Marine Corps Uniforms / Equipment

and Physical Fitness
Gain Attention

A famous memo from the 24th Commandant of the Marine Corps

- In an air terminal, I observed many service members with a “pretty sloppy appearance.”
- I observed a young Marine Corporal who was “just the opposite”.
- I spoke to the Marine, pointed out the difference and asked him why.
- His simple answer was, “Sir, the Marines don’t do that.”
OVERVIEW

✧ **Marine Corps Organizational Clothing & Individual Equipment**
  - Organizational Clothing and Equipment Identification & Use
  - Care and Maintenance of Organizational Clothing and Equipment
  - Marine Corps Field Shelters
  - Individual First Aid Kit (IFAK) & Combat Lifesaver Kit (CLS)

✧ **Marine Corps Uniforms**
  - Physical Training (PT) Uniform
  - Marine Corps Combat Utility Uniforms (MCCUU)
  - Service Uniforms
  - Minimum (Green-Side) Uniform Items to be Maintained
  - Care, Maintenance and Marking of Uniforms
  - Stand an Inspection

✧ **Maintain Physical Fitness**
  - Marine Corps Physical Fitness Test (PFT)
  - Marine Corps Combat Fitness Test (CFT)
  - Marine Corps Height and Weight Standards
LEARNING OBJECTIVES

Please Read Your

Terminal Learning Objectives

And

Enabling Learning Objectives
QUESTIONS
Organizational Clothing & Individual Equipment Items are defined as; *those Items purchased by a unit and issued to individual Marines temporarily to accomplish assigned duties.*

- The Marine or Sailor is accountable for the item and must return it upon reassignment.
- Certain items may be worn with the uniform when prescribed by the commander.
Individual Equipment

- **Family of Individual Load Bearing Equipment** – this is a Modular Load-Bearing (FILBE)
- Load Bearing system designed to enhance the survivability and lethality of the modern Marine.
The **USMC PACK** is a modular system that can be configured into two different torso lengths.

- Has one large main pouch that can be closed to allow a sleeping system compartment.
Individual Equipment

- The **ASSAULT PACK** is utilized to sustain an individual for 24-48 hour period
- Has Modular Lightweight Load-Carrying Equipment (MOLL-E) webbing for the attachment of external pouches
- Can buckle directly to top of Main Pack
Individual Equipment

- The **LOAD BEARING VEST** is sizeable with Modular Lightweight Load-Carrying Equipment (MOLLE) webbing used to configure ammunition pouches, grenade pouches, IFAK, and other items.
The **IMPROVISED MODULAR TACTICAL VEST** is a scalable vest that offers protection to the front, back, flanks, with the insertion of ESAPI plates and has MOLLE webbing to configure gear.
Individual Equipment

- The **LIGHTWEIGHT HELMET** has an improved fit with more comfortable pads as well as new chin strap.
- The **MARPAT Cover** is a reversible to accommodate the uniform being worn.
The **THREE SEASONS SLEEPING SYSTEM** comes in two sizes.

- One for 6ft and under and one for over 6ft
- Weighs 2.4 pounds
- Can protect down to 10 degrees when used with the 5 layer sleeping strategy.
Individual Equipment

The 5 Layer Sleeping Strategy

DRESS RIGHT FOR BEST SLEEP (6 HOUR SLEEP ESTIMATE)

<table>
<thead>
<tr>
<th>SEPARATELY ISSUED</th>
<th>TEMP RANGE</th>
<th>WHAT TO WEAR</th>
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<tr>
<td>MAT (USE IN ALL WEATHER CONDITIONS)</td>
<td>40°+</td>
<td>LEVEL 1: 1-shirt and shorts</td>
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<td>LAYER 2</td>
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<td>LEVEL 2: Add Layer 2, silkwight top and bottom, socks and microfleece cap</td>
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<tr>
<td>FROG SILKWEIGHT UNDERWEAR, SOCKS AND MICROFLEECE CAP</td>
<td>30°</td>
<td>LEVEL 3: Add Layer 3, midweight top and bottom and glove liners, over Level 2</td>
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<td>LAYER 3</td>
<td>25°</td>
<td>LEVEL 4: Add Layer 4, poncho liner and balaclava, to Level 3</td>
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<tr>
<td>FROG MIDWEIGHT UNDERWEAR AND GLOVE LINERS OF EXTREME COLD WEATHER MIDDEN SYSTEM</td>
<td>15°</td>
<td>LEVEL 5: Add Layer 5, extreme cold weather suit, over Level 3</td>
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<td>LAYER 4</td>
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<td>LEVEL 6:</td>
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PONCHO LINER

FROG BALACLAVA

EXTREME COLD WEATHER SUIT: PARKA, TROUSERS, BOOTS

UNIT ISSUE FACILITY

INDIVIDUAL ISSUE FACILITY

SWATCH
Individual Equipment

- **COMPRESSION SACK**
  - Black sack with limiting straps to tighten down the sleeping system.

- **ISO Mat**
  - Foam padding used to support the sleeping system.
Individual Equipment

- **SUSTAINMENT POUCH**
  - Attaches to outside of pack via MOLLE System.

- **HYDRATION BLADDER**
  - Holds 70 oz. water
Individual Equipment

- **CANTEEN** – holds 1 quart of drinking water.

- **CANTEEN COVER** - used to carry plastic canteen w/ NBC cap.

- **REPAIR KIT** – to repair equipment as needed.
Individual Equipment

- **Water Proofing Bag**
  – Improved water proof storage bags

- **2 POINT VICKERS SLING**
  – patrol sling.
  
  ➢ Secure sling to body during most activities.
Individual Equipment

- **PARADE SLING** – green sling used for parades and shooting ranges.

- **ESS GLASSES/GOGGLES** – ballistic eye protection issued to every Marine and Sailor.
Individual Equipment

- **E-TOOL W/ CARRIER**
  – Standard folding entrenching tool

- **TARP**
  – A waterproof tarp to cover gear
Individual Equipment

- **PONCHO LINER** – lightweight blanket that will supplement sleeping system
- **MAGAZINE POUCHES** – MOLLE adaptable pouches to store magazines
Organizational Clothing

- **GOR-TEX Top/Bottom** – MARPAT water proof rain gear
- **POLY PRO Top/Bottom** – are warming layers issued and worn under the MARPAT uniform.
Organizational Clothing

- **TAN FLEECE** – is a warming garment to be used under the MARPAT blouse.

- **CAP FLEECE** – is a warming garment to be used to cover head during cold hours.
GLOVES – Issued to all Marines & Sailors to protect hands.
QUESTIONS
Equipment Care & Maintenance

- Scrape off dirt and dust with scrub brush
- Hose off item or wash in a pail
- No bleach, yellow soap, cleaning fluids/solvents
Equipment Care & Maintenance

- DO NOT LAUNDER OR DRY ITEM IN HOME OR COMMERCIAL WASHERS AND DRYERS
QUESTIONS
Marine Corps Field Shelters
- **SHELTER SITE SELECTION** – when in a survival situation and realize that shelter is a high priority start looking for shelter as soon as possible.

  - Must contain material to make the type of shelter you need
  - It must be large enough and level enough for you to lie down comfortably
TACTICAL CONSIDERATIONS FOR SHELTERS:

- Concealment from enemy observation
- Camouflaged escape routes
- Suitable for signaling friendly
- Protection against wild animals, rocks and dead trees that might fall
Marine Corps Field Shelters

- **SHELTER SITES TO AVOID:**
  - Flash flood areas in foothills
  - Avalanche or rockslide areas in mountainous terrain
- **SEASONAL CONSIDERATIONS:**

  - Winter months – protection from cold and wind, with a source of fuel and water
  
  - Summer months – a reliable source of water that is free of insects
Marine Corps Field Shelters

- Acronym for shelter site selection: BLISS
  - B – Blend in with the surroundings
  - L – Low silhouette
  - I – Irregular Shape
  - S – Small
  - S – Secluded location
TARP LEAN-TO:

- Items needed 1 Tarp, 2 to 3 meters of rope or parachute suspension line, three stakes about 30 centimeters long, and two trees or poles 2 to 3 meters apart.
- Check the wind direction, you want to the wind to your back.
Marine Corps Field Shelters

- **Steps for a TARP LEAN-TO:**

  - Cut rope in half and tie to long edge corner grommets.

    **Option:** Tie drip sticks 2 inches from grommet to divert water off rope.

  - Tie the ropes waist high on the trees or posts.

  - Spread the tarp and anchor it to the ground, putting sharpened sticks through the grommets into the ground.
Marine Corps Field Shelters

- **TARP TENT:**

  - Items needed: 1 tarp, 4 to 5 meter long rope, 6 sharpened sticks about 12 inches long, two trees 2 to 3 meters apart.
**Steps for a TARP TENT:**

- Cut the rope in half.
- Tie the 2.5-meter rope to the center grommet on each side of the tarp.
- Tie the other ends of these ropes at about knee high to the two trees and stretch it tight.
- Draw one side of the tarp tight and secure it to the ground pushing sharpened sticks through the grommets.
Marine Corps Field Shelters

- **TWO MAN TENT** – Issued tents are a two man, three-season, free standing, double wall tent.
Marine Corps Field Shelters

- **TWO MAN TENT**
  - Ventilation for use in arid desert and humid conditions to minimize build up of condensation.
  - Rain fly prevents escape of light and provides protection against visual and infrared detection.
  - Rain fly can be used in conjunction with tent or separate as a “hooch”.
  - Can be set up by one or two people in under 5 minutes.
QUESTIONS
Marine Corps First Aid Kits
- **INDIVIDUAL FIRST AID KIT (IFAK)** – increases individual Marines or Sailors capabilities to provide Self-Aid / Buddy-Aid and provides interventions for leading causes of death on the battlefield.
Marine Corps First Aid Kits

- **Items issued in the IFAK:**
  
  - Tape, Combat Medic Reinforced.
  
  - Two kinds burn dressing – One saturated with water gel, individually wrapped. One polyester overall, triangular and sterile.
Items issued in the IFAK:  
(CONTINUED)

- Adhesive bandage in multiple sizes.
- Water Purification Tablets.
Marine Corps First Aid Kits

- Items issued in the IFAK: (CONTINUED)

  - Bacitracin Ointment.
  - Gauze Bandage.
  - Gauze Bandage Impregnated.
Marine Corps First Aid Kits

- **Items issued in the IFAK:**
  
  (CONTINUED)

  - Card Casualty Response two-sided.
Marine Corps First Aid Kits

- Items issued in the IFAK: (CONTINUED)

  - Chest Wound Kit w/o needle.
  - Compression Bandage.
Marine Corps First Aid Kits

- **Items issued in the IFAK:**
  (CONTINUED)
  - Combat Application Tourniquet, non-pneumatic.
The **COMBAT LIFESAVER (CLS) KIT** is only issued to CLS certified Marines and Sailors.

The **CLS KIT** helps increase trauma support availability when Corpsmen may not be immediately available.
QUESTIONS
Marine Corps Uniforms
The standard **MARINE CORPS PHYSICAL TRAINING (PT) UNIFORM** consists of:

- Olive Green Shorts
- Olive Green Shirt
- White Socks
- Athletic Running Shoes
- Dog Tags and/or ID Card
Marine Corps Uniforms - PT

- The inclement weather

  MARINE CORPS
  PHYSICAL TRAINING (PT)
  UNIFORM consists of;

  - The USMC Running Suit
  - Olive Green Shorts
  - Olive Green Shirt
  - White Socks
  - Athletic Running Shoes
  - Dog Tags and/or ID Card
Marine Corps Uniforms - Utility

Marine Corps Combat Utility Uniforms - MCCUU
Marine Corps Uniforms - Utility

Marine Corps Combat Utility Uniforms - MCCUU

- Designed for field wear.
- Should be loose fitting and comfortable.
- No items of desert and woodland patterns will be mixed.
NAME TAPES -¾ inch letters.

Brown on desert/Black on woodland

• On Blouse, sewn over the right breast pocket.

• Above and parallel to the slanted pocket.
NAME TAPES - ¾ inch letters.

Brown on desert/Black on woodland

• On Trouser, sewn over the right rear pocket.
• Above and parallel to the pocket.
Marine Corps Uniforms - Utility

- SERVICE TAPES inscribed with “U.S. NAVY”.
- Sewn over the left breast pocket.
**Marine Corps Uniforms - Utility**

- **RATING INSIGNIA** is metal, black and non-glossy in color
- Worn on the Left collar, bisecting the angle of the point of the collar, and equally spaced 1/2” from either side of the collar (except E-7 to E-9)
• **RANK INSIGNIA** is Metal, black and non-glossy in color.

• Worn on the Right Collar, bisecting the angle of the point of the collar, and equally spaced 1/2” from either side of the collar.
A **BREAST INSIGNIA** is a Navy/Marine Corps device which reflects a service member’s qualification in a specific area.

- Worn on the Left Breast, the bottom edge of the insignia will be centered over the utility pocket on a horizontal line even with the highest point of the service tape.
- Not more than 2 USMC approved breast insignias will be worn at a time.
- The senior insignia will be worn 1/8 inch above the other.

MCO 1020.34H
Marine Corps Uniforms - Utility

Navy/Marine Corps Breast Insignias authorized for wear on the Utility Uniforms

- Naval Aviator and Naval Aviation Pilot
- Marine Aerial Navigator
- Naval Aircrew
- UAS Officer
- Basic Parachutist

- Naval Flight Crew
- Naval Aviation Observer
- Combat Aircrew
- UAS Enlisted Operator
- Navy/Marine Corps Parachutist
Marine Corps Uniforms - Utility

Navy/Marine Corps Breast Insignias authorized for wear on the Utility Uniforms

- Basic EOD
- Master EOD
- Combatant Diver
- 1st Class Diver
- Senior EOD
- Marine Special Operator
- Master Diver
- 2nd Class Diver
The WEB BELT is worn until the appropriate Marine Corps Martial Arts Program (MCMAP) ranking belt is earned.

Tip web belt between 2” and 4” beyond buckle.

Tip of MCMAP belt between 4” and 8”.

Marine Corps Uniforms - Utility
Marine Corps Uniforms - Utility

• The **GARRISON UTILITY COVER** is worn in garrison.

• E-4 and above, will wear a subdued (black) cover device

• The **FIELD UTILITY COVER** is authorized for field environments only.
Marine Corps Uniforms - Utility

• HOT WEATHER OR TEMPERATE WEATHER BOOTS may be worn with the combat utility uniform unless one is prescribed by the commander for uniformity.

• The COYOTE BROWN SOCK will be worn.
QUESTIONS
Marine Corps Uniforms - Service
• The SERVICE “ALPHA” Uniform is prescribed for parades, ceremonies social events or uniform of the day.

• Worn when reporting in to a new duty station.
• The **ALL-WEATHER COAT (AWC)** may be worn with service, dress and utility uniforms with or without the liner at the Marine’s option.

• Must reach the bottom of the kneecap for males and 1 inch below the kneecap for females.

• AWC will NOT extend below mid-calf.
The SERVICE “BRAVO” UNIFORM may be worn as the uniform of the day or for leave or liberty.

Not authorized for formal or semi-formal events.
The SERVICE “CHARLIE” UNIFORM may be worn as the uniform of the day or for leave or liberty.

- Not authorized for formal or semi-formal events.
• The SERVICE SWEATER may be prescribed for inspections but not ceremonial occasions.

• Authorized to be worn to and from work and on leave and liberty.
QUESTIONS
The Green-Side Navy minimum uniform maintain list is as follows;

- (2) Sets of Woodland MARPAT (blouse/trousers)
- (2) Sets of Desert MARPAT (blouse/trousers)
- (2) Woodland MARPAT Garrison Covers
- (2) Desert MARPAT Garrison Covers
- (1) Pair of Hot Weather Combat Boots
- (1) Pair of Cold Weather Combat Boots
- (6) Pairs of Coyote Tan Boot Socks
- (6) Green T-Shirts
- (2) Sets of appropriate MARPAT rank and service insignias

This list may significantly expand if the Sailor is directed to conform to Marine Corps Uniform Regulations by the Parent Command.
QUESTIONS
In order to maximize the life and maintain optimum performance of the MARPAT uniform, the following instructions should be followed:

- Wash in warm water not to exceed 130F.
- Use mild detergent with no brighteners or bleach.
- Remove immediately from dryer and place on hanger to ensure heat does not set wrinkles.
- Dry-cleaning is optional.
- Do not wring or twist dry!
Uniform Care, Maintenance and Marking

Per MCO 1020.34H, Page 1-195, Para. 10105

• For Marine Corps MARPAT Buttons and Service Insignias, the following instructions should be followed;

  • Repair or replace loose, broken or missing buttons.
  
  • If the black finish wears off of subdued service insignia, replace the insignia or refinish with USMC approved liquid, black protective coating as sold through the Marine Corps Exchange.

  • Service insignias will not be polished.
Uniform Care, Maintenance and Marking

Per MCO 1020.34H, Page 1-195, Para. 10106

• In order to maximize the life and maintain optimum performance of Marine Corps Combat Boots, the following instructions should be followed;

• Boots should be kept clean by using a stiff bristle brush to remove mud and dirt and then rinse with plain water.

• Allow boots to naturally air dry.

• Do not place boots in washer or dryer! Not only will this cause the boot’s leather and rubber to prematurely dry and crack, it will also cause damage to the washer and dryer.
Uniform Care, Maintenance and Marking

Per MCO 1020.34H, Page 1-199, Para. 10200

• All uniform items will be clearly marked with owner’s name in block letters no more that ½ inch in size.

• Last name and initials will be used.

• Markings will be black on light-colored material and white on dark-colored material.

• Markings will not show when the uniform item is worn.
MARKING LOCATIONS:

- **Bag, duffel**: Outside bottom of bag
- **Belts**: Underside, near buckle end
- **Caps**: Inside on sweatband
- **Coats**: Inside on neckband
- **Drawers**: Front, below the waistband
- **Gloves**: Inside on the wrist
MARKING LOCATIONS CONTINUED:

- **Shirts**: Inside on the neckband
- **Shoes/Boots**: Inside, near the top
- **Socks**: Outside, on top of the foot.
- **Sweaters**: Inside the back of the sweater, below the neckband
- **Trousers**: Inside, near the top
- **Trunks**: Inside near the waistband
- **Undershirt**: Inside back, near the neckband
UNIFORM INSPECTIONS

! EXPECT TO BE INSPECTED !
QUESTIONS
Maintain Physical Fitness
The Marine Corps PFT has 3 Scored Events:
- Pull-ups/Push-ups
- Crunches
- 3-Mile Run

Scoring varies by Age and Gender.

Maximum Score is 300 points.
Males and females may choose either push-ups or pull-ups.

Pull-ups and Push-ups will be demonstrated in correct form prior to the conduct of the event.

**Pull-ups** are scored out of **100** points.

**Push-ups** are scored out of **70** points.
# Marine Corps PFT

## (PFT) PULL-UPS (MALES)

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<th>AGE</th>
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**(PFT) PULL-UPS (FEMALES)**

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Marine Corps PFT

(PFT) CRUNCHES

- Crunches are scored out of 100 points.
- Proper form of repetitions will be demonstrated prior to the conduct of the event.
# Marine Corps PFT

(PFT) **CRUNCHES (MALES)**

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<td>40</td>
<td>40</td>
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</tbody>
</table>
The 3 Mile Run is a timed event.

Scoring is out of 100 points.

The 3 Mile Route will be briefed prior to conduct of the event.

Runners’ times start when they cross the Starting Line and ends once they cross the Finish Line.
### Marine Corps PFT

#### (PFT) 3 MILE RUN (MALES)

<table>
<thead>
<tr>
<th>AGE</th>
<th>17-20</th>
<th>21-25</th>
<th>26-30</th>
<th>31-35</th>
<th>36-40</th>
<th>41-45</th>
<th>46-50</th>
<th>51+</th>
</tr>
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<tbody>
<tr>
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<td>18:00</td>
<td>18:00</td>
<td>18:00</td>
<td>18:00</td>
<td>18:30</td>
<td>19:00</td>
<td>19:30</td>
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<tr>
<td>MIN</td>
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<td>27:40</td>
<td>28:00</td>
<td>28:20</td>
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<td>33:00</td>
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<td>MIN PTS</td>
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<td>40</td>
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</tbody>
</table>
## Marine Corps PFT

(PFT) **3 MILE RUN (FEMALES)**

<table>
<thead>
<tr>
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<th>21-25</th>
<th>26-30</th>
<th>31-35</th>
<th>36-40</th>
<th>41-45</th>
<th>46-50</th>
<th>51+</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MAX</strong></td>
<td>21:00</td>
<td>21:00</td>
<td>21:00</td>
<td>21:00</td>
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<td>21:30</td>
<td>22:00</td>
<td>22:30</td>
</tr>
<tr>
<td><strong>MIN</strong></td>
<td>30:50</td>
<td>30:50</td>
<td>31:10</td>
<td>31:30</td>
<td>31:50</td>
<td>32:30</td>
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</tr>
<tr>
<td><strong>MIN PTS</strong></td>
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</tr>
</tbody>
</table>
Marine Corps CFT

COMBAT FITNESS TEST (CFT)

- 3 Scored events
  - Movement to Contact
  - Ammo Can Lift
  - Maneuver Under Fire

- PT uniform changes for different events.

- Scoring varies by AGE and GENDER
- Maximum Score is 300 Points.
(CFT) MOVEMENT TO CONTACT

- Uniform is Boots and Utilities, no Blouse
- Event consists of a timed 880 meter sprint.
- Runners’ times begin once they cross the Starting Line and end once they cross the Finish Line
- The Route will be briefed prior to the conduct of the event.
- Event is scored out of 100 points
# Marine Corps CFT

## (CFT) MOVEMENT TO CONTACT (MALES)

<table>
<thead>
<tr>
<th>AGE</th>
<th>17-20</th>
<th>21-25</th>
<th>26-30</th>
<th>31-35</th>
<th>36-40</th>
<th>41-45</th>
<th>46-50</th>
<th>51+</th>
</tr>
</thead>
<tbody>
<tr>
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<td>2:39</td>
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<td>2:45</td>
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<td>3:05</td>
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<tr>
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</table>

## (CFT) MOVEMENT TO CONTACT (FEMALES)

<table>
<thead>
<tr>
<th>AGE</th>
<th>17-20</th>
<th>21-25</th>
<th>26-30</th>
<th>31-35</th>
<th>36-40</th>
<th>41-45</th>
<th>46-50</th>
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</thead>
<tbody>
<tr>
<td>MIN PTS</td>
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<td>40</td>
</tr>
</tbody>
</table>
Marine Corps CFT

(CFT) AMMO CAN LIFTS

- Uniform is Boots and Utilities, no Blouse
- Event consists of a max number of ammo can presses in 2 minutes.
- Proper form for repetitions will be demonstrated prior to the conduct of the event.
- Maximum Score is 100 points
# Marine Corps CFT

## (CFT) AMMO CAN LIFTS (MALES)

<table>
<thead>
<tr>
<th>AGE</th>
<th>17-20</th>
<th>21-25</th>
<th>26-30</th>
<th>31-35</th>
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<th>41-45</th>
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<tbody>
<tr>
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## (CFT) AMMO CAN LIFTS (FEMALES)

<table>
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<th>31-35</th>
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</tbody>
</table>
(CFT) MANEUVER UNDER FIRE

- Uniform is full Utilities, no cover
- Event consists of 325 yards of total movement while carrying a casualty and (2) ammo cans and throwing a simulated M67.
- Proper conduct will be demonstrated prior to conducting the event
- Maximum score is 100 points.
# Marine Corps CFT

## (CFT) MANEUVER UNDER FIRE (MALES)

<table>
<thead>
<tr>
<th>AGE</th>
<th>17-20</th>
<th>21-25</th>
<th>26-30</th>
<th>31-35</th>
<th>36-40</th>
<th>41-45</th>
<th>46-50</th>
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</thead>
<tbody>
<tr>
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<td>2:52</td>
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## (CFT) MANEUVER UNDER FIRE (FEMALES)

<table>
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<tr>
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<th>21-25</th>
<th>26-30</th>
<th>31-35</th>
<th>36-40</th>
<th>41-45</th>
<th>46-50</th>
<th>51+</th>
</tr>
</thead>
<tbody>
<tr>
<td>MIN</td>
<td>4:53</td>
<td>4:34</td>
<td>4:40</td>
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</table>
QUESTIONS
Marine Corps Height & Weight Standards

**HEIGHT & WEIGHT EVALUATIONS**

*Are conducted semi-annually*

*In accordance with*

**MCO 6110.3A**

Marine Corps Body Composition and Military Appearance Program (MCBCCMAP)
### HEIGHT & WEIGHT EVALUATIONS

**Standard Height/Weight Scale (Male)**

<table>
<thead>
<tr>
<th>Height</th>
<th>Max Pounds</th>
<th>Min Pounds</th>
</tr>
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<tbody>
<tr>
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<tr>
<td>57”</td>
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<td>88</td>
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<td>58”</td>
<td>131</td>
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<tr>
<td>63”</td>
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<td>107</td>
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</tbody>
</table>
## HEIGHT & WEIGHT EVALUATIONS

### Standard Height/Weight Scale (Male)

<table>
<thead>
<tr>
<th>Height</th>
<th>Max Pounds</th>
<th>Min Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>64”</td>
<td>160</td>
<td>110</td>
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<tr>
<td>65”</td>
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<td>114</td>
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<td>67”</td>
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<td>70”</td>
<td>191</td>
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<tr>
<td>71”</td>
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</tr>
</tbody>
</table>
# Marine Corps Height & Weight Standards

## HEIGHT & WEIGHT EVALUATIONS

### Standard Height/Weight Scale (Male)

<table>
<thead>
<tr>
<th>Height</th>
<th>Max Pounds</th>
<th>Min Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>72”</td>
<td>202</td>
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<tr>
<td>73”</td>
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<tr>
<td>74”</td>
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<tr>
<td>75”</td>
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<tr>
<td>79”</td>
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</tbody>
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### HEIGHT & WEIGHT EVALUATIONS

**Standard Height/Weight Scale (Female)**

<table>
<thead>
<tr>
<th>Height</th>
<th>Max Pounds</th>
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<tbody>
<tr>
<td>56”</td>
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</tbody>
</table>
## Marine Corps Height & Weight Standards

### HEIGHT & WEIGHT EVALUATIONS

#### Standard Height/Weight Scale (Female)

<table>
<thead>
<tr>
<th>Height</th>
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<tbody>
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<td>64”</td>
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<tr>
<td>71”</td>
<td>186</td>
<td>136</td>
</tr>
</tbody>
</table>
# Marine Corps Height & Weight Standards

## HEIGHT & WEIGHT EVALUATIONS

**Standard Height/Weight Scale (Female)**

<table>
<thead>
<tr>
<th>Height</th>
<th>Max Pounds</th>
<th>Min Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>72”</td>
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<td>140</td>
</tr>
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<td>73”</td>
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<td>79”</td>
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# Marine Corps Height & Weight Standards

## HEIGHT & WEIGHT EVALUATIONS

### Body Composition Standard Scale

<table>
<thead>
<tr>
<th>Age Group</th>
<th>BF% Males</th>
<th>BF% Females</th>
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</thead>
<tbody>
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<td>29</td>
</tr>
<tr>
<td>51+</td>
<td>21</td>
<td>29</td>
</tr>
</tbody>
</table>
HEIGHT & WEIGHT EVALUATIONS
Body Composition is determined by the following measurements:

- Height Measurement
- Weight Measurement
- Circumference Measurements
  - (Males) Abdominal – Neck = Circumference Value
  - (Females) Waist + Hip – Neck = Circumference Value
HEIGHT & WEIGHT EVALUATIONS – Continued

Females

- Are exempt from height and weight evaluations during pregnancy.

- Are allowed six months after return to full duty to be within standards.
QUESTIONS
SUMMARY

 Cv Marine Corps Organizational Clothing & Individual Equipment
  - Organizational Clothing and Equipment Identification & Use
  - Care and Maintenance of Organizational Clothing and Equipment
  - Marine Corps Field Shelters
  - Individual First Aid Kit (IFAK) & Combat Lifesaver Kit (CLS)

 Cv Marine Corps Uniforms
  - Physical Training (PT) Uniform
  - Marine Corps Combat Utility Uniforms (MCCUU)
  - Service Uniforms
  - Minimum (Green-Side) Uniform Items to be Maintained
  - Care, Maintenance and Marking of Uniforms
  - Stand an Inspection

 Cv Maintain Physical Fitness
  - Marine Corps Physical Fitness Test (PFT)
  - Marine Corps Combat Fitness Test (CFT)
  - Marine Corps Height and Weight Standards
BACK UP SLIDE
Excuse Me !!!

Your going To Pass this exam...

RIGHT ???
Individual Equipment