TERMINAL LEARNING OBJECTIVES:

1. Given individual equipment and cleaning supplies, maintain individual equipment to ensure equipment is clean and serviceable. (2401-UNIF-1001)

2. Given individual clothing, a ruler, a marking kit, sewing kit and cleaning material, maintain military clothing, to ensure clothing is clean, serviceable, marked, and fits according to the uniform regulations. (2401-UNIF-1002)

3. Given references, unit physical fitness and combat conditioning training program, maintain physical fitness to condition for the rigors of combat. (2401-COND-1002)

ENABLING LEARNING OBJECTIVES:

1. Given individual equipment, clean equipment to ensure equipment is maintained and serviceable, in accordance with references, FM 21-15 Care and Use of Individual Clothing and Equipment, MCO P10120.28 Individual Clothing Regulations (ICR), MCO P1020.34G W/CH 1-5 Marine Corps Uniform Regulations and TM-10120-15/1B Uniform Fitting and Alteration. (2401-UNIF-1001a)
2. Given individual equipment, inspect equipment, to ensure equipment is maintained and serviceable in accordance with references, FM 21-15 Care and Use of Individual Clothing and Equipment, MCO P10120.28 Individual Clothing Regulations (ICR), MCO P1020.34G W/CH 1-5 Marine Corps Uniform Regulations and TM-10120-15/1B Uniform Fitting and Alteration.
(2401-UNIF-1001b)

3. Given individual equipment, store equipment, to ensure equipment is maintained and serviceable in accordance with references, FM 21-15 Care and Use of Individual Clothing and Equipment, MCO P10120.28 Individual Clothing Regulations (ICR), MCO P1020.34G W/CH 1-5 Marine Corps Uniform Regulations and TM-10120-15/1B Uniform Fitting and Alteration.
(2401-UNIF-1001c)

4. Without the aid of reference, maintain individual clothing, to ensure clothing is clean and serviceable in accordance with references, FM 21-15 Care and Use of Individual Clothing and Equipment, MCO P10120.28 Individual Clothing Regulations (ICR), MCO P1020.34G W/CH 1-5 Marine Corps Uniform Regulations and TM-10120-15/1B Uniform Fitting and Alteration.
(2401-UNIF-1001c)

5. Given individual clothing, wear individual clothing, to ensure appropriate uniform for season, day or event in accordance with references, FM 21-15 Care and Use of Individual Clothing and Equipment, MCO P10120.28 Individual Clothing Regulations (ICR), MCO P1020.34G W/CH 1-5 Marine Corps Uniform Regulations and TM-10120-15/1B Uniform Fitting and Alteration.
(2401-UNIF-1002b)

6. Given a training schedule day, time and location, pass a Navy Physical Fitness Assessment (PFA) to ensure personal physical readiness in accordance with the reference OPNAV 6110.1J Physical Readiness Program.
(2401-COND-1002a)

7. Upon duty assignment to a future Marine Corps Command, be able to participate in a Marine Corps Unit physical training program, to ensure unit cohesion and personal physical readiness in accordance with the reference OPNAV 6110.1J Physical Readiness Program.
(2401-COND-1002b)
1. **ORGANIZATIONAL CLOTHING AND INDIVIDUAL EQUIPMENT**

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

   b. Organizational clothing and equipment such as coveralls, cartridge and/or belts, pistol belts, lanyards, helmets, cellular phones, and flight clothing may be worn with the uniform when and as prescribed by the commander.

   c. The Marine or Sailor is accountable for the item and must return it upon reassignment.

2. **INDIVIDUAL EQUIPMENT**

   a. **Family of Load Bearing Equipment (FILBE)** - FILBE is a Modular Load-Bearing system designed to enhance the survivability and lethality of the modern Marine. FILBE is a replacement for the ILBE system and components of the Integrated Individual Fighting system including the Improved Load Bearing Equipment (ILBE). The FILBE issue you receive at FMTB-E will consist of the following items:

      (1) **USMC Pack** - the USMC new pack is a modular system that can be configured into two different torso length patterns: the Normal and Long. It has a large main pouch that can be closed to allow for a sleeping system compartment and a radio pouch. It has a draw string close top. The lid is has a water resistant zipper at the base to allow access to the radio pouch. Two other zippers allow access to the storage compartments in the lid, it also has buckles that allow the day pack to be attached to the top. The pack is equipped with Pouch Attachment Ladder System (PALS).

      (2) **Assault Pack** - Utilized to sustain an individual for 24-48 hour periods. Has buckles to attach it to the top of the pack. Also has Pouch Attachment Ladder System (PALS) for the attachment of external pouches.
(3) Load Bearing Vest – Sizeable Vest with Modular Lightweight Load-Carrying Equipment (MOLLE) webbing used to configure ammunition pouches, grenade pouches, IFAK, and other items so that the individual may design load out for specific purposes. Can be adjusted to fit all sizes of Marines and Sailors.

(4) Improved Modular Tactical Vest – A scalable vest that offers protection to the front, back, flanks with the insertion of ESAPI plates and also has neck and groin protection. Has MOLLE webbing used to configure ammunition pouches, grenade pouches, IFAK, and other items so that the individual may design load out for specific purposes. Can be used with the LBV or without.

(5) Lightweight Helmet with cover – Improved fit over old helmet with more comfortable pads as well as chin strap. Cover is a reversible MARPAT cover that will be changed in accordance with what uniform is being worn at the time. Can be used with a NVG mounting plate.
Three-Sleeping System - It comes in two sizes, one that fits Marines up to 6 feet tall and another for taller Marines. The top of the new bag can be pulled tight around the face and features two snaps that cover the chin for better protection against the cold and wind. The waterproof bivy can be pulled over the head for added warmth and is designed with a flexible wire to keep the bag off of the face. The sleeping bag weighs only 2.4 pounds and offers protection down to 10 degrees provided Marines layer their clothes properly.

(a) The 5 layer sleeping strategy is a set way of layering clothing in order to protect you from the environment while keeping you from overheating. Each layer has its own set of suggested clothing as well as the temperature that it should be used during.

1. Layer 1: 40+ degrees, T-shirt and shorts
2. Layer 2: 30-40 degrees, silk-weight top and bottom, socks and microfleece cap.
3. Layer 3: 20-45 degrees, mid-weight top and bottom and glove liners, over layer 2.
4. Layer 4: 15-25 degrees, poncho liner and balaclava, over layer 3.
5. Layer 5: 10 degrees, extreme cold weather suit, over layer 3.

(7) Additional Equipment:

(a) Compression Sack - Black sack with limiting straps to tighten down sleeping systems and be able to store them in packs while using the least amount of space.

(b) ISO Mat - A foam padding used to support the sleeping system.

(c) Sustainment Pouch - Attached to outside of the pack as needed for additional load capability.

(d) Hydration bladder - Can hold 70 oz. of water. Used to drink on the move.
(e) **Canteen w/ Cover** - The canteen covers are used to carry the plastic water canteens and metal cup. The covers have two small pockets attached for carrying water purification tablets.

(f) **Repair Kit** - Utilized to repair the equipment as needed.

(g) **Water proofing bag** - Improved water proof storage bags to be used in conjunction with WP bag.

(h) **2 point sling** - Also known as a vickers or patrol sling. Used to secure weapon to body during a multitude of activities.

(i) **Parade sling** - Green sling used for Parades and shooting on the rifle range.

(j) **Ess glasses/goggles** - Eye protection issued to every Marine and sailor to be used at all times during training as well as any time forward deployed.

(k) **E-tool w/ carrier** - Standard folding entrenching tool. Used to dig fighting holes.

(l) **Tarp** - A waterproof tarp to cover gear or to make a field expedient shelter or field expedient bed roll.

(m) **Poncho Liner** - Lightweight blanket that will supplement sleeping system or be used in a field expedient bed roll.

(n) **Magazine Pouches** - MOLLE adaptable pouches to store magazines in place so that the shooter can manipulate the weapon to achieve maximum lethality.

(o) **Gortex top/bottom** - MARPAT water proof gear issued for inclement weather.

(p) **Poly pro top/bottom** - warming layers issued and worn under the MARPAT uniform.

(q) **Tan fleece** - Tan warming layer to be used under MARPAT blouse.

(r) **Cap fleece** - Warming garment to be used to cover head during cold hours. Not usually worn during the day.
(s) Gloves — Issued to all Marines and Sailors to protect hands.

3. **CARE AND MAINTENANCE OF INDIVIDUAL EQUIPMENT.**

   a. Scrape dirt and dust from the item using a brush that will not cut the fabric

   b. Hose or wash the item in a pail of water. Rinse thoroughly with clean water

   c. Do not use chlorine bleach, yellow soap, cleaning fluids, or solvents that will discolor or deteriorate the item

   d. Dry the item in the shade or indoors. Do not dry in direct sunlight, direct heat or open flame

   e. Do not launder or dry item in home or commercial washers and dryers. Do not attempt to dye or repair. Turn in for repair or replacement

   f. Remember, extremely dirty or damaged equipment can eventually fail to perform its intended function

4. **MARINE CORPS FIELD SHELTER.**

   a. **Shelter Site Selection**

      (1) When you are in a survival situation and realize that shelter is a high priority, start looking for shelter as soon as possible. As you do so, remember what you will need at the site. Two requisites are:

      (a) It must contain material to make the type of shelter you need.

      (b) It must be large enough and level enough for you to lie down comfortably.

      (c) When you consider these requisites, however, you cannot ignore your tactical situation or your safety. You must also consider whether the site—

          1. Provides concealment from enemy observation.

          2. Has camouflaged escape routes.
3. Is suitable for signaling, if necessary.
4. Provides protection against wild animals and rocks and dead trees that might fall.
5. Is free from insects, reptiles, and poisonous plants.

(d) You must also remember the problems that could arise in your environment. For instance—

1. Avoid flash flood areas in foothills.
2. Avoid avalanche or rockslide areas in mountainous terrain.
3. Avoid sites near bodies of water that are below the high water mark.

(e) In some areas, the season of the year has a strong bearing on the site you select. Ideal sites for a shelter differ in winter and summer. During cold winter months you will want a site that will protect you from the cold and wind, but will have a source of fuel and water. During summer months in the same area you will want a source of water, but you will want the site to be almost insect free.

(f) When considering shelter site selection, use the word BLISS as a guide.

1. B - Blend in with the surroundings.
2. L - Low silhouette.
3. I - Irregular shape.
4. S - Small.
5. S - Secluded location.

b. **Tarp Lean-To**

(1) It takes only a short time and minimal equipment to build this lean-to. You need a tarp, 2 to 3 meters of rope or parachute suspension line, three stakes about 30 centimeters long, and two trees or two poles 2 to 3 meters apart. Before selecting the trees you will use or the location of your poles,
check the wind direction. Ensure that the back of your lean-to will be into the wind. To make the lean-to:

(a) Cut the rope in half. On one long side of the poncho, tie half of the rope to the corner grommet. Tie the other half to the other corner grommet.

(b) Option: Attach a drip stick to each rope about 2 inches from the grommet. These drip sticks will keep rainwater from running down the ropes into the lean-to.

(c) Tie the ropes about waist high on the trees (uprights). Use a round turn and two half hitches with a quick-release knot.

(d) Spread the tarp and anchor it to the ground, putting sharpened sticks through the grommets and into the ground.

(e) If you plan to use the lean-to for more than one night, or you expect rain, make a center support for the lean-to. Place a stick upright under the center of the lean-to. This method will restrict your space and movements in the shelter.

(f) For additional protection from wind and rain, place some brush, your rucksack, or other equipment at the sides of the lean-to.

(g) To reduce heat loss to the ground, place some type of insulating material, such as leaves or pine needles, inside your lean-to. Note: When at rest, you lose as much as 80 percent of your body heat to the ground.

(h) To increase your security from enemy observation, lower the lean-to’s silhouette by making two changes. First, secure the support lines to the trees at knee height (not at waist height) using two knee-high sticks in the two center grommets (sides of lean-to). Second, angle the poncho to the ground, securing it with sharpened sticks, as above.
c. **Tarp Tent**

(1) This tent provides a low silhouette. It also protects you from the elements on two sides. It has, however, less usable space and observation area than a lean-to, decreasing your reaction time to enemy detection. To make this tent, you need a tarp, two 4 to 5-meter ropes, six sharpened sticks about 12 inches long, and two trees 2 to 3 meters apart. To make the tent:

(a) Cut the rope into equal halves

(b) Tie a 2-meter rope to the center grommet on each side of the tarp.

(c) Tie the other ends of these ropes at about knee height to two trees 2 to 3 meters apart and stretch the tarp tight.

(d) Draw one side of the tarp tight and secure it to the ground pushing sharpened sticks through the grommets.

(e) Follow the same procedure on the other side.

(f) If you need a center support, use the same methods as for the tarp lean-to. Another center support is an A-frame set outside but over the center of the tent. Use two 90- to 120-centimeter-long sticks, one with a forked end, to form the A-frame.
d. **Two Man Tent**

(1) A two-man, three-season, free standing, double wall tent. The tent has a vapor permeable tent body with a fully water proof reversible rain fly. All tent floor and rain fly seams are factory taped for water fastness

(a) Ventilation for use in arid desert and humid conditions to minimize build up of condensation

(b) Rain fly prevents escape of light and provides protection against visual and infrared detection

(c) Rain fly can be used in conjunction with tent or separate as a “hooch”

(d) Set up by one or two people in under 5 minutes

5. **INDIVIDUAL FIRST AID KIT (IFAK)** - The IFAK increases individual Marines or Sailors capabilities to provide Self-Aid/Buddy-Aid and provides interventions for leading causes of death on the battlefield, to include severe hemorrhage and gunshot wounds.

a. **Adhesive Bandage** - Quantity 5. 2x4.5in.

b. **Adhesive Bandage** - Quantity 10. 3/4x3in.

c. **Burn Dressing** - Quantity 1. Saturated with water gel; individually wrapped.

d. **Dressing Burn, First Aid** - Polyester overall; triangular; sterile.

e. **Tape, Combat Medic Reinforced** - 2x100 inches; sealed in a 1.5 nylon pouch.
f. **Water Purification Tablet, Chlorine** - micropur MP1; 1 strip of 10 tabs.

  g. **Bacitracin Ointment** - .0312 ounces in a single packet.

  h. **Bandage, Gauze** - Quantity 2. White cotton rolled, 7/8x2x3 in.

  i. **Bandage, Gauze, Impregnated** - Quantity 2. Gauze, hemostatic agent, combat gauze, 3 in x 4 yds.

  j. **Card Casualty Response Two-Sided** - Two sided card used at point of injury to document tactical combat casualty care, plastic paper, attaches with an elastic strap.

  k. **Chest Wound Kit Sterile W/O Needle** - Penetrating chest injury kit, sterile, for penetrating chest injuries, general chest wounds and exit wounds, general chest wounds and exit wounds, includes one Bolin chest seal.

  l. **Dressing, Compression** - Quantity 2, H bandage, 6x1.5x3 in.

  m. **Tourniquet, nonpneumatic; Combat Application** - Quantity 1, one handed, 30.5x1x1/8in.

6. **Combat Lifesaver Kit (CLS)** - the Combat Lifesaver Kit (CLS) contains medical supplies that, in addition to what Marines are already carrying in their Individual First Aid Kits (IFAKS), provide life-saving trauma care for critically wounded Marines and Sailors. CLS-trained Marines are issued the CLS Kit to increase the trauma support available to their teams/squad in situations where a Corpsman is not immediately available to provide aid. The items in the portable, lightweight bag enable a CLS-trained Marine to treat extremity hemorrhaging and sucking chest wounds, and to clear a wounded warfighter’s airway.
7. **MARINE CORPS PHYSICAL TRAINING UNIFORMS (PT):**

   a. The standard MARINE CORPS PHYSICAL TRAINING (PT) UNIFORM consists of:

   (1) Olive Green Shorts  
   (2) Olive Green Shirt  
   (3) White Socks  
   (4) Athletic Running Shoes  
   (5) Dog Tags and/or ID Card

8. **MARINE CORPS COMBAT UTILITY UNIFORMS (MCCUU):**

   a. Commanders may prescribe the combat utility uniform as the uniform of the day. It is further authorized for parades, reviews and informal social functions. The utility coat may be removed only for physical training and work details.

   b. The Marine Corps combat utility uniform is designed for field wear and should be loose fitting and comfortable. Items should be fitted loosely enough to allow for some shrinkage without rendering the garment unusable.

   c. No items of desert and woodland camouflage patterns will be mixed.

   d. In the Fleet, the utility uniform is seasonal. MCCUU as prescribed by Marine Corps Order.

   e. **Name and service tapes:**

   (1) Name and service tapes shall be of the same MARPAT material as the uniform they are sewed on to.

   (2) Letters will be \(\frac{3}{4}\) inch high and black (for woodland utilities) or brown (for desert utilities) block lettering. If necessary to accommodate longer names, the lettering may be condensed to \(\frac{1}{2}\) inch high.

   (3) Nametapes will include the individual’s last name only in upper case letters. These will be sewn over the right breast pocket immediately above and parallel to the top of the slanted pocket flap with the ends of the tape aligned with edge of the pocket flap.

   (4) On the utility trousers, a nametape will be sewn above the right rear trouser pocket.
Service tapes will be inscribed with the words “U.S. NAVY” in upper case letters with a space before the word “NAVY.” The service tape will be sewn over the left breast pocket in a manner similar to the nametape.

f. **Rating Insignia**:

(1) Plastic or metal insignia of rating, black, non-glossy in color will be placed on the utility coat 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.

(2) The lower outside edge of the insignia will be equally spread ½ inch from both sides of the collar.

g. **Rank Insignia**:

(1) Plastic or metal insignia of rating, black, non-glossy in color will be placed on the utility coat 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.

(2) The lower outside edge of the insignia will be equally spread ½ inch from both sides of the collar.

h. **Breast Insignia**:

(1) A BREAST INSIGNIA is a Navy/Marine Corps device which reflects a service member’s qualification in a specific area.

(a) Breast Insignias are 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.

(b) Not more than 2 USMC approved breast insignias will be worn at a time. Per MCO 1020.34H, the senior insignia will be worn 1/8 inch directly above the other.

i. **Utility Belts**:

(1) The 1 ¼ inch wide web belt, with buckle shall be worn with the combat utility trousers until the appropriate Marine Corps Martial Arts Program (MCMAP) belt has been earned.

(2) The tip end of the web belt shall pass through the
buckle to the wearer’s left and extend between 2 and 4 inches beyond the buckle. The metal belt tip shall remain highly polished.

(3) The 1-3/4 inch wide nylon utility belt having black D-type buckle with locking bar will be worn by all martial arts qualified Marines with the utility uniform. The tip of the utility belt will pass through the buckle, feeding back around the locking bar to the wearer’s left, with the belt-end extending 4 to 8 inches beyond the buckle.

j. Utility Cover:

(1) The garrison combat utility cover, desert or woodland as appropriate is normally worn in garrison. All personnel, E-4 and above, will wear a subdued (black) cover device. Navy personnel are to use the cover without the embroidered EGA. If unable to obtain a cover without the EGA, nothing will be placed over the EGA.

(2) The field combat utility cover (commonly referred to as the “boonie” cover) is authorized for wear in field environments only. When worn, the brim of the field utility cover will be worn straight or angled slightly down.

k. Footwear:

(1) Either hot weather or temperate weather boots may be worn with the utility uniform unless one is prescribed by the commander for the purpose of uniformity. Coyote brown sock will be worn.

9. SERVICE UNIFORMS:

a. Marine Corps service uniforms are provided only to those Navy hospital Corpsmen, dental technicians, or religious program specialists who elect to wear them. These Navy enlisted will wear Marine Corps service uniforms for the duration of their continuous service with Marine Corps units when directed by the commander. They will abide by Marine Corps grooming and physical appearance standards and, except as otherwise prescribed in this chapter, wear the service uniforms with the same required/optional components and in the same manner as prescribed for Marines.

b. Navy hospital Corpsmen, dental technicians, or religious program specialists who do not elect to wear Marine Corps
service uniforms, or those Navy enlisted personnel in other specialties not entitled to the service uniform option, will wear the equivalent Navy service uniform when required and abide by Navy grooming and physical appearance standards.

c. **The Service “Alpha” Uniform:** The service “Alpha” or service “A” uniform may be prescribed for parades, ceremonies, social events or as the uniform of the day. It is normally worn when reporting to a new duty station. The service “Alpha” uniform includes the service coat and trousers for male Marines and the service coat with either slacks or skirt for female Marines.

d. **The All-Weather Coat (AWC):**

   (1) The All-Weather Coat (AWC) may be worn or prescribed for wear with the service, dress and utility uniforms. It may be worn with or without the liner at the individual’s option.

   (2) The AWC must be long enough to reach the bottom of the kneecap for males and 1 inch below the kneecap for females. It must not extend below the mid-calf.

e. **The Service “Bravo” Uniform:**

   (1) The service “Bravo” or service “B” uniform is the same as the service “A” uniform except that the service coat is not worn. The service “B” may be worn as the uniform of the day and for leave or liberty.

   (2) This uniform is not authorized for wear at formal or semi-formal events.

f. **Service “Charlie” Uniform:**

   (1) The service “Charlie” or “C” uniform consists of the short sleeve khaki shirt with the appropriate service trousers, skirt or slacks.

   (2) This uniform may be worn as a uniform of the day or for leave and liberty and may be prescribed by the commander for formations at parades or ceremonies on and off base.

   (3) This uniform is not authorized for wear at formal or semi-formal events.

g. **Service Sweater:**
(1) Commanders may prescribe the service uniform with sweater for inspections, but not for ceremonial formations or parades on or off base. The sweater may be worn with service uniforms for leave and liberty and when commuting to and from work.

(2) The service sweater may be worn with the long sleeve shirt year-round at the individual’s option and may be worn with the short sleeve shirt during those periods when the service “C” uniform is authorized.

(3) Black, non-glossy grade insignia will be worn ¾ of an inch from the shoulder seam and centered from left to right on the sweater’s shoulder epaulettes.

10. **GREEN-SIDE NAVY MINIMUM UNIFORM MAINTAIN LIST:**

   a. Below is the Green-Side Navy Minimum Uniform Maintain List. However, this uniform list may significantly expand if the Green-Side Sailor is directed to conform to Marine Corps Uniform Regulations by their Parent Command.

      - (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

11. **UNIFORM CARE, MAINTENANCE AND MARKING:**

   a. 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
      - Dry-cleaning is optional
      - Do not wring or twist dry

   b. 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.

c. 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.

d. Enlisted Marines will clearly and indelibly mark every article of uniform clothing with the owner’s name (excluding organizational clothing). Markings will consist of block letters no more than \( \frac{1}{2} \) inch in size.

e. Names will be marked in black on light colored material and white on dark colored material and will be placed so that they do not show when the uniform is worn.

f. The following information on marking placement is excerpted from Marine Corps Order P1020.34_, Chapter 10.

<table>
<thead>
<tr>
<th>Bag Duffel</th>
<th>Outside, bottom of the bag</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belts Trouser</td>
<td>Underside near the buckle end</td>
</tr>
<tr>
<td>Caps</td>
<td>Inside on the sweatband</td>
</tr>
<tr>
<td>Coats</td>
<td>Inside on the neckband</td>
</tr>
<tr>
<td>Drawers</td>
<td>Outside, below the waistband on the front</td>
</tr>
<tr>
<td>Gloves</td>
<td>Inside, at the wrist</td>
</tr>
<tr>
<td>Shirts</td>
<td>Inside on the neckband</td>
</tr>
<tr>
<td>Shoes/Boots</td>
<td>Inside near the top</td>
</tr>
<tr>
<td>Socks</td>
<td>Outside on top of the foot</td>
</tr>
<tr>
<td>Sweaters</td>
<td>Inside the back of the sweater, below the neckband</td>
</tr>
<tr>
<td>Trousers</td>
<td>Inside near the top</td>
</tr>
<tr>
<td>Trunks</td>
<td>Inside below the waistband</td>
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<tr>
<td>------------</td>
<td>----------------------------</td>
</tr>
<tr>
<td>Undershirt</td>
<td>Inside back, near the neckband</td>
</tr>
</tbody>
</table>

12. **MAINTAIN PHYSICAL FITNESS:**

a. **The Marine Corps Physical Fitness Test (PFT)** has 3 Scored Events:

- Pull-ups/Push-ups
- Crunches
- 3-Mile Run

(1) 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.

(2) **Crunches** are scored out of 100 points. Proper form of repetitions will be demonstrated prior to the conduct of the event.

(3) The **3 Mile Run** is a timed event. Scoring is out of 100 points. The 3 Mile Route will be briefed prior to the conduct of the event. Runners’ times start when they cross the Starting Line and end once they cross the Finish Line.

b. **The Marine Corps Combat Fitness Test (CFT)** has 3 Scored Events:

- Movement to Contact
- Ammo Can Lift
- Maneuver Under Fire

(1) The **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. Movement to Contact maximum score is 100 points.

(2) The **Ammo Can Lift** uniform is boots and utilities, no blouse. This 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. Ammo Can Lift maximum score is 100 points.
(3) The **Maneuver Under Fire** uniform is full Utilities, no cover. This event consists of 325 yards of total movement while carrying a casualty and (2) ammo cans and throwing a simulated M67 grenade. Proper conduct will be demonstrated prior to conducting the event. **Maneuver Under Fire** maximum score is 100 points.

13. **MARINE CORPS HEIGHT & WEIGHT STANDARDS:**

   a. **Height & Weight Evaluations** Are conducted semi-annually in accordance with MCO 6110.3A Marine Corps Body Composition and Military Appearance Program (MCBCMAP). Any Marine who is found not to be in compliance with the following scales will be placed on a monitored and recorded corrective action program for a period of six months. Any Marine who has been placed on this program and does not achieve compliance within the allotted corrective action period, may be administratively separated from service.
## Standard Height/Weight Scale (Male)

<table>
<thead>
<tr>
<th>Height</th>
<th>Max Pounds</th>
<th>Min Pounds</th>
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<tbody>
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<tr>
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<td>107</td>
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</tbody>
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**HEIGHT & WEIGHT EVALUATIONS**
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<th>Height</th>
<th>Max Pounds</th>
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## HEIGHT & WEIGHT EVALUATIONS
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<tr>
<th>Height</th>
<th>Max Pounds</th>
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<tbody>
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<tr>
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**HEIGHT & WEIGHT EVALUATIONS**
# Standard Height/Weight Scale (Female)

<table>
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<th>Max Pounds</th>
<th>Min Pounds</th>
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<tbody>
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**HEIGHT & WEIGHT EVALUATIONS**
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<td>72&quot;</td>
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</table>
# 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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<tbody>
<tr>
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<tr>
<td>21-25</td>
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<td>26-30</td>
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<td>46-50</td>
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<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
- (Females) are exempt from height and weight evaluations during pregnancy.
- (Females) Are allowed six months after return to full duty to be within standards.
REFERENCE(S):
Care and Use of Individual clothing and Equipment, FM 21-15
Clothing Allowance for Enlisted Personnel, MCBUL 10120
Decorations and Awards Poster, NAVMC 2507
Individual Clothing Regulations (ICR), MCO P10120.28_
Marine Corps Body Composition and Military Appearance Program, MCO 6110.3A
Marine Corps Drill and Ceremonies Manual, NAVMC 2691 W/CH 1
Marine Corps Physical Fitness Program, MCO 6100.13_
Marine Corps Uniform Regulations, MCO P1020.34G W/CH 1-5