaching an NCO the appropriate greeting of the day will be rendered, "Good morning Sergeant!" The response from the Sergeant will be your "Unit Motto."

b. Salutes will be exchanged during field training unless specified by the commander.

c. Salutes will be exchanged outside the PX, post theater, and other congested areas to include under overhangs. All Soldiers, Officer and Enlisted, will render the salute unless the act would be impractical, i.e., arms full of packages, at which time render the appropriate verbal greeting, "in or out of uniform."

d. Headquarters, maintenance areas, and dining facilities will be called to at ease, as appropriate, when a Senior Officer or NCO enters and leaves.

e. The actions of military personnel will reflect respect to both the National Anthem and the National Colors whether the Soldier is on or off duty. When in uniform and not in formation, face the flag (or music), stand at attention, salute until the last note of the music is sounded. When not in uniform, stand at attention (remove headdress, if any, with right hand) and place the right hand over the heart until the last note of the music is sounded. Moving vehicles will be brought to a halt. On buses and trucks, only the senior occupant will dismount and render appropriate courtesy. Passengers and drivers of other vehicles will dismount and render the appropriate courtesy.

f. **Retreat: When indoors and retreat is being played Soldiers will stand and remain at attention** until the last note of TO THE COLOR has been played. The same courtesy applies for REVIELLE if indoors.

h. When the 3rd Infantry Division song and any U.S. Armed Forces official songs are played (i.e. Army Song) whether in or out of uniform, Soldiers will stand at the position of attention and join in the singing.

## 18. PUBLIC DISPLAY OF AFFECTION

a. Long standing customs of the service prohibits public display of affection by Soldiers when in uniform or while in civilian clothes on duty. Soldiers must project an image that leaves no doubt that they live by a common military standard and are responsible to military order and discipline.

b. However, long-standing customs of the service permit modest display of affection in appropriate circumstances including, but not limited to weddings, graduations, promotions, retirements or other ceremonies; during casualty notification/assistance process including funerals; during deployment or other ceremonies; during deployment or welcome home ceremonies; during display of affection or other physical contact between parents or guardians and children in their charge; or in other circumstances where modest display of affection are commonly accepted.

## 19. CELL PHONE USE

a. The Fort Stewart Installation has adopted Federal Regulation Title 32 CFR 634.25(3) which prohibits the use of cellular phones while operating a vehicle, unless the use of the cellular phone is accomplished hands free.

b. **Driver distractions:** Vehicle operators on a DOD Installation and operators of Government owned vehicles shall not wear any portable headphones, earphones, or other listening devices (except for hand-free cellular phones) while operating a motor vehicle.

## 20. PRIVATELY OWNED VEHICLES AND WEAPONS. (FS REG 190-5 and FS REG 190-11)

a. Soldiers have the option to register their identification card to gain access to the installation through the Automated Installation Entry (AIE) system at the registration office located at building 226. Soldiers with privately owned firearms, crossbows, BB and pellet guns possessed or stored on the installation must be registered at the installation DES within three working days after arrival to Fort Stewart or Hunter Army Airfield.

b. All POVs must be properly licensed, registered, and insured. Soldiers will not operate a POV with an expired or suspended civilian driver's license. Units will conduct safety inspections of the primary POV owned and/or operated by their Soldiers, to include motorcycles. Inspections are conducted prior to any training or Federal holiday in conjunction with a weekend. In addition, any Soldier requesting a mileage pass and driving a POV must have a safety inspection. These inspections will include basic operational and safety features in addition to the license, registration, and insurance requirements mentioned above.

c. **Loud Music:** Soldiers are prohibited from operating/occupying a vehicle on the installation that is using a radio, tape player, or other mechanical sound-making device from within the vehicle so that the sound is plainly audible at a distance of 50 feet or more from the vehicle or which sound disrupts the peace, good order or tranquility. This includes music containing vulgar or obscene language. Disciplined professionals will comply with this directive when off Army installations.

## 21. DRESS CODE OFF POST

- a. Class C (ACU) uniforms are authorized for wear off post with the following guidance:
- (1) Only on duty days between the hours of 0700-2000, except when required because of duty requirements (FOD, SDO, SDNCO, CQ, etc.).
  - (2) Uniforms are complete, clean, neat, and presentable.
  - (3) Class C uniforms (ACU) are not worn when performing official functions off the installation (i.e. dinners, memorial services, and funerals) unless directed by the Commanding General.
  - (4) ASU or the Class A (Green) uniform is the only uniform worn during civil court appearances.

## 22. DRESS CODE ON POST

a. The following dress code is implemented for both military and civilians while on Fort Stewart, Hunter Army Airfield, and Fort Benning (Kelley Hill) installations. All patrons and visitors to post facilities, public buildings, public areas or work areas will not wear:

- (1) Shorts, cutoff jeans, or cutoff slacks that are so short as to expose any part of the buttocks.



- (2) Exposed hair curlers.
- (3) As an outer garment, clothing specifically designed and readily identifiable as an undergarment. T-shirts, with the exception of the tan uniform t-shirt, are not considered an undergarment for the purpose of this dress code.
- (4) Garments that are made of transparent material or of open weave-type material, which expose the body (other than the arms) beneath the garment.
- (5) Mixed military and civilian clothing as prohibited by AR 670-1 and The Marne Standard.
- (6) The IPFU/APFU is not worn in the Exchange, DECA (the commissary), or commercial business establishments after 0900 hrs during normal duty day. The IPFU/APFU is not worn in Exchange, DECA, or commercial business establishments during off duty hours, training holidays, and federal holidays.

## Policy Memorandum #13 Standards of Dress and Prohibited Attire

The following items of Civilian clothing are not authorized in or on Fort Stewart and Hunter Army Airfield facilities at any time:



U.S. Army Garrison, Fort Stewart/Hunter Army Airfield Policy Memorandum #13, Standards of Dress and Prohibited Attire

### **23. MILEAGE PASS**

a. All unofficial travel outside of a 250 mile radius will require a mileage pass, DA Form 31, signed by the unit commander.

### **24. CIVIL COURT APPEARANCES**

a. Soldiers appearing before a Civil Court are required to appear in the ASU, Class A uniform (wear out date 30 Sep 2015) and accompanied by an Officer or a Noncommissioned Officer (NCO) of at least one rank higher than the Soldier. Sponsors will wear the ASU or the Class A uniform as well.

### **25. SEAT BELT USE IS MANDATORY**

a. Riding in the back of an open civilian truck is prohibited.

b. Every driver who transports a child under six years of age in a passenger automobile, van, or pickup truck, other than a taxicab or a public transit vehicle shall, while such motor vehicle is in motion and operated on a public road, street, or highway, provide for the proper restraint of such child in a child passenger restraining system appropriate for such child's height and weight and approved by the United States Department of Transportation.

### **26. MOTORCYCLE AND ATV OPERATIONS (AR 385-10)**

a. Prior to operating any motorcycle, Soldiers will successfully complete an appropriate MSF-based BRC course or State approved curriculum for motorcycle operator's safety training. Based on the type motorcycle owned and operated, Soldiers will complete either Experience Riders Course (ERC)/Basic Riders Course II (BRCII) or the Military Sportbike Riders Course (MSRC)/Advanced Riders Course (ARC) within 12 months of completing the BRC. Within 5 years following completion of the operators will complete motorcycle sustainment training consisting of the ERC/BRC-II or MSRC/ARC. Sustainment training will mirror MC course selection.

b. Motorcycle personal protective equipment. The following PPE is mandatory for the following personnel while operating or riding as a passenger on a motorcycle, moped, or ATV: all Army military personnel at any time, on or off a DOD installation; all Army civilian personnel in a duty status, on or off a DOD installation; all personnel in or on a DOD-owned motorcycle; and all persons at any time on an Army installation.

(1). ALL riders will wear a properly fastened, DOT- approved helmet, proper eye protection (impact or shatter resistant), full-fingered gloves, long trousers, long-sleeved shirt or jacket, high visibility garments (bright colored for day and retro reflective for night), and leather boots or over-the-ankle shoes. These items will be worn on or off duty and on or off post IAW DODI 6055.4, AR 385-10 and FS REG 385-18.

### **27. SAFETY (AR 385-10)**

a. Soldiers are not authorized to wear headphones or earphones while walking or jogging (except along designated walking/running trails or track), skating, and bicycling, including pocket bike, motorcycle, or moped on Army installation roads and streets on or off duty.

b. Soldiers will wear seat belts in all vehicles, military and civilian. This applies to the driver and all occupants whether on or off military installations regardless of their duty status.

c. Soldiers working in high intensity noise areas will wear proper ear protection. The wearing of proper eye protection is also required when working in hazardous areas.

d. Soldiers riding bicycles are required to wear safety helmets even when off post.

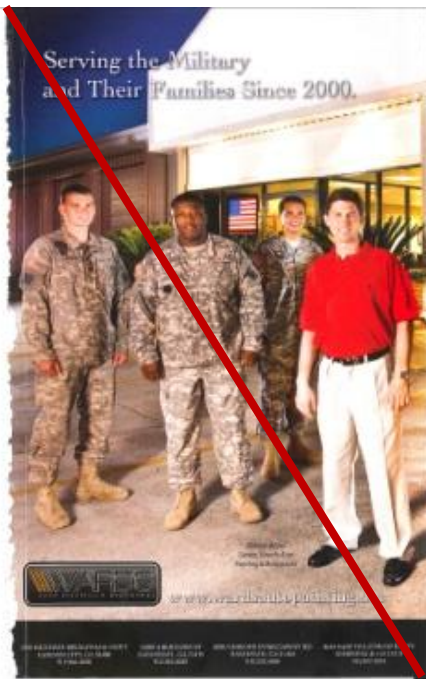
## 28. ALCOHOL USE

a. The minimal drinking age in the state of Georgia and on Fort Stewart/HAAF and Fort Benning (Kelley Hill) is 21.

b. Soldiers, Family Members and civilians on Fort Stewart, HAAF and Fort Benning (Kelley Hill) will not buy, serve, or provide alcohol to any person under the age of 21 on or off post. Anyone providing alcohol to persons under the age of 21 is subject to UCMJ actions and/or criminal charges filed by local officials.

## 29. AVOID ENDOREMENT

a. In accordance with AR 360-1, Army Public Affairs and DOD Directive 1344.10, Soldiers will not support in any capacity events involving (or appearing to involve) the promotion, endorsement or sponsorship of any individual, civilian enterprise, religious or sectarian movement, organization, ideological movement or political campaign by appearing/attending the event in uniform and/or by use of their military rank, grade or position.



### 30. SOCIAL MEDIA

a. Social media outlets such as FACEBOOK and TWITTER can be a great way to stay connected and pass along command information. Social media can also be a tool or threat depending on how it is used. Good or bad, a message can go viral very quickly. Below are some tips and hints to avoid compromising OPSEC and embarrassing the Army.

- (1) Don't chat with someone unless you know them in real life.
- (2) NEVER discuss classified information.
- (3) Be wary of anyone you met online, even if you met through official military social network sites.
- (4) Remain professional and avoid getting personal if you disagree with a comment.
- (5) Disrespectful comments about the President of the United States (POTUS) and the chain of command is punishable under UCMJ.
- (6) Be aware of photo/video content and how it can be taken out of context.
- (7) Watch what you say online; use common sense, share your opinion but stay in your lane.
- (8) Only "friend" actual friends and not just anyone.
- (9) Your comments online are forever and "on the record."
- (10) Don't discuss deployment details.
- (11) Commenting, posting or linking to material that violates UCMJ or basic rules of Soldier conduct is prohibited.



#### **Colorado Soldier accused of avoiding flag salute**

The Army is taking the incident seriously, and has launched a probe that could result in disciplinary actions against a Fort Carson Soldier who said she was hiding in her car to avoid saluting the flag. The "selfie" photo went viral in February, drawing a storm of criticism.

### **31. MEDIA TTPs**

- a. Contact your Public Affairs Officer if you are contacted by the media.
- b. Interview Basics.
  - (1) Always stay in your lane and tell the truth.
  - (2) Talk about your job and how you are trained to do it.
  - (3) Do not speak for any Higher Headquarters.
  - (4) If you don't know something, say so.
  - (5) If asked questions outside of your responsibility, refer reporter to your public affairs office for answers, assistance or clarification.
  - (6) Assume that everything you say is "on the record."
  - (7) You are in control of the interview. Listen and clarify before answering. You can always choose not to conduct the interview.
  - (8) Be polite. Treat media with respect and demand the same from them.
  - (9) Perception is Reality.
  - (10) You are the message. Facts provide information; emotions and energy provide interpretation.
- b. Have questions or need more information, contact your unit Public Affairs Office or Staff Judge Advocate.

## **SOLDIER'S CREED**

**I am an American Soldier.  
I am a Warrior and a member of a team. I serve the  
people of the United States and live the Army  
Values.**

***I will always place the mission first.***

***I will never accept defeat.***

***I will never quit.***

***I will never leave a fallen comrade.***

**I am disciplined, physically and mentally tough,  
trained and proficient in my warrior tasks and drills.**

**I always maintain my arms, my equipment and  
myself.**

**I am an expert and I am a professional.  
I stand ready to deploy, engage, and destroy the  
enemies of the United States of America in close**

## **THE NONCOMMISSIONED OFFICER'S CREED**

**No one is more professional than I. I am a Noncommissioned Officer, a leader of Soldiers. As a Noncommissioned Officer I realize that I am a member of a time honored corps which is known as "The Backbone of the Army." I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the Corps, the Military Service and my country, regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.**

**Competence is my watchword. My two basic responsibilities will always be uppermost in my mind, accomplishment of my mission and the welfare of my Soldiers. I will strive to remain tactically and technically proficient. I am aware of my role as a Noncommissioned Officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own. I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.**

**Officers of my unit will have maximum time to accomplish their duties they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers. I will be loyal to those with whom I serve-seniors, peers and subordinates alike. I will exercise initiative by taking the appropriate actions in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, Noncommissioned Officers, Leaders!**

## **3RD INFANTRY DIVISION SONG**

### **“DOGFACE SOLDIER SONG”**

I Wouldn't Give A Bean  
To Be A Fancy Pants Marine;  
I'd Rather Be A Dog Face Soldier Like  
I Am.

I Wouldn't Trade My Old OD's  
For All the Navy's Dungarees  
For, I'm The Walking Pride Of Uncle Sam.

On Army Posters That I Read  
It Says Be All That You Can,  
So They're Tearing Me Down  
To Build Me Over Again.

I'm Just a Dog Face Soldier  
With a Rifle On My Shoulder,  
And I Eat Raw Meat For Breakfast Every Day.

So Feed Me Ammunition;  
Keep Me In The Third Division,  
Your Dog Face Soldier's A Okay!





## **THE ARMY SONG**

**March along, sing our song, with the Army of the free.  
Count the brave, count the true, who have fought to victory.  
We're the Army and proud of our name!  
We're the Army and proudly proclaim:**

**First to fight for the right, and to build the Nation's might,  
And the Army Goes Rolling Along  
Proud of all we have done,  
Fighting till the battle's won,  
And the Army Goes Rolling Along.**

**Then it's hi, hi, hey!  
The Army's on its way.  
Count off the cadence loud and strong;  
For where'er we go,  
You will always know  
That the Army Goes Rolling Along.**



## **THE NATIONAL ANTHEM**

**O say, can you see, by the dawn's early light,  
What so proudly we hailed at the twilight's last gleaming,  
Whose broad stripes and bright stars, through the perilous fight,  
O'er the ramparts we watched, were so gallantly streaming?  
And the rockets' red glare, the bombs bursting in air,  
Gave proof through the night that our flag was still there.  
O say, does that star spangled banner yet wave  
O'er the land of the free, and the home of the brave?**

# **GENERAL ORDERS**

## **1st General Order**

I will guard everything within the limits of my post and quit my post only when properly relieved.

## **2nd General Order**

I will obey my special orders and perform all my duties in a military manner.

## **3rd General Order**

I will report violations of my special orders, emergencies, and anything not covered in my instructions, to the commander of the relief.

# **CODE OF CONDUCT**

- I:** I am an American, fighting in the forces which guard my country and our way of life. I am prepared to give my life in their defense.
- II:** I will never surrender of my own free will. If in command, I will never surrender the members of my command while they still have the means to resist.
- III:** If I am captured I will continue to resist by all means available. I will make every effort to escape and to aid others to escape. I will accept neither parole nor special favors from the enemy.
- IV:** If I become a prisoner of war, I will keep faith with my fellow prisoners. I will give no information or take part in any action which might be harmful to my comrades. If I am senior, I will take command. If not, I will obey the lawful orders of those appointed over me and will back them up in every way.
- V:** When questioned, should I become a prisoner of war, I am required to give name, rank, service number, and date of birth. I will evade answering further questions to the utmost of my ability. I will make no oral or written statements disloyal to my country and its allies or harmful to their cause.
- VI:** I will never forget that I am an American, fighting for freedom, responsible for my actions, and dedicated to the principles which made my country free. I will trust in my God and in the United States of America.

## **ARMY VALUES**

**Loyalty:** Bear true faith and allegiance to the United States Constitution, the Army, your unit, and fellow Soldiers.

1. Loyalty to the Constitution: means not only your support and defense of the nation against all enemies, foreign and domestic, but readiness and willingness to fight for the American ideals of freedom and justice.
2. Loyalty to the Army: Requires your support of the military and civilian chain of command.
3. Loyalty to the Unit and Fellow Soldiers: Is the obligation between those who lead and the led and shared commitment among Soldiers for one another.

**Duty:** Fulfill your obligations:

1. Duty is legal or moral obligation to do what should be done without being told to do so.
2. Duty means accomplishing all assigned tasks to the fullest of your ability.
3. Duty requires willingness to accept full responsibility for your actions and for your Soldiers' performance.

**Respect:** Treat people as they should be treated; be up front with your Soldiers and tell it like it is and give them the dignity and respect they deserve.

**Selfless-Service:** Put the welfare of the Nation, the Army, the unit, and your subordinates before your own.

**Honor:** Live up to all Army values; Honor them through your courage, candor, commitment and competence you display every day.

**Integrity:** Do what's right, legally and morally; it means being honest and upright, avoiding deception, and living the values you suggest for your subordinates.

**Personal Courage:** Face fear, danger, or adversity (physical or moral):

1. Physical courage is overcoming fears of bodily harm and doing your duty.
2. Moral courage is the courage to stand firm on your values, your moral principles and your convictions.



## Composite Risk Management

CRM MATRIX			HAZARD PROBABILITY				
			Frequent A	Likely B	Occasional C	Seldom D	Unlikely E
SEVERITY	Catastrophic I		EXTREMELY HIGH	HIGH			
	Critical II						
	Marginal III		MODERATE				
	Negligible IV				LOW		

- Step 1. Identify hazards.** Hazards are conditions that can lead to accidents. That means loss of combat power and valuable resources. Look for conditions that can lead to injury of Soldiers, damaged equipment, lost materiel, or reduced ability to accomplish the mission. Look for things that can keep you from reaching your objective with ALL of your combat power.
- Step 2. Assess hazards.** Once the potential problem areas have been identified, determine to what extent they can affect the mission. A matrix is one way of gauging the hazard. Regardless of the method used, it must be tailored to the unit and the mission.
- Step 3. Develop controls and make decisions.** Operations in war and in training will NEVER be risk free. The leader must eliminate unnecessary risks and reduce all other risks to an acceptable level. If a risk cannot be reduced to an acceptable level, it must be elevated to the next level in the chain of command.
- Step 4. Implement controls.** Control measures MUST be a part of the OPORD or FRAGO. Controls are not add-on features, but are integrated throughout the order during the planning phase of the operation. Leaders must know what all the hazards are and ensure that their Soldiers know the corrective measures to be taken.
- Step 5. Supervise and evaluate.** Strong command and high degrees of discipline during training or war lessen the risks associated with OPTEMPO operations. Keeping the standard and enforcing the standard will support boldness, protect the force from accidental losses, and contribute to the decisive victory.

**\*GTA 05-08-012**

## **INDIVIDUAL SAFETY CARD**

### **BASIC HEAT INJURY PREVENTION**

1. Consider water a tactical weapon. Drink frequently (see page 2).
2. Eat meals. Add salt to taste.
3. Be aware that dark yellow, infrequent urination is a sign of dehydration. Increase water intake.
4. Perform heavy work in the cooler hours of the day, such as early morning or late evening, if possible.
5. Minimize heat stress by decreasing the work pace and/or increasing rest periods (see page 2).
6. Be aware that full heat acclimatization takes 1 to 2 weeks.
7. Consider that Soldiers undergoing treatment for acute or chronic medical conditions may be at greater risk for heat injury.

**NOTE:** Leaders need to encourage Soldiers to come forward when heat symptoms appear.

### **HEAT CRAMPS**

<b>Symptoms</b>	<b>First Aid</b>
<ol style="list-style-type: none"><li>1. Muscle cramps (arms, legs, and/or stomach)</li><li>2. Heavy sweating (wet skin)</li><li>3. Extreme thirst</li></ol>	<ol style="list-style-type: none"><li>1. Move the Soldier to a shady area, and loosen his clothing.<sup>1</sup></li><li>2. Have the Soldier drink a sports drink or at least one canteen of water mixed with a packet of salt (1/4 teaspoon).</li><li>3. Watch the Soldier. Continue to give him water if he accepts it.</li><li>4. Get medical help if cramps continue.</li></ol>

<sup>1</sup>When in a chemical environment, do not loosen/remove clothing.

### **HEAT EXHAUSTION**

<b>Symptoms</b>	<b>First Aid</b>
<ol style="list-style-type: none"><li>1. Heavy sweating with pale, moist, cool, or hot skin</li><li>2. Weakness</li><li>3. Dizziness</li><li>4. Fatigue</li><li>5. Heat cramps</li><li>6. Nausea (with or without vomiting/diarrhea)</li><li>7. Tunnel vision</li><li>8. Chills (goose bumps)</li><li>9. Rapid breathing</li><li>10. Confusion</li><li>11. Tingling of the hands and/or feet</li></ol>	<ol style="list-style-type: none"><li>1. Move the Soldier to a cool, shady area, and loosen/remove his clothing.<sup>1</sup></li><li>2. Pour water on the Soldier, and fan him to permit a cooling affect.</li><li>3. Have the Soldier slowly drink at least one full canteen of water.</li><li>4. Elevate the Soldier's legs.</li><li>5. Get medical help if symptoms continue.</li><li>6. Watch the Soldier until symptoms are gone or until medical help arrives.</li></ol>

<sup>1</sup>When in a chemical environment, do not loosen/remove clothing.

HEATSTROKE	
Symptoms	First Aid
1. Hot 2. Disoriented 3. Delirious 4. Unconscious 5. Heat exhaustion (see page 1) 6. No sweating (red, flushed, hot, dry skin)	1. Move the Soldier to a cool, shady area, and loosen or remove his clothing. 2. Remove outer and/or protective clothing if the situation permits. <sup>1</sup> 3. Start cooling the Soldier immediately. Immerse him in water, fan to cool him, and massage his extremities and skin with cool water. 4. Elevate the Soldier's legs. 5. Have the Soldier slowly drink one full canteen of cool water if he is conscious.
<sup>1</sup> When in a chemical environment, <b>do not</b> loosen/remove clothing.	
<b>DANGER:</b> Heatstroke is a medical emergency. Evacuate the Soldier to a medical facility immediately, and reduce his body temperature.	

WORK, REST, AND WATER CONSUMPTION							
Heat Category	WBGT <sup>1</sup>	Easy Work		Moderate Work		Hard Work	
		Work/ Rest (Min)	Water Intake (Qt/Hr)	Work/ Rest (Min)	Water Intake (Qt/Hr)	Work/ Rest (Min)	Water Intake (Qt/Hr)
1	78 to 81.9°F	NL	1/2	NL	3/4	40/20	3/4
2 (Green)	82 to 84.9°F	NL	1/2	50/10	3/4	30/30	1
3 (Yellow)	85 to 87.9°F	NL	3/4	40/20	3/4	30/30	1
4 (Red)	88 to 89.9°F	NL	3/4	30/30	3/4	20/40	1
5 (Black)	>90°F	50/10	1	20/40	1	10/50	1
<b>CAUTION</b>							
Hourly fluid intake should not exceed 1 1/2 quarts. Daily fluid intake should not exceed 12 quarts.							
<sup>1</sup> If wearing body armor, add 5°F to the WBGT; if wearing the MOPP overgarment, add 10°F.							
<b>NOTES:</b>							
1. Rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specific heat category. Individual water needs will vary ±1/4 quart per hour.							
2. Rest means minimal physical activity (sitting or standing) and should be accomplished in the shade if possible.							
Legend: WBGT = wet bulb globe temperature; min = minute; qt = quart; hr = hour; NL = No limit to work per hour.							

EXAMPLES		
Easy Work	Moderate Work	Hard Work
1. Weapon maintenance 2. Walking on a hard surface, 2.5 mph, ≥30-lb load 3. Manual of arms 4. Drill and ceremony	1. Walking in loose sand, 2.5 mph, no load 2. Walking on a hard surface, 3.5 mph, <40-lb load 3. Calisthenics 4. Marksmanship training 5. Patrolling	1. Walking in loose sand, 2.5 mph, any load 2. Walking on a hard surface, 3.5 mph, ≥40-lb load 3. Individual movement techniques (low/high crawl) 4. Defense position construction 5. Field assaults 6. Rifle bayonet training 7. Road march, >4 mph

### PREVENTION OF COLD INJURIES DUE TO WINDCHILL

When the windchill is—	And your training is—	You should be—	And extended breaks are—
CAT I +32 to +1°F	Stationary	Fully dressed	At the commander's discretion
	Physically active	Partially dressed	Not recommended
CAT II 0 to -5°F	Stationary	Fully dressed	Recommended
	Physically active	Partially dressed	Not recommended
CAT III -6 to -10°F	Stationary	Fully dressed	Recommended
	Physically active	Fully dressed	Not recommended
CAT IV Below -10°F	Discontinue outside training.		

### DEFINITIONS

<b>Windchill</b>	The cooling power of wind on exposed flesh expressed as an equivalent temperature under calm conditions.
<b>Fully dressed</b>	Wearing long underwear, field pants, overshoes, gloves or trigger finger mittens (when available), and a pile cap.
<b>Partially dressed</b>	Wearing gloves and a pile cap—no long underwear, field pants, or overshoes.
<b>Extended breaks</b>	A maximum of 20 minutes continuous training with interspersed 10-minute breaks to visit warming facilities and drink hot liquids.
<b>Stationary activity</b>	Maintaining a fixed position, such as bleacher instruction, basic rifle marksmanship, and ceremonies.

### BASIC COLD INJURY PREVENTION

1. Wear sufficient clothing and equipment to keep your body warm. Dress in layers.
2. Avoid prolonged exposure of unprotected skin to extreme cold and/or windy conditions (see page 4).
3. Keep clothing and equipment as dry as possible. Change socks at least daily or more often if they are damp.
4. Keep clothing loose so that circulation is not decreased.
5. Remove clothing layers, as appropriate, to limit sweating during activity.
6. Eat hot meals, and drink hot liquids. Maintain food and fluid intake.
7. Be aware that the risk of cold injury increases in wet weather or when wearing wet clothing, particularly if the windchill is 40°F or below.



## WINDCHILL CHART

Measure the temperature and wind speed if possible; if not, estimate them. Enter the table at the closest 5°F interval along the top, and follow it down to the appropriate wind speed along the left side. The intersection gives the approximate equivalent chill temperature—that is, the temperature that would cause the same rate of cooling under calm conditions. Wind velocity can be caused by equipment and individual movement. Covering bare skin reduces the risk of cold injury.

		Temperature (°F)																	
		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
Wind (mph)	Calm	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
	5	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
	10	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
	15	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
	20	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
	25	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
	30	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
	35	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
	40	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
	45	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
	50	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
55	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98	
60																			

Frostbite Times: Little Danger 30 min 10 min 5 min

$$\text{Windchill (°F)} = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$$

Where: T = air temperature (°F) and V = wind speed (mph)

### COLD INJURY SYMPTOMS

### COLD INJURY FIRST AID

#### Hypothermia

1. Confusion
2. Bizarre behavior
3. Withdrawal from group interaction
4. Unconsciousness with nearly undetectable breathing and pulse

**DANGER**  
This is a medical emergency.

1. Evacuate for medical treatment.
2. Prevent further cold exposure.
3. Remove wet clothing.
4. Rewarm by covering with blankets or sleeping bags.

#### Frostbite

Skin that is numb, turns grey or waxy white, and feels cold and stiff to the touch

1. Prevent further cold exposure.
2. Remove wet and constrictive clothing.
3. Rewarm the injured site gradually by direct skin-to-skin contact or a modest heat source.
4. Evacuate for medical treatment.

#### Trenchfoot

1. Itching, numbing, or tingling pain
2. Feet that are swollen and turn faintly red, blue, or black

1. Prevent further cold exposure.
2. Remove wet and constrictive clothing.
3. Wash and dry the foot gently.
4. Elevate the foot.
5. Cover the foot with layers of loose, warm clothing; and allow it to rewarm.
6. Do not massage the foot or expose it to extreme heat.
7. Do not walk on the foot.

**PREVENTIVE ACTIONS IN ADVERSE WEATHER**

<b>Lightning Storm</b>	<b>Tornado</b>
<ol style="list-style-type: none"><li>1. Take cover inside grounded buildings if available.</li><li>2. Seek low-lying areas (valleys, ditches, covers, foxholes).</li><li>3. Avoid bare ridges on hilltops.</li><li>4. Avoid standing under a single, tall tree or in water.</li><li>5. Stack weapons, and disperse personnel.</li><li>6. Avoid tents and vehicles with cloth tops.</li><li>7. Avoid items of good conductivity (wire, water, weapons, antennas, equipment, shovels, and radios).</li></ol>	<ol style="list-style-type: none"><li>1. If a tornado is sighted while on a range or in a training area, move away from its path at a right angle.</li><li>2. If there is not enough time to escape, lie flat in the nearest depression.</li><li>3. If you are in a building, go to the basement or the lowest-level, internal hallway.</li></ol>

## NOTES

## NOTES

