

**MARINE CORPS BASE, QUANTICO
PHYSICAL TRAINING (PT) ATTIRE**

MCBO 1020.1H

**These Rules Apply to ALL PERSONS Participating in Physical
Training or Fitness Events Aboard MCBQ**

- Shirts and bottom garments must be worn.
- Shirts must completely cover the midsection. Skin or undergarments should not be visible between the shirt and shorts/pants.
- Tank top type shirts are allowed but must be cut so that no portion of the pectoral or abdominal muscles are visible.
- Shorts must provide full coverage of the buttocks.
- Spandex type clothing is allowed provided that the fit is not indecent or in poor taste.

NOT ALLOWED

- Halter tops or strapless tops.
- Clothing which is sexually or violently offensive, obscene or suggestive, promotes illegal activities, or depicts derogatory messages.
- Wearing a sports bra as an outer garment is prohibited.
- Clothing that is see-through or revealing.
- Head gear worn indoors.

PT OUTDOORS

- Without exception, runners aboard MCBQ must wear a reflective belt or vest.
- Wearing headphones is prohibited.
- Wearing a sports bra as an outer garment is prohibited.

FAILURE TO WEAR APPROPRIATE PT ATTIRE

INDIVIDUALS WEARING INAPPROPRIATE CLOTHING WILL NOT BE PERMITTED
TO CONTINUE PT UNTIL CHANGING INTO APPROPRIATE ATTIRE.
OFFENDERS ARE SUBJECT TO DISCIPLINARY ACTION, ADMINISTRATIVE
ACTION, AND/OR DISBARMENT FROM MCBQ.