

# THE VICTORY STANDARD



**The 1st Infantry Division and Fort Riley  
Standards Book**

**11 October 2025**





DEPARTMENT OF THE ARMY  
HEADQUARTERS, 1ST INFANTRY DIVISION AND FORT RILEY  
BUILDING 580 REED AVENUE  
FORT RILEY, KANSAS 66442-7000

AFZN-CG

01 August 2025

MEMORANDUM FOR All Leaders, Soldiers, and Airmen assigned to the 1st Infantry Division and Fort Riley, KS.

SUBJECT: 1st Infantry Division Standards

1. We are an extremely Fit, Inspired, Disciplined, Trained, and READY COMBAT Division! Our legacy is and will remain one of WARFIGHTING EXCELLENCE! We build and maintain combat ready formations prepared to deploy, fight, and win (decisively) anywhere in the world. The standards in this book strengthen and enable the high standards of conduct and appearance expected in the 1st Infantry Division and on Fort Riley.
2. We are professionals committed to the BRO BIG FOUR: *Build Warfighting Readiness (First to the Fight)*; *Care for our Soldiers, Civilians, and Families*; *Adapt Formations to Win*; and *Develop Inspirational Leaders*. Our formations are physically, mentally, and spiritually fit, who thrive in conditions of uncertainty, clearly understand mission and intent, and embody the Army Values. Our formations are disciplined and complete routine tasks to standard out of habit. In a disciplined unit, excellence is contagious and self-sustaining. Our formations are comprised of experts in their craft – trained and masters of our tasks, drills, and systems.
3. Compliance with these standards is fundamental to the discipline of all Big Red One Leaders and Soldiers, as well as all members of Fort Riley. A lack of discipline leads to a compromise of standards and values and will not be tolerated. The discipline and standards of the Division and Fort Riley belong to the NCO Corps to uphold.
4. Every Soldier assigned to Fort Riley will read and uphold this standard. Big Red One Leaders and Soldiers of the 1st Infantry Division and Fort Riley must know their purpose for service, emboldened by a sense of belonging, and inspired by a pathway to success. This can only happen when leaders and Soldiers commit to our motto of no mission too difficult, no sacrifice too great, DUTY FIRST!

  
DEREK NOYES  
Command Sergeant Major, USA  
Division Command Sergeant Major

  
MONTE L. RONE  
Major General, USA  
Commanding

## Foreword

The **Purpose** of the Army's "Blue Book" is to inform Soldiers why we serve, provide historical information, and prescribe standards for appearance and conduct of all Soldiers. The men and women of the [US Army](#) make up a highly disciplined fighting force that embodies the lineage of our nation and the Army. All Soldiers will use this Blue Book

and its associated regulations to strengthen, enable, and demonstrate the Army Profession through enforced standards and discipline. It is expected that all Soldiers will have a copy of this document on their person when in the duty uniform.

***All Soldiers will use this Blue Book and its associated regulations to strengthen, enable, and demonstrate the Army Profession through enforced standards and discipline. It is expected that all Soldiers will have a copy of this document on their person when in the duty uniform.***

The **First** "[Blue Book](#)" was written by [Baron F. von Steuben](#) and published in 1779, and was the original standards, tactics, and regulation manual for the Continental Army. It was called the "Blue Book" because dye shortages for book covers meant printing houses had to use the most readily available color which was blue. By imposing a common set of standards and regulations, a professional Army was born and won the [Revolutionary War](#). Laws and regulations that govern today's Soldiers create a professional, competent, and unified Army. The modern Army Blue Book continues to support our profession by providing the same foundations as the original.

The **Army Standards** are uncompromising. They foster an environment of trust and accountability. It is our responsibility as Soldiers and Leader's to enforce and model standards and discipline while living the Army Profession every day. We expect this from each and every one of you and are empowering you to do just that! The Blue Book contains a collection of standards pertaining to [The Constitution](#), The Army Profession, Personal Appearance, and our Daily Conduct. It includes our oaths, creeds, and ethos which gives Soldiers their purpose for serving and inspiration to complete the mission. Leaders and Soldiers must know why they serve and understand how their efforts are a major part of the Army's and their unit's success. This can only happen when Leaders and Soldiers commit to the Army and our profession.

***It is imperative all Soldiers be thoroughly familiar with Army standards and enforce them to maintain our culture of professionalism and excellence.***

## THIS WE'LL DEFEND

The full Blue Book can be found at the following link:  
<https://rdl.train.army.mil/catalog-ws/view/Army-Blue-Book/index.html>

## PERSONAL CONDUCT

- 1) **Purpose.** As Soldiers, we represent much more than ourselves. As representatives of Fort Riley, the 1st Infantry Division and the United States Army, it is vitally important that we maintain the highest standards of personal conduct. The people of this Nation look to you as examples of the Army Values, and your personal conduct must reflect this.
- 2) **Military Customs and Courtesy.**
  - a) Courtesy among members of the Armed Forces is vital to maintaining military order and discipline. All 1st Infantry Division and Fort Riley Soldiers will extend proper customs, courtesies, and respect.
  - b) The 1st Infantry Division greeting is “**Duty First, Sir or Ma’am,**” or the appropriate unit motto. The response from the officer will be “**Victory**” or the appropriate unit response. When approaching an NCO, the appropriate greeting of the day will be rendered, “**Good morning, Sergeant**” the response from the NCO will be the **Unit Motto** or “**Duty First**”. The only no-salute areas in the 1<sup>st</sup> Infantry Division are Child Development Centers.
  - c) When visiting public establishments off duty be especially courteous, dress appropriately, and be cognizant of your language and noise level. Remember that you represent the division and the Army both on and off duty. The Army Values and Warrior Ethos guide us in both our personal and professional lives.
  - d) **Do not drink and drive!** The legal drinking age in Kansas is 21. Soldiers under the age of 21 are always prohibited from drinking on and off post.
  - e) Loud playing of audio devices in public places, housing areas, and billets, on or off post may violate Kansas statutes, local ordinances, and Fort Riley policies. Music, vibrations, or other sounds emanating from a vehicle that can be heard 50 feet or more from the vehicle are prohibited. Violators of this policy may be issued citations by the military police that could eventually lead to suspension of on-post driving privileges, restriction from post, or other administrative or punitive actions.
  - f) Wearing portable headphones, earphones, or other listening devices except for hands free cellular phones while operating a motor vehicle is prohibited. Vehicle operators on DOD installations shall not use cellular phones unless the vehicle is safely parked or when using a hands-free device.
  - g) Reveille and Retreat ceremonies.
    - i) Reveille: When outside, in or out of uniform and you hear Reveille or Retreat you will face the US flag if visible or towards the music if the flag is not visible. Soldiers in or out of uniform will assume the position of attention. Soldiers in uniform will salute on the first note of music. Soldiers out of uniform will remove headgear if worn and place the right hand over the heart until the last note of music. After Reveille and before conducting PT, Soldiers will sing the Big Red One Song. When Driving, Soldiers will dismount their vehicle and render the proper courtesy when safely able to do so.
    - ii) Soldiers outside will stand at attention and sing the Big Red One or Army

Song whenever it is played. These songs are played at the end of every formal ceremony.

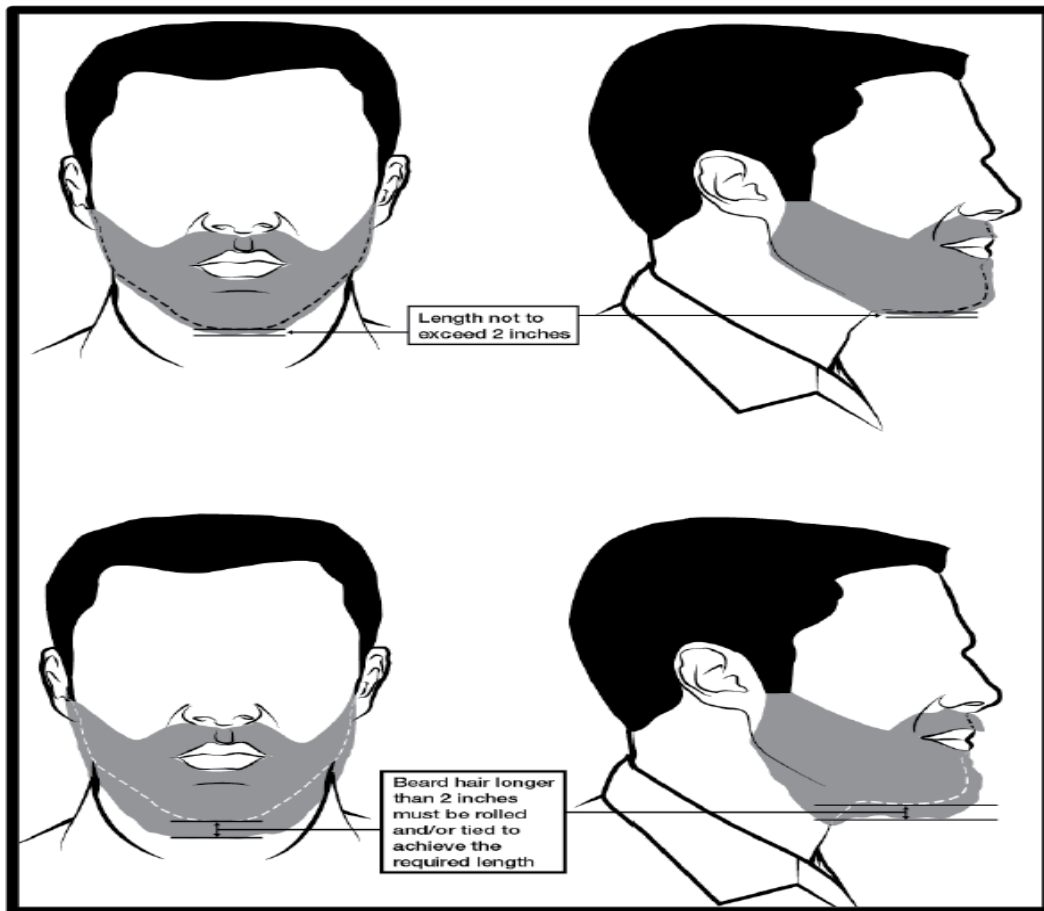
3) **Relationships between Soldiers of different grades.**

- a) Soldiers of different grades must be cognizant that their interactions do not create an actual or clearly predictable perception of undue familiarity between an officer and an enlisted Soldier, or between an NCO and a junior enlisted Soldier. All Soldiers should read AR 600-32 and DA PAM 600-35 chapter 4 which outline what is permissible between Soldiers of different grades.

## UNIFORM WEAR AND APPEARANCE

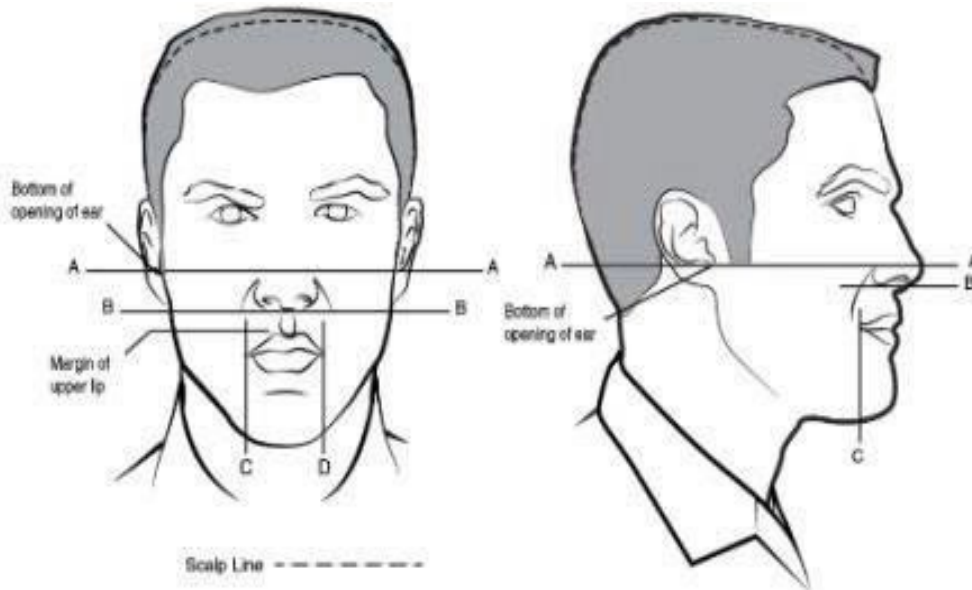
- 1) **References:**
  - a) AR 670-1, Wear and Appearance of Army Uniform and Insignia, 26 Jan 2021.
  - b) DA PAM 670-1 Guide to the wear and appearance of Army Uniforms and Insignia, 26 Jan 2021.
- 2) **Purpose.** The Army is a uniformed service where discipline is judged, in part, by how we wear the prescribed uniform. Therefore, a neat and well-groomed appearance by Soldiers is fundamental to the Army and contributes to building the pride and esprit that is essential to an effective military force.
- 3) **Personal Appearance Policies.** All Soldiers will always abide by AR 670-1 and DA PAM 670-1. Soldiers will present a professional image and will continue to set the example, both on and off duty. Pride in appearance includes physical fitness and adherence to acceptable weight standards in accordance with AR 600-9.
- 4) **Grooming.** Soldiers will abide by AR 670-1, DA PAM 670-1, and Army Directives 2025-13 and 2025-18 which captures changes to grooming and Army Body Composition Program (ABCP) standards not yet codified in regulation. Soldiers should seek clarification through their chain of command if questions arise. The following items are not all inclusive but instead highlight common grooming questions that arise in the First Infantry Division:
  - a. **Facial Hair Religious Accommodations.** The following grooming standards apply only to Soldiers with a religious accommodation request approved by the Commanding General in accordance with AR 600-20. IAW AR 670-1, beards for religious accommodation (which include facial and neck hair) must be maintained to a length not to exceed 2 inches when measured from the bottom of the chin. Beards exceeding 2 inches will be rolled or tied to achieve the 2-inch maximum length. Beards must be worn in a neat and conservative manner that presents a professional appearance. Soldiers currently approved for religious accommodation will retain a signed copy of their approved Exception to Policy (ETP) or approved religious accommodation decision memorandum when in uniform or on duty in civilian attire.





- b. If appropriate medical authority prescribes beard growth (shaving profiles), the length required for medical treatment must be specified. For example, "The length of the beard will not exceed  $\frac{1}{4}$  inch." Soldiers are not authorized to shape the hair growth. Shaving profiles are no longer permanent and will be re-evaluated by commanders and medical providers IAW Army Directive 2025-13. Soldiers with a current shaving profile will retain a signed copy of their approved Exception to Policy (ETP) memorandum when in uniform or on duty in civilian attire.

- c. Mustaches. While mustaches are authorized, Soldiers must keep them neatly trimmed, tapered, and tidy. Mustaches will not: (1) cover any portion of the upper lip line, (2) extend sideways beyond a vertical line drawn upward from the corners of the mouth, (3) extend above a parallel line at the lost portion of the nose.



- d. Haircuts and Hairstyles. Certain hairstyles are prohibited when wearing a military uniform. This includes any hairstyles that distort the fit of prescribed headgear, interfere with the proper use of protective equipment, or create any health or safety hazards. These restrictions apply regardless of whether the headgear is being worn at the time. Headgear will fit snugly and comfortably without bulging or distorting its intended shape. There will be no excessive gaps between the headgear and the head. Soldiers will not wear oversized headgear to fit bulky or protruding hairstyles. Hair color must present a professional and natural appearance (defined as any shade of hair that grows from the scalp without artificial coloring). Only natural shades of hair coloring are authorized and must be applied in a blended, subtle manner. Hair color must be free of abrupt or extreme artificial contrasts in shading. Soldiers will not shape or cut designs into their hair or scalp. Leaders will judge the appropriateness of a particular hairstyle based on the guidelines found within the directive and the ability to wear all types of headgear (such as a beret, garrison cap, patrol cap, or service cap / hat) and any protective equipment (such as a protective mask or combat helmet) properly.
- e. Male Haircuts and Hairstyles. Hair will be tapered or faded starting at zero length (skin fade) or at  $\frac{1}{4}$  inch length at the sideburns and hair around the ears (low, mid, and high fades). Hair must blend evenly around the sides and back and will not fall over the ears. The bulk (defined as the distance hair protrudes from the scalp) of the hair at the top of the scalp will not exceed 2 inches, and the bulk of the hair at the sides of the head will not exceed 1 inch. Only shaved or closely cut hair on the back of the neck may touch the collar of the uniform. Male Soldiers are authorized to shave or trim their heads (whole scalp). Eged or outlined cuts are authorized if they are natural to the Soldier's hairline. If the



hair does not part naturally, the male Soldier may cut a part in the area where the Soldier would normally part the hair (no wider than 1/8-inch width). The part will be one straight line or if slanted or curved will align with the natural hairline. Male Soldiers are not authorized to wear locs, braids, or twists.

- f. Female Haircuts and Hairstyles. Hairstyle techniques will encompass the entirety of the scalp (defined as the skin covering the head, excluding the face). Bangs must remain above the eyebrows when worn and, at a minimum, be no shorter than the middle of the forehead. There is no minimum hair length for female Soldiers. Female Soldiers are authorized to shave or trim their heads (whole scalp). Female Soldiers are not allowed to wear braided or unbraided ponytails when in any variation of the dress uniform. Hair must be styled above the collar or secured in a bun above the collar when in service or dress uniform variations. Buns will be worn on the back of the head and may extend a maximum of 3 inches from the scalp and no wider than the width of the head. Buns will be centered at the back of the head, positioned horizontally in line with the top of the ears when viewed from the side. The bottom portion of the bun may fall at or above the collar.
- g. Ponytails. Female Soldiers are authorized to wear their hair in a single braided or a single unbraided ponytail while in the Army Combat Uniform (ACU) or the Army Physical Fitness Uniform (APFU). Hair must be neatly fastened and secured in a single ponytail. The bulk of the ponytail must not exceed the width of the head. The ponytail length must not exceed 6 inches from the top of the collar. The minimum length is at least 1 inch, measured from the base of the ponytail holder. The ponytail will be centered at the back of the head and positioned horizontally in line with the top of the ears when viewed from the side. Female Soldiers are not allowed to wear ponytails when in any variation of the dress uniform
- h. Braids, Locs, Twists, and Cornrows. Multiple braids, locs, twists, or cornrows may be uniformly styled and gathered into braids or a single ponytail to ensure a cohesive appearance (when braids, locs, twists, or cornrows are gathered into a ponytail, ponytail must conform to the ponytail paragraph above). Female Soldiers are allowed to wear up to two braids (must run down the center of the back, parallel to each other and in equal length and width), with no braid exceeding 2 inches in width, and no longer than 6 inches when measured from the top of the collar. The braids or braided ponytail cannot be worn over the shoulder or pulled in front of the body. Female Soldiers are not allowed to wear braided ponytails when wearing any variation of the dress uniform.
- i. Hairstyle Techniques. Female hairstyles involving shorter sides and back, with significantly longer hair on top, are authorized provided they adhere to the following standards: The top section will not exceed 2 inches in length when measured from the scalp and must blend smoothly into the shorter sides and back, avoiding a stark disconnect. Styles involving shorter sides and back will not incorporate buns, braids, twists, or ponytails. A gradual transition in length is required, creating a blended contrast instead of a sharply defined undercut. Asymmetrical (defined as unbalanced or lopsided) haircuts and hairstyles are prohibited.

- j. Tapered and Faded Haircuts. At the discretion of the wearer, female Soldiers may taper or fade their hair, starting at zero length (skin fade) or at  $\frac{1}{4}$  length at the sideburns and hair around the ears (low, mid, and high fades). Hair must blend evenly around the sides and back and will not fall over the ears. The bulk (defined as the distance the hair protrudes from the scalp) of the hair at the top of the scalp will not exceed 2 inches, and the bulk of the hair on the sides of the head will not exceed 1 inch. Only shaved or closely cut hair on the back of the neck may touch the collar of the uniform. Edged or outlined cuts are authorized if they are natural to the Soldier's hairline. If the hair does not part naturally, the female Soldier may cut a part in the area where the Soldier would normally part the hair (no wider than  $\frac{1}{8}$  inch in width). The part will be on straight line, or if slanted or curved, align with the natural hairline. Female Soldiers may not combine tapered or faded haircuts with other authorized hairstyles. No part of the hair's bulk, measured from the scalp in its styled position, may exceed 2 inches in length, except in styles such as buns, braids, and ponytails.
- k. Devices. Visible hair-holding devices used to secure hair will closely match the Soldier's hair color. Devices must blend naturally with the hair, should be discreet and complement the overall appearance, and be no larger than  $\frac{1}{2}$ -inch thick. Authorized devices must closely match the wearer's hair color. These devices include, but are not limited to, small plain scrunchies (elastic hair bands covered with material), barrettes, combs, pins, clips, rubber bands, and hair or head bands. Such devices should conform to the natural shape of the head.
- l. Cosmetics. Cosmetics are defined as decorative preparations intended to enhance the appearance of the body, particularly the face. Cosmetics are prohibited for males, unless by medical exemption. All Soldiers are permitted to use clear lip moisturizers.
- m. Female Facial Makeup. Female Soldiers may wear facial makeup applied for the purpose of achieving an even, uniform skin tone that matches their natural complexion on the face and neck. Makeup will be applied in a conservative manner that maintains a professional and uniform appearance. Makeup will not be used to enhance or alter facial features by adding color that does not match their natural complexion. Makeup designed to cover tattoos is prohibited. Semipermanent makeup, defined as depositing pigments into the skin, is authorized if the makeup conforms to the standards outlined in this directive. Factors such as skin type, sun exposure, lifestyle, and the quality of the pigments cause the pigment to fade and/or disappear over time and require maintenance touch-ups. Tattooed makeup is permanent and is not authorized.
- n. Eyelash Extensions. Eyelash extensions of any kind are not authorized. False eyelashes are authorized only through a medical profile to address a condition causing the loss of natural eyelashes and subsequent lack of eye protection. False eyelashes must match the Soldier's natural color and will not exceed 9mm in length.
- o. Lipstick is not authorized. Female Soldiers may wear clear or skin-tone tinted lip gloss. All Soldiers are permitted to use clear lip moisturizers. Lip liner is not authorized except by medical exception.

- p. **Fingernail Grooming.** Fingernails should be clean and well-groomed to maintain a professional appearance and ensure safety. Given the nature of maintenance work and other physically demanding military occupational specialties, nails can easily become dirty. Soldiers will keep nails at a practical length to avoid snagging on tools or safety equipment. Additionally, nails should not interfere with the fit of gloves or uniforms. Male Soldiers are not authorized to wear nail polish of any kind, which includes clear nail polish, unless by medical exemption. Male fingernails will be kept trimmed and never extend beyond the tip of the finger. Female Soldiers are authorized to wear clear nail polish. Only square or rounded nail shapes are authorized for all Soldiers. Female Soldiers fingernails will not exceed  $\frac{1}{4}$  inch in length as measured from the tip of the finger.
- q. **Jewelry – Earrings.** Male Soldiers are not authorized to wear earrings while in any military uniform or while on duty in civilian attire. Female Soldiers are authorized to wear earrings in the ACU, dress, and service uniforms. No other facial or visible piercings, aside from authorized earrings worn on the earlobe, are permitted in any uniform. Clear nose ring gauges and nose ring retainers are not authorized. Earrings must be worn as a matched pair, with only one earring per standard earlobe, and are not authorized to be worn in the cartilage, industrial, transverse lobe, tragus, or conch part of the ear. Stud earrings may be screw-on, clip-on, or post-type earrings in gold, silver, clear diamond, or white/ivory pearl. The earring will not exceed 6 millimeters or  $\frac{1}{4}$  inch in diameter (defined as the straight-line distance across the center of the earring, measured from one edge to the opposite edge), and they must be unadorned (plain), spherical (round), or square (for example princess cut). When worn earrings will fit snugly against the ear. Hoop, two-sided, or drop earrings are not authorized. Earrings are not authorized to be worn during physical fitness activities, in tactical/field environments, during combat or operational-related deployments, or in locations where access to regular hygiene is not available. Earrings are not authorized in the APFU.

- 5) **Duty Uniform.** The uniform of the day is prescribed by the commander and is normally the Army Combat Uniform (ACU), Improved Hot Weather Combat Uniform (IHWCU), or Garrison Culinary Uniform. On occasion, other uniforms may be prescribed by the commander (i.e. Nomex coveralls or field uniform, etc.). Regardless of the uniform, it will be worn IAW AR/DA PAM 670-1.
- a) Paper and Pen. Soldiers will always be prepared to take notes by always having paper and pen available (except during physical readiness training).
  - b) Organizational Headgear. Baseball caps or other organizational headgear other than headgear described in AR 670-1 are prohibited. The only other exception to this rule is the Cavalry Stetson hat. The Stetson may be worn on Fridays and at approved ceremonies and cavalry specific functions such as spur rides as prescribed by commanders to build esprit-de-corps amongst Cavalry formations. The Cavalry Stetson will be black in color. The only accoutrements worn on the Stetson will be the braided cord, rank, regimental or ordinary cavalry brass, and the current distinguished unit insignia on the back of the Stetson. No other pins or DUI's will be worn on the Stetson. When the Stetson is worn, spurs earned IAW unit SOPs may be worn. The Stetson will only be worn in unit areas and will never be worn during field training or at the PX, commissary, shopettes etc.
  - c) Patches and name tapes will always be worn on the ACU including foot marches, physical training, and competitions. The only exception is during combatives training.
- 6) **ACU and IHWCU** will be worn IAW AR/DA PAM 670-1.
- a) Uniforms and boots will always present a clean appearance.
  - b) Rolling Sleeves on the blouse is authorized IAW AR 670-1 at the discretion of the unit commander. Units should present a uniform appearance. Cuffing of sleeves is prohibited at all times.
- 7) **Field Uniform.** The field uniform consists of the following components: IOTV or Army Issued body armor with plates and IFAK on the lower left side, ACH, gloves, and ballistic glasses or goggles. The field uniform will always be worn in training areas North of Four Corners (Rubio Road). ACH, Eyepro, and gloves will always be worn when driving a tactical vehicle on or off the installation. Wear of the protective mask is a commander's decision based on METT-TC, however constant CBRNE training and awareness are important to readiness. Personally procured uniform items are not authorized, only CIF issued items will be worn. Subdued or IR flags will be worn in field training that simulates an extended duration tactical environment of over 24 hours.
- a. Battalion-level commands have the authority to modify the field uniform based on METT-TC and environmental conditions. However, the modified uniform will be the standard for all members of that unit.
  - b. Under no circumstances will the patrol cap be worn in place of the ACH during tactical field operations or training.
  - c. Soldiers may only have rank and last name on the front of the IOTV or MSV. No other unit identifying or "hooah" patches are allowed on Army equipment.

- d. ACH: Soldiers will have the following sewn on their helmet band; battle roster number (consisting of first letter of first name, first letter of last name, and last 4 of DOD ID#) above the wearer's left eye and blood type above the wearer's right eye.
- e. ECH: The ECH does not have a helmet band, therefore illumination tape or 100 mile an hour tape may be affixed behind the wearers left ear with the battle roster number (consisting of first letter of first name, first letter of last name, and last 4 of DOD ID#) and blood type written in permanent black marker. An optional coyote brown or OCP patch may also be affixed to the Velcro above the wearers left ear with battle roster number and blood type sewn on.
- f. Army Combat Shirt (ACS). The ACS is authorized for wear under the IOTV while deployed for combat operations. Commanders may authorize the wear of the ACS during training events, however, only when worn under the IOTV. At no time will the ACS be worn as a standalone in a garrison environment (for example: PX, shoppette, etc.).
- g. The field uniform and NOMEX are not authorized to be worn in off-post establishments.

#### **8) The Physical Fitness Uniform.**

- a. The Army Physical Fitness Uniform (APFU) is the only authorized uniform for unit physical training during normal training days. The APFU will be worn IAW AR/DA PAM 670-1. Commanders determine what level of APFU is worn based on environmental conditions.
- b. Distinctive unit t-shirts and sweatshirts/hoodies are authorized substitutions for the black Army t-shirt. However, they must be company/battery/troop level organizations or higher. Soldiers wearing unit hoodies are not authorized to wear the attached hood on their head when worn as part of the Army APFU uniform.
- c. SAMC members are authorized and encouraged to wear their SAMC PT shirt on the last duty day of the week to promote excellence and inquiry into the program.
- d. The physical training uniform is for physical training and will not be prescribed as a duty uniform unless it is for a specific unit function. Therefore, it is not authorized for wear at off-post or in any of the on-post facilities (for example: DFACs, Post Theater, Bowling Alley, Commissary, PX, etc.). PTs may be worn during the duty week (Monday – Friday) in the DFAC for the breakfast meal only, at a shoppette during the hours of 0600-0900 to purchase essential items (such as bread, milk, gas, and emergency auto repair items). Those traveling to and from the installation may stop at an off-post establishment for the same type of services. Soldiers may wear the physical fitness uniform to drop off/pick up children at the Childcare Center during the duty week (Monday – Friday) only when it coincides with conducting physical training. Soldiers may also wear the APFU during physical therapy or early morning medical appointments at IACH or medical clinics and H2F facilities. In all cases the APFU will be clean and serviceable IAW AR/DA PAM 670-1.
- e. The reflective belt is NOT part of the APFU and is not required for wear on Fort Riley. Soldiers are encouraged to wear a reflective belt or head lamp when conducting physical training on a route open to vehicular traffic.

- 9) **Civilian Dress on Post.** Grooming is a matter of pride within the military community. Wearing appropriate civilian attire is a personal responsibility within the parameters of good taste and social acceptability. Mixed military and civilian clothing is prohibited, except those garments authorized by AR/DA PAM 670-1. The following wear of civilian clothes is prohibited:
- Garments which contain, depict, or display any obscene, pornographic, lewd, or lascivious word(s), character(s), picture(s), or symbol(s).
  - Garments, which contain, depict or display any word(s), or expressly condone any criminal conduct in violation of federal law or obviously offensive to individuals or groups on the basis of national origin, race, sex, religion, or employment.
- 10) **Uniform Wear in the MWR Facilities.** The Army Combat Uniform coat may be removed when conducting physical training in Fitness Centers while wearing the duty uniform. However, the coat may NOT be removed while in other MWR facilities such as The Warrior Zone or Spare Time for any reason. The physical fitness uniform will not be worn in MWR facilities other than fitness centers.
- 11) **Off-post.** Wearing the duty uniform off post is authorized, as long as the uniform is:
- clean, serviceable, and the Soldier is in the complete uniform. The duty uniform in this paragraph is defined as ACU, IHWCU, or Garrison Culinary Uniform. Combat vehicle crewman uniforms are NOT authorized, except in transit between an individual's quarters and duty station. The Army Green Service Uniform (AGSU), Army Service Uniform (ASU), and Dress Mess uniforms are authorized for wear off-post.
  - Soldiers will not visit off-post drinking establishments in the duty uniform.  
**NOTE:** A drinking establishment is defined as a bar or club that primarily sells alcohol. Restaurants primarily selling food items are not considered drinking establishments.
- 12) **Travel.**
- Soldiers may wear the ACU on commercial flights only when deploying/redeploying or on rest and recuperation leave to and from the combat theater.
  - Civilian attire while on official TDY travel will, at a minimum, consist of pants/tasteful jeans and collared shirt for male soldiers and pants/tasteful jeans/skirt and collared shirt or blouse for female soldiers.



- 13) **Seasonal Uniforms.** Commanders may prescribe cold/warm weather uniforms based on weather conditions. Commanders will establish reasonable uniformity throughout their units. In establishing seasonal uniforms, the following guidance is provided:
- a. The coyote tan fleece is authorized for wear as an outer garment in a garrison environment but will never be worn as an outer garment ~~during~~ field training.
  - b. The coyote brown or black micro-fleece watch cap is authorized to replace the patrol cap when the temperature falls below 32 degrees Fahrenheit only in the field, unit motor pool, or on an outdoor work detail. The watch cap will not be worn while transitioning from a vehicle to an indoor office space or other indoor facility such as shopettes, commissary etc. Personnel will wear the fleece watch cap *IAW DA PAM 670-1*. The black fleece is the only authorized cap worn with the physical fitness uniform.
  - c. The ECWCS system is authorized for wear *IAW TM 10-8415-236-10*.
- 14) **Wear of Full Color Patches.** The 1st Infantry Division full color Big Red One (BRO) patch will be worn during special events such as parades, changes of command/responsibility, and on the last workday of the week to display pride and esprit-de-corps throughout the Division. When the full color BRO unit patch is worn, full color tabs such as Ranger and Sapper will also be worn. Soldiers authorized to wear the SSI- MOHC (Combat Patch) will also wear the full color combat patch on days the full color BRO patch is worn.

## PHYSICAL FITNESS TRAINING

- 1) **1<sup>st</sup> Infantry Division Physical fitness philosophy.** Physical readiness is the foundation of everything we do and critical to the successful accomplishment of our mission. It is as important in proficiency in military skills, tactical and technical training, and material readiness. Every Big Red One Soldier assigned to the division must be fit to fight. During Training meetings, C/T/B Commanders approve PL/PSG fitness plans that are NCO led and supported by Holistic Health and Fitness (H2F) teams. Deviations to approved PT plans must be approved by a commander.
- 2) **Discretion for Non-Traditional Unit PT.** Sports will not be conducted during the hours of 0630-0730 unless approved by the battalion commander. The BRO standard physical fitness timeline for PT is from 0630-0730 daily. However, Battalion level commanders may modify the execution timeline for physical training during other times in the duty day if published in the unit training schedule in advance, allowing predictability for Soldiers and families.
- 3) **Exceptional AFT Performers.** Big Red One Soldiers who score over 485 points on the Army Fitness Test (AFT) will be exempt from organized physical training until their next record AFT but must still be present for accountability. Leaders of all ranks who are exceptional AFT performers will still resource, organize, and conduct physical training with their Soldiers daily.
- 4) **Cell Phones During Physical Training.** Soldiers will not utilize cell phones during physical training. Squad / Section leaders and above may carry a cell phone during physical training for emergency purposes only. Soldiers may utilize cell phones in fitness centers only for the purpose of playing music on their headphones, not to text, talk, or other purposes. Soldiers who violate this policy inside fitness centers may be asked to leave the facility.
- 5) **Use of Headphones.** The use of headphones while wearing the PT uniform outdoors is NOT authorized even on closed roads or tracks. Headphones may be worn in the PT uniform in fitness centers, but ear pads will not be more than 1 1/2" in diameter at the widest point IAW AR 670-1.



Not authorized for wear. Exceeds 1 ½" in diameter.



Recommended/Authorized for wear.

- 6) **Authorized Individual PT.** Only Battalion Commanders/CSM and above and exceptional AFT performers are authorized to conduct PT on their own. This does not relieve CSL select leaders from the responsibility to supervise their unit PT programs.
- 7) **Big Red One Physical Re-Conditioning Program (BRO PReP).** Battalion Level Commanders and CSMs are primarily responsible for the Physical re-conditioning Program. The program should generally be a Battalion level program with appropriate brigade oversight, however small brigades may conduct re-conditioning at the brigade level.
- 8) **Post Gyms.** Units are authorized to conduct unit-level PT inside of gyms with prior coordination and reservation of necessary training equipment. Gyms are otherwise prioritized to support the Big Red One Physical Re-Conditioning Program (BRO PReP) or Pregnancy/ Post-Partum Physical Training (P3T). Civilian attire is **NOT** authorized for wear by Soldiers during duty days while conducting physical training between the hours of 0630-0730. The **ONLY** exception are those Soldiers participating in P3T or Soldiers with an approved leave or pass.
- 9) **Foot Marches.** The First Infantry Division conducts foot marches or combat-focused PT on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month. Foot marching remains an important component of conditioning and combat readiness. Leaders must take a thoughtful and progressive approach to prevent needless injuries and ensure sustainable combat readiness. The PT uniform or soft shoes will never be worn during foot marches. The standard foot march uniform consists of the Army Combat Uniform with FLC, patrol cap, and an Army approved water source (canteen or camelback).

Commanders are authorized to modify the foot-march uniform to meet training requirements such as adding body armor, helmets, or weapons to the uniform.

- a) Formations will proceed with traffic. The formation will have front and rear road guards, and all trail vehicles will be off on the shoulder of the road. The Commander will ensure that no one walks in the middle of traffic.
- b) Formations will not pass each other on the left side of the Street during PT hours. All personnel must stay to the right of the center line.
- c) One of the greatest dangers on Fort Riley is Soldiers conducting foot marches during hours of limited visibility. During hours of limited visibility on open routes, Soldiers will wrap a PT belt around the center of the rucksack and CHEM lights, flashlights or head lamps will be used in the lead and trail elements of the formation. When marching, Commanders will maximize use of closed routes, off-road areas, tank trails, firebreaks, and roads with speeds of less than 35 MPH.

10) **Running Trails.** Formations larger than squad sized elements are not authorized in formation on running trails during physical readiness training. This impedes other Soldiers from using the trail. Platoon and larger elements may utilize these trails but not in formations.

11) **Music During Physical Training.** Units may play motivational music during physical training hours at the company level or above but are not authorized to carry portable speakers or wear headphones during foot marches. Music will be in line with Army Values and will not contain derogatory or offensive language that would violate Army policies or procedures.

12) **Formation Runs.** Running remains an important part of Army fitness and helps maintain positive body composition. Commanders will include both formation and other forms of running as a key component of their overall fitness plan. Units will conduct formation runs at the company or above level tied to monthly Victory Readiness Days (payday activities). C/T/B commanders will also conduct a minimum of one Esprit de Corps run per month on Friday. Formation runs should maintain an approximate 9 minute pace and enforce NCO duties of providing cadence and maintaining the integrity of the formation.

## **OFF LIMITS AREAS/ROADS DURING PT**

- 1) **General.** At no time will unit PT be conducted in housing areas; except for units in and around the area of Historic Main Post housing and the weekly reception run. Any Road with a speed limit less than 35 MPH that is not listed as 'off limits' is available for use by units to conduct PT and conditioning road marches. Unit runs should only be conducted on authorized PT routes.
- 2) **Restricted areas.** Units are restricted from running on the following roads during PT hours:
  - a) Main Post. Williston Point Road, Caisson Hill, 1st Division Road, Huebner Road, and Dickman are off limits to units for PT.
  - b) Camp Funston: Off limits to unit PT unless prior coordination with the garrison or division DTO has been made.
  - c) Custer Hill will be closed to vehicle traffic from 0630-0730.

## **ENCLOSURES**

- 1) **Enclosures.**
  - a) Big Red One Song & The Long Motto Call
  - b) Closed Run Routes Strip Map
  - c) Emergency / Non-Emergency Contact Roster
  - d) 1<sup>st</sup> infantry Division Tie-Down SOP

Enclosure A

## **THE BIG RED ONE SONG**

Toast of the Army,  
Favorite Son! Hail to the brave Big  
Red One!  
Always the first to thirst for a fight.  
No foe shall challenge our right to  
victory.  
We take the field, a grand sight to  
see.  
Pride of the Infantry.  
Soldiers of a great division,  
Courage is our tradition,  
Forward the Big Red One!

## **THE LONG MOTTO CALL**

From Hell to Victory!  
(Response) We are the Fighting First!

No Mission too Difficult!  
(Response) No Sacrifice too Great!

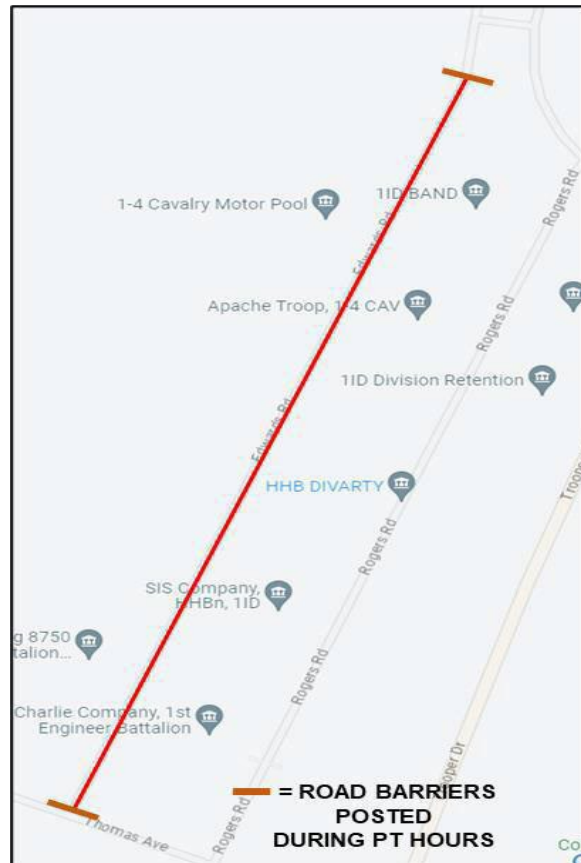
Duty First!  
(Response) Victory!



**Enclosure B**  
**CLOSED RUN ROUTES STRIP MAP**  
**Custer Hill Road Closures**



## Edwards Road Closures



## Marshall Army Airfield Road Closures



**Enclosure C**

**EMERGENCY/NON-EMERGENCY CONTACT  
ROSTER**

<b>Emergency &amp; Non-Emergency</b>	<b>Contact:</b>
Military Police Station Desk	(785) 239-6767
Garrison Safety Office	(785) 239-2245
Fire Department	(785) 239-4553
SHARP Hotline	(785) 307-9338
Equal Opportunity Hotline	(785) 307-9400
Suicide & Crisis Lifeline	Text: 988
Family Advocacy Program Hotline	(785) 307-1373
Chaplain Office	(785) 239-3359
Emergency Chaplain	(785) 239-4357
American Red Cross Non-Emergency	(785) 239-1887

**Enclosure D – Please see 1<sup>st</sup> Infantry Division Tie Down SOP (Dated 11 January 2024) published separately from this document.**