
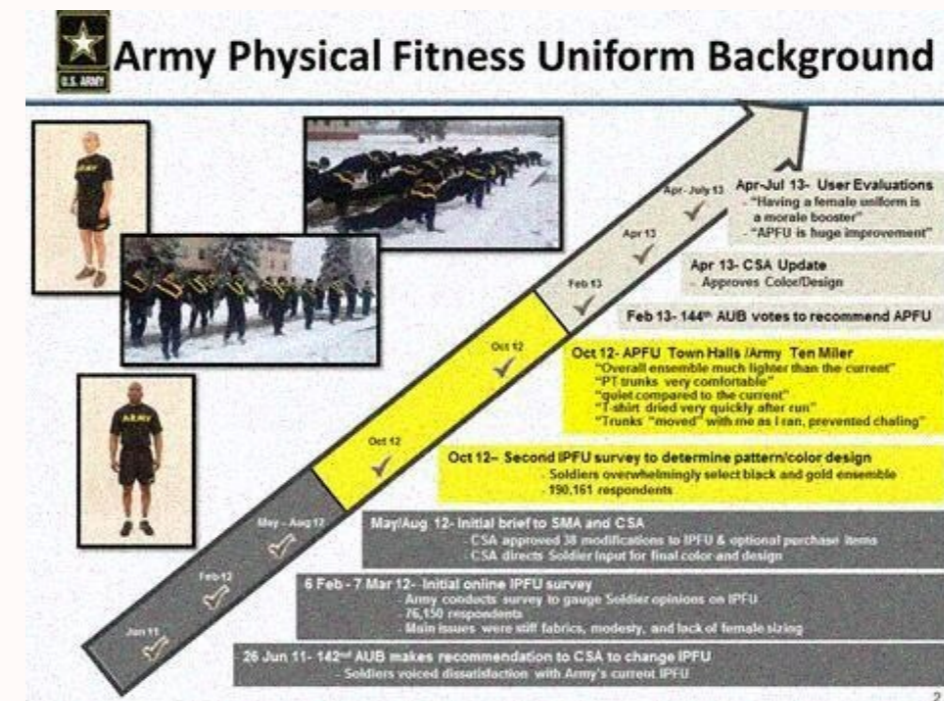


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Army pt temperature regulations. U.s. army pt uniform weather chart. Army pt weather chart uniform. Army pt weather chart 2022. Army pt weather regulations. Us army pt weather chart. Army pt weather standards. Army pt weather chart 2023.



The Army cares about safety and wants to prevent heat- or cold-related injuries. The weather chart uses flags or colors to show the risk level. Some guidelines from the chart are: Green Flag: Temperature Range: 78°F (25.5°C) to 84.9°F (29.4°C) Activities: All physical training activities are okay. Drink enough water. Yellow Flag: Temperature Range: 85°F (29.5°C) to 87.9°F (31°C) Recommendations: Be careful with hard exercise. Do outdoor classes in the shade. Red Flag: Temperature Range: 88°F (31.1°C) to 89.9°F (32.2°C) Recommendations: Limit hard exercises and activities to 6 hours a day. Do training in cooler times. Black Flag: Temperature Range: 90°F (32.2°C) and above Recommendations: Stop all outdoor physical training. Do essential operations carefully, with breaks.

Appendix D

Endurance and Mobility	Temperature			
	60 or +	50 - 59	40 - 49	39 & below
Uniform Items				
S/S Shirt	X			
Shorts	X	X	X	X
L/S Shirt		X	X	X
Outer-garment Shirt			X	X
Outer-garment Pants				X
Gloves w/ Inserts				X
Watch Cap				X

Strength and Mobility	Temperature				Note	Text	Freehand	Signature
	60 or +	50 - 59	40 - 49	39 & below				
Uniform Items								
S/S Shirt	X	X						
Shorts	X	X	X	X				
L/S Shirt		X	X	X				
Outer-garment Shirt			X	X				
Outer-garment Pants				X				
Gloves w/ Inserts				X				
Watch Cap				X				

Figure D-2. Clothing recommendations for PRT

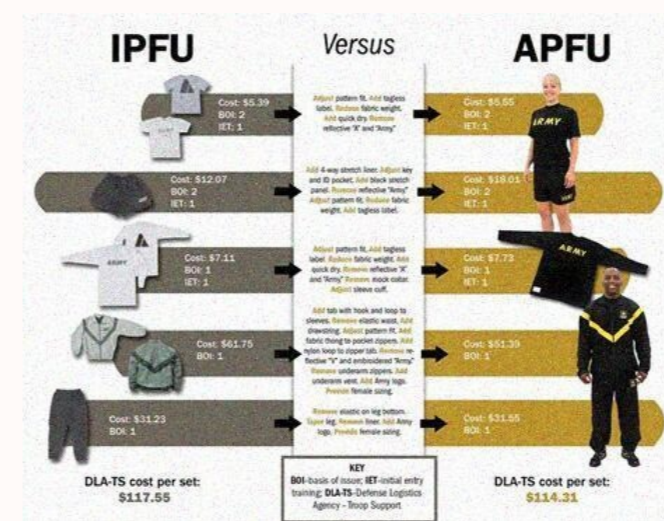
ALTITUDE ACCLIMATIZATION

D-9. Soldiers may be deployed to theaters of operation that are at altitudes in excess of 5000 feet above sea level. Altitude acclimatization allows Soldiers to decrease their susceptibility to altitude illness and achieve optimal physical and cognitive performance for the altitude to which they are acclimatized. Altitude acclimatization has no negative side effects and will not harm health or physical performance upon return to low altitude. However, Soldiers with good aerobic endurance may acclimatize sooner and perform better than those of low fitness levels. Refer to the following website for more detailed discussion on altitude acclimatization.

<http://www.usaricm.army.mil/Pages/download/altitudeacclimatizationguide.pdf>

386 / 432 4 FM 7-22 26 October 2012

Us army pt weather chart. Army pt weather standards.



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LIGHT AND WEATHER	
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EDT	

Army pt weather chart 2022. Army pt weather regulations. Us army pt weather chart. Army pt weather standards. Army pt weather chart 2023. Army pt uniform weather standards.

The Army PT weather chart helps soldiers do outdoor physical training safely in different weather conditions.



Army pt uniform weather standards.

The Army PT weather chart helps soldiers do outdoor physical training safely in different weather conditions. It considers temperature, humidity, wind chill, and heat. The Army cares about safety and wants to prevent heat- or cold-related injuries. The weather chart uses flags or colors to show the risk level. Some guidelines from the chart are: Green Flag: Temperature Range: 78°F (25.5°C) to 84.9°F (29.4°C) Activities: All physical training activities are okay. Drink enough water. Yellow Flag: Temperature Range: 85°F (29.5°C) to 87.9°F (31°C) Recommendations: Be careful with hard exercise. Do outdoor classes in the shade. Red Flag: Temperature Range: 88°F (31.1°C) to 89.9°F (32.2°C) Recommendations: Limit hard exercises and activities to 6 hours a day. Do training in cooler times. Black Flag: Temperature Range: 90°F (32.2°C) and above Recommendations: Stop all outdoor physical training. Do essential operations carefully, with breaks. Don't do physical training when the wind chill is below 0°F. Wear warm clothes and drink water. Watch out for cold-weather injuries like frostbite and hypothermia. Black: Temperature Range: -10°F (-23°C) and below Recommendations: Avoid outdoor activity unless needed. Red: Temperature Range: 10°F (-12°C) to -9°F (-22.8°C) Recommendations: Reduce outdoor activity.

Wear cold-weather gear and take warming breaks. Think about other weather conditions like rain, lightning, and snow. Stop outdoor activities if there is lightning. Soldiers may need time to get used to the weather. Drink water, especially in hot weather. This is a good way to check environmental conditions. It covers The Army PT weather chart helps leaders plan safe physical training for their soldiers. It uses flag colors to indicate the heat or cold stress level based on temperature, humidity, wind, and sun. The chart also provides recommendations for each flag condition, such as limiting or suspending outdoor activities, wearing proper attire, and staying hydrated. The chart covers both hot and cold weather scenarios, as well as rain, snow, and lightning. The chart is based on the Wet Bulb Globe Temperature (WBGT), which measures the combined effect of heat, humidity, wind, and sun. The Army PT weather chart is a useful tool, but it is not the only source of guidance. Leaders should also consult the latest Army regulations, local command policies, and the official Army Weather Chart for more details and specific requirements. The chart is a general overview and may not reflect all the factors and nuances of the environment. Leaders should also monitor their soldiers for signs and symptoms of heat or cold injuries and adjust the training accordingly. The chart is meant to help leaders ensure the safety and well-being of their soldiers during physical training. The Army PT Uniform Weather Chart helps soldiers choose the right Physical Training (PT) uniform for different temperatures. The chart is based on the latest Army Regulation (AR) or Field Manual (FM), but soldiers should always check for updates. Here are the main PT uniform items for each season: - Summer: Short-sleeve shirt, shorts, socks, and running shoes.

You can also wear a cap or wristbands if you want. - Transitional: Long-sleeve shirt or jacket, shorts or pants (your choice), socks, and running shoes. You can also wear a cap, gloves, or neck gaiter if you want. - Winter: Long-sleeve shirt and jacket, pants, socks, and running shoes. You must wear a cap and gloves. You can also wear a neck gaiter if you want. - Extreme Cold: Long-sleeve shirt and jacket, pants, cold-weather outer layers, socks, running shoes or boots. You must wear a cap, gloves, neck gaiter, and any other cold-weather gear you need.

The table below shows the temperature ranges and the recommended uniform components for each range. Note that some items are optional and some are mandatory. | Temperature Range (°F) | Uniform Component | Additional Notes | | -- | -- | | 40 and above | Short sleeve shirt, shorts, socks, running shoes | Optional items: long sleeve shirt, running jacket, gloves, hat | | 30 to 39 | Long sleeve shirt, shorts, socks, running shoes | Optional items: running jacket, gloves, hat, running tights | | 20 to 29 | Long sleeve shirt, running jacket, running tights, gloves, hat, socks, running shoes | Consider wearing a moisture-wicking base layer | | 10 to 19 | Layering of moisture-wicking garments, running jacket, running tights, gloves, hat | It's crucial to prevent excessive sweating and moisture buildup | | 0 to 9 | Max layering, running jacket, winter hat, gloves, wind pants, moisture-wicking layers | Ensure all exposed skin is protected | | Below 0 | PT is typically not advised outdoors | If essential, ensure all exposed skin is covered and protected | Army PT Weather Uniform Chart Extract From AR 670-1, 3-7 d. Soldiers can wear optional uniform items as this regulation and DA Pam 670-1 say.

All uniform combinations are OK for year-round wear. But soldiers should use common sense based on weather and duty. Don't wear uniform items that this regulation, DA Pam 670-1, or HQDA-approved documents don't allow. Commanders won't set seasonal wear dates for uniform items. The army has rules for the physical training (PT) uniform depending on the weather. The weather factors that affect the PT uniform are: - Temperature: The army has a chart that shows the recommended PT uniform for different temperature ranges. Commanders can adjust the uniform based on safety reasons (for example, for very cold or hot weather). - Wind Chill: The wind chill factor can make the temperature feel lower. When the wind chill is very low, soldiers may need more layers or indoor PT.

- Moisture: In wet conditions, soldiers should wear water-resistant or moisture-wicking clothes to avoid chills. - Personal Preference: Soldiers can make slight changes to the PT uniform based on their comfort level, as long as they follow the regulations. This chart is a basic guideline. Commanders at all levels have the authority to decide the PT uniform based on the current weather conditions, to protect their soldiers. Soldiers should also check the latest version of AR 670-1 and local command guidelines for the most updated information.

Army PT Wind Chill Chart Army Weather PT Uniform Regulation Regulation