

## Wear and Care of the Utility and Physical Training Uniforms

### PURPOSE

*This lesson describes the Utility and the Physical Training uniforms. It provides information on the proper wear and care of the Utility and Physical Training uniforms. Upon completion of this lesson, you will be able to properly wear and care for the Utility and the Physical Training uniforms.*

### Introduction

Two of the uniforms MCJROTC cadets are required to wear are the camouflaged Utility uniform and the Physical Training (PT) uniform. Both of these uniforms are specially designed for **strenuous** work environments. Whether you are participating in field or physical exercise they are designed to serve your purposes. It is important to know the proper wear of these uniforms because there are specific **regulatory** guidelines for wear. Proper care of these uniforms insures continued service and **serviceability**.

### Utility Uniforms

The camouflage utility uniform is not authorized for wear except when in the field for fieldtype exercises or for those

work conditions where it is not practical to wear the service uniform. An exception to this is in the Fleet Marine Forces where the wear of the utility uniform by designated units is an enhancement of readiness. The only undershirt authorized for wear with the utility uniform is the olive green crew-neck undershirt. Wearing the undershirt with the utility uniform is at the individual's option, except that the undershirt will be worn when the utility coat is removed. An undershirt may be required by the commander at such times when uniformity is considered essential such as at formations, ceremonies, or parades.

The camouflage 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. Utility uniforms may be starched or sized at the option of the individual but commanders will not **mandate** starching/sizing.

The camouflage utility coat will be worn outside the trousers. Sleeves may be rolled up at the option of local commanders. When authorized, utility sleeves will be rolled with the inside out, forming a roll about three inches wide, and terminating at a point about two inches above the elbow. When combat boots are worn, the trousers will be bloused in a neat uniform manner. When utility uniforms are prescribed for parades, reviews, and



ceremonies, the helmet with camouflage cover may be prescribed.

Name/service tapes will be worn on the utility uniform as prescribed on the green and desert utility uniforms. They will be of olive green cloth, one inch wide, with embroidered  $\frac{3}{4}$  inch high black block lettering, except that tapes for the desert utility uniform will utilize brown lettering on a tan background. If necessary to accommodate longer names the lettering may be in condensed print,  $\frac{1}{2}$  inch high. Nametapes will include the individual's last name only in upper case letters. Service tapes will be inscribed with "U.S. MARINES" in upper case letters, with a space before "MARINES."

Tapes for utility coats will be long enough to align with the edges of the pocket flaps when the ends of the tape are turned under and stitched down. Tapes for utility trousers will not exceed six inches in length when sewn on. For the maternity camouflage work uniform both the name and service tape will be the same length. Tapes will be sewn on uniforms with the ends of the tape turned under and using a plain straight stitch with thread that matches the tape fabric.

On the utility coats, the nametape will be worn over the right breast pocket and the service tape will be worn over the left breast pocket. Tapes will be sewn with the bottom of the tape immediately above and parallel to the top of the pocket flap, with the ends of the tape aligned with the edges of the pocket flap. On coats with slanted breast pockets, a horizontal line tangent to the highest point of the pocket will be considered as the top of the pocket. On the utility trousers, a nametape will be worn above the right rear trouser pocket.

## **Physical Training Uniform**

The required physical training (PT) uniform consists of the green general purpose trunks and the standard brown or green undershirt. The standard issue general purpose trunks are fabricated from a polyester twill fabric, are olive green in color, are of thigh length, have an elastic waist with a draw cord, and have a bound V-notch at the outer leg seams. The wear of footwear or headgear with this uniform will be as prescribed by the commander. No unit distinguishing marks or other ornamentation will be placed on the uniform. This uniform will be prescribed for all command PT activities except on those specific occasions when the commander determines that the wear of another uniform or other clothing is more appropriate.

## **Undergarments**

Male personnel are required by regulations to wear standard underwear, either boxer or jockey style, white in color. There are no regulations regarding the style or color of undergarments for female personnel.

## **Being "Out of Uniform"**

The wearing of the uniform should be a matter of personal pride to all Marine Corps personnel. Officers and enlisted Marines are required to maintain their uniforms and equipment in a neat and serviceable condition. By their appearance, they set an example of orderliness and conformity to uniform regulations. For these reasons, it is important that all Marines avoid being "out of uniform." Primarily, this refers to unauthorized mixing of uniform combinations. Elements of civilian clothing are not to be mixed with parts of the uniform. On the uniform itself, care must be taken to ensure that all insignia and indications of grade are correctly

positioned and aligned. Lastly, uniform components such as footwear, laces, and other elements must conform to regulation standards. Attention to the care and proper wearing of the uniform reflects the pride of individuals in the Marine Corps and themselves.

According to Marine Corps Regulations on the wear and appearance of uniforms, “all personnel will maintain a high standard of dress and appearance.” This regulation means that your personal appearance in uniform should project the image to others that you are a part of one of the finest groups in the world.

Learning how to look your best in uniform takes time and effort. Your uniform must be sized and fitted to give you comfort and a good appearance. There is nothing worse than pants, shirts, or coats that do not fit. Your pants should be hemmed to the required length and your shirt and coat, issued by size, should also fit well.

## **Care of Uniforms and Accessories**

The distinctive uniforms you wear reflect the justifiable pride felt by members of the Marine Corps JROTC. Keeping these uniforms looking sharp on the parade field and in everyday activities means spending time in their upkeep. The uniform cannot simply be worn, put away, and forgotten until the next time it is needed. Like any other item of clothing you want to preserve, the uniform requires special care in wearing, storing, and cleaning. The following procedures are outlined to help you maintain your cadet uniform in the proper way. Following these guidelines will ensure that your cadet uniform will always look clean and neat. It will also **prolong** its life.

### **General Guidelines for Uniform Wear**

No matter how wellfitting a uniform is when new, it will not continue to look its best unless it is wellcared for both during wear and when not in use. A uniform should be carefully put on and kept buttoned. When not in use, uniforms should be carefully placed on hangers. They should be kept in a wellventilated storage space. Wellconstructed wooden hangers shaped to fit the shoulder contour with locking trouser bars are recommended. When uniforms are folded in duffel bags or other containers for storage or shipment, they should be carefully folded. This will preserve their original shape.

### **Utility Uniform**

Utility uniforms may be starched or sized at the option of the individual. Washing instructions, to preclude shrinking of the camouflage utility uniform, are as follows: During the washing, drying, and finishing cycles, use the lowest possible temperature setting so that at no time will the garment be exposed to temperatures greater than 130 degrees. Some laundry facilities may not press utilities due to potential damage from automated presses. Thus, any pressing required will be an individual cadet’s responsibility. Although the use of starch or sizing is authorized as an individual option, it may adversely affect the comfort and durability of the uniform.

### **PT Uniforms and Undershirts**

Although the dyed cotton material used in PT uniforms undershirts has a strong tendency to fade, proper laundering and care will eliminate or reduce the probability of this occurring. However, fading/discoloration alone does not render the clothing unserviceable. Launder the PT uniform or undershirts using the permanent press cycle or hand wash in cold or warm water. Do not use bleach or detergents that contain bleaching agents.

Tumble dry on the permanent press cycle, drip dry on a rustproof hanger, or line dry out of the sun's direct rays. Allowing the clothing to come in contact with **oxidizing** agents, such as benzoyl peroxide (used in most acne medications) may cause spots that cannot be removed without ruining the item.

## Conclusion

The Marine Corps uniform has a proud and distinctive history of identifying its wearer as a member of the finest military organization in the world. The same should be said for MCJROTC cadets. The proper wearing of the uniform should be a matter of personal pride to all cadets. Knowing that one's uniform is clean, neat, and conforming to regulations gives confidence and improves self-esteem. Achieving this, however, does require careful cleaning and storing. By following these guidelines, you will be rewarded by a uniform that projects the pride you experience as a member of the MCJROTC.❖