



Did you Know???

Your PT shirt must be tucked in at all times un-less you are pregnant.

AR 670-1, para 14-6a & 6d states,

“a. Soldiers may not mix or match PFU and IPFU items. When soldiers wear either the PFU or IPFU as a complete uniform, they will keep the sleeves down on the sweatshirt or jacket, the legs down on the pants, and they will tuck the T-shirt inside the trunks.”

“d. Pregnant soldiers will wear the PFU or IPFU until the uniform becomes too small or uncomfortable. Pregnant soldiers are authorized to wear the T-shirt outside the trunks. At no time will commanders require pregnant soldiers to purchase a larger PFU or IPFU in order to accommodate the pregnancy. When the uniform becomes too small or uncomfortable, pregnant soldiers may wear equivalent civilian workout clothes.”

