

***TM 10-227**

TECHNICAL MANUAL

**FITTING OF ARMY UNIFORMS
AND FOOTWEAR**

*TM 10-227 dated 10 JUNE 2013 supersedes TM 10-227 dated 1 June 2012, including all changes.

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HEADQUARTERS, DEPARTMENT OF THE ARMY

10 JUNE 2013

LIST OF EFFECTIVE PAGES

NOTE: This manual supersedes TM 10-227 dated 1 June 2012. Zero in the "Change No." column indicates an original page or work package.

Date of issue for the original Technical Manual is:

Original 10 June 2013

**TOTAL NUMBER OF PAGES FOR FRONT AND REAR MATTER IS 22
AND TOTAL NUMBER OF PAGES FOR THIS TECHNICAL MANUAL IS 104,
CONSISTING OF THE FOLLOWING:**

Page No.	Change No.
Front cover	0
A	0
B Blank	0
i – v	0
i-vi Blank	0
1-1 – 1-2	0
2-1 - 2-5	0
2-6 Blank	0
3-1 – 3-13	0
3-14 Blank	0
4-1 – 4-16	0
5-1 – 5-8	0
6-1 – 6-10	0
7-1 – 7-7	0
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8-12 Blank	0
A-1	0
A-2 Blank	0
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**HEADQUARTERS,
DEPARTMENT OF THE ARMY
WASHINGTON, D.C. 10 June 2013**

**TECHNICAL MANUAL
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AND FOOTWEAR**

REPORTING ERRORS AND RECOMMENDING IMPROVEMENTS

You can help improve this publication. If you find any errors, or if you would like to recommend any improvements to the procedures in this publication, please let us know. The preferred method is to submit your DA Form 2028 (Recommended Changes to Publications and Blank Forms) through the Internet on the TACOM Unique Logistics Support Applications (TULSA) Web site. The Internet address is <https://tulsa.tacom.army.mil>. Access to all applications requires CAC authentication, and you must complete the Access Request form the first time you use it. The DA Form 2028 is located under the TULSA Applications on the left-hand navigation bar. Fill out the form and click on SUBMIT. Using this form on the TULSA Web site will enable us to respond more quickly to your comments and to better manage the DA Form 2028 program. You may also mail, e-mail, or fax your comments or DA Form 2028 directly to the U.S. Army TACOM Life Cycle Management Command. The postal mail address is U.S. Army TACOM Life Cycle Management Command, ATTN: AMSTA-LCL-MPP/ TECH PUBS, MS 727, 6501 E. 11 Mile Road, Warren, MI 48397-5000. The e-mail address is tacomlcmc.daform2028@us.army.mil. The fax number is DSN 786-1856 or Commercial (586) 282-1856. A reply will be furnished to you.

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TABLE OF CONTENTS

		Paragraph	Page
SECTION 1	INTRODUCTION		1-1
	Purpose and Scope	1.1	1-1
	Reporting of Errors, Omissions and Recommendations	1.2	1-1
	Responsibilities	1.3	1-1
	Definitions	1.4	1-1
SECTION 2	GENERAL FITTING PROCEDURES		2-1
	Approved Concept of Fit	2.1	2-1
	Fitting Procedures	2.2	2-1
	Request for Special Measurement Clothing and Footwear	2.3	2-5
SECTION 3	FITTING OF MEN'S UNIFORMS		3-1
	Men's Uniform Items	3.1	3-1
SECTION 4	FITTING OF WOMEN'S UNIFORMS		4-1
	Women's Uniform Items	4.1	4-1
SECTION 5	FITTING OF BATTLEDRESS UNIFORM AND COAT, COLD WEATHER (FIELD JACKET)		5-1
	Men's and Women's Battledress Uniforms	5.1	5-1
SECTION 6	FITTING OF FOOTWEAR ITEMS AND GLOVES		6-1
	General Principles	6.1	6-1
	Measuring and Fitting of Footwear Items and Gloves	6.2	6-2
	Shoe Fitting Facilities	6.3	6-10
SECTION 7	FITTING OF PHYSICAL FITNESS UNIFORM		7-1
	Men's and Women's Physical Fitness Uniforms	7.1	7-1
SECTION 8	FITTING OF THE ARMY COMBAT UNIFORM (ACU) PERMETHRIN, ARMY COMBAT UNIFORM-ALTERNATE (ACU-A) PERMETHRIN, THE FLAME RESISTANT ARMY COMBAT UNIFORM (FR ACU) PERMETHRIN, THE MATERNITY UTILITY WORK UNIFORM, THE PATROL CAP, AND THE SUN HAT		8-1
	Men's and Women's Army Combat Uniforms	8.1	8-1
APPENDIX A	REFERENCES		A-1
APPENDIX B	LIST OF APPLICABLE DATA FOR CLOTHING AND FOOTWEAR ITEMS		B-1

LIST OF ILLUSTRATIONS

Figure Number	Title	Page
2-1	Key Points of Fitting Measurements	2-1
2-2	Basic Body Measurements	2-3
3-1	Proper Fit and Wear of Men's Coat	3-10
3-2	Proper Fit and Wear of Men's Shirt and Trousers	3-11
3-3	Proper Fit and Wear of Beret	3-12
3-4	Proper Fit and Wear of Men's All Weather Coat	3-13
4-1	Proper Fit and Wear of Women's Coat and Slacks/Skirt	4-10
4-2	Proper Fit and Wear of Women's Shirt and Skirt	4-12
4-3	Proper Fit and Wear of Women's Shirt and Slacks	4-14
4-4	Proper Fit and Wear Guidelines for Beret	4-15
4-5	Proper Fit and Wear of Women's All Weather Coat	4-16
5-1	Fit of Battledress (Hot Weather or Temperate) Uniform	5-6
5-2	Fit of Coat, Cold Weather (Field Jacket)	5-8
6-1	Parts of the Foot	6-1
6-2	Proper Fitting of Footwear	6-1
6-3	Foot Measuring Device	6-3
6-4	Hand Sizing Tool	6-5
6-5	Measuring Arch Fit	6-7
6-6	Proper and Improper Arch Fit	6-7
6-7	Locating Ball-Joint Position	6-8
6-8	Proper and Improper Ball-Joint	6-8
6-9	Proper and Improper Shoe/Boot Width	6-9
6-10	Proper and Improper Foot Clearance in Shoe	6-9
6-11	Shoe Fitting Platform	6-10
7-1	Running Jacket and Running Pants	7-6
7-2	Physical Fitness Uniform Items	7-7
8-1	Sun Hat	8-2
8-2	ACU, ACU-A, FR ACU, and Patrol Cap	8-9
8-3	Maternity Utility Work Uniform	8-11

LIST OF TABLES

Table Number	Title	Page
2-1	Key Points of Fitting Table for Figure 2-1	2-2
2-2	Measurement Guidelines Table for Figure 2-2	2-3
2-3	Authorized Alterations to Men's Uniform Items	2-4
2-4	Authorized Alterations to Women's Uniform Items	2-4
3-1	Size Prediction Table for Men's Coats	3-3
3-2	Size Prediction Table for Men's Trousers	3-4
3-3	Size Prediction Table for Men's Shirts	3-5
3-4	Size Prediction Table for Men's All Weather Coat	3-6
3-5	Size Prediction Table for Beret	3-9
3-6	Proper Fit and Wear Guidelines for Men's Coat	3-10
3-7	Proper Fit and Wear Guidelines for Men's Shirt and Trousers	3-11
3-8	Proper Fit and Wear Guidelines for Beret	3-12
3-9	Proper Fit and Wear Guidelines for Men's All Weather Coat	3-13
4-1	Size Prediction Table for Women's Coats	4-3
4-2	Size Prediction Table for Women's Skirts and Slacks	4-4
4-3	Size Prediction Table for Women's Shirts	4-5
4-4	Size Prediction Table for Women's All Weather Coat	4-6
4-5	Size Prediction Table for Beret	4-9
4-6	Proper Fit and Wear Guidelines for Women's Coat and Slacks/Skirt	4-11
4-7	Proper Fit and Wear Guidelines for Women's Shirt and Skirt	4-13
4-8	Proper Fit and Wear Guidelines for Women's Shirt and Slacks	4-14
4-9	Proper Fit and Wear Guidelines for Beret	4-15
4-10	Proper Fit and Wear Guidelines for Women's All Weather Coat	4-16
5-1	Trousers, BDU, Size Prediction Table	5-2
5-2	Coat, BDU, Size Prediction Table	5-3
5-3	Cap, BDU, Size Prediction Table	5-4
5-4	Coat, Cold Weather (Field Jacket), Size Prediction Table	5-5
5-5	Fit of Battledress (Hot or Temperate Weather) Uniform	5-7
5-6	Fit of Coat, Cold Weather (Field Jacket)	5-8
6-1	Size Correlation for Socks	6-3
7-1	Jacket, PFU, Size Prediction Table	7-3
7-2	Pants, PFU, Size Prediction Table	7-4
7-3	Trunks, PFU, Size Prediction Table	7-5
7-4	T-Shirt, PFU, Size Prediction Table	7-5
8-1	Trousers, ACU and FR ACU Size Prediction Table	8-3
8-2	Trousers, ACU-A Size Prediction Table	8-4
8-3	Trousers, Maternity Utility Work Uniform Size Prediction Table	8-4
8-4	Coat, ACU and FR ACU Size Prediction Table	8-5
8-5	Coat, ACU-A Size Prediction Table	8-6
8-6	Coat, Maternity, Utility Work Uniform Size Prediction Table	8-6
8-7	Patrol Cap Size Prediction Table	8-7
8-8	Hat, Sun, Hot Weather, Size Prediction Table	8-8
8-9	Proper Fit Guidelines for the ACU, ACU-A, FR ACU, and Patrol Cap	8-10
8-10	Proper Fit Guidelines for the Maternity Utility Work Uniform	8-11

LIST OF TABLES – CONTINUED

Table Number	Title	Page
B-1	Applicable Data for Men’s Clothing Items	B-1
B-2	Applicable Data for Women’s Clothing Items	B-2
B-3	Battledress Uniform Items	B-2
B-4	Applicable Data for Footwear Items	B-3
B-5	Applicable Data for Physical Fitness Uniform Items	B-3
B-6	Applicable Data for ACU, ACU-A, FR ACU, Maternity Uniform, Patrol Cap and Sun Hat in UCP	B-4
B-7	Applicable Data for Foot and Hand Measuring Devices	B-4

SECTION I INTRODUCTION

1.1 PURPOSE AND SCOPE.

To provide a guide for Commanders and personnel engaged in the fitting of uniforms and footwear for both male and female soldiers.

1.2 REPORTING OF ERRORS, OMISSIONS AND RECOMMENDATIONS.

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1.3 RESPONSIBILITIES.

Commanders, at all levels, are responsible for ensuring that all personnel in their command have properly fitted uniforms and footwear.

1.4 DEFINITIONS.

1.4.1 Body Measurement. An individual's physical dimensions measured over the underclothing usually worn.

1.4.2 Drop. The difference between an individual's chest and waist measurements. The normal drop ranges from four to seven inches.

1.4.3 Model. Model refers to the length of the garment. Ordinarily, five separate lengths (models) are established: extra short (XS), short (S), regular (R), long (L) and extra long (XL).

1.4.4 Sizing System. Clothing items are supplied in sizes according to importance of fit.

1.4.4.1 Adjective Size. When an exact fit is not critical, the item is supplied in five or six sizes, with each size fitting a certain range of body measurements. For example, a size large undershirt will fit individuals with chest measurements ranging from 42 to 44 inches.

1.4.4.2 Numeric Size. When an exact fit is critical, items are supplied in many sizes: one size for each inch of body measurement. Uniform coats are available in 70 separate sizes. An example of numerical sizing is 40 extra short, 40 short, 40 regular, 40 long, and 40 extra long.

1.4.5 Special Measurement Sizes. Special measurement clothing and footwear is provided to personnel who cannot be properly fitted through alterations to standard tariff sizes. Special measurement sizes may include tariff sizes which must be altered radically to compensate for an individual's physical measurement.

1.4.6 Subgarments. Items of clothing that are worn under the garment being fitted, or ancillary items such as belts/buckles.

1.4.7 Tariff Size. Tariff refers to the worldwide frequency of issue of each size within the total size range of a particular clothing or footwear item. It is used to justify procurement for stockage within the supply system.

SECTION 2 GENERAL FITTING PROCEDURES

2.1 APPROVED CONCEPT OF FIT.

The approved concept of fit for uniforms and individual garments pertains to the Army concept of proper appearance when an individual is fitted according to correct size and measurement.

2.2 FITTING PROCEDURES.

2.2.1 Physical Measurements. Measure each individual using tape and record the basic body measurements (Figure 2-1 and Figure 2-2) to determine the initial size for selection of the try-on garment. Refer to the Key Points of Fitting Table (Table 2-1) and the Measurement Guidelines Table (Table 2-2) for correct measurement techniques. Each measurement must be taken over the appropriate subgarment to ensure proper fit.

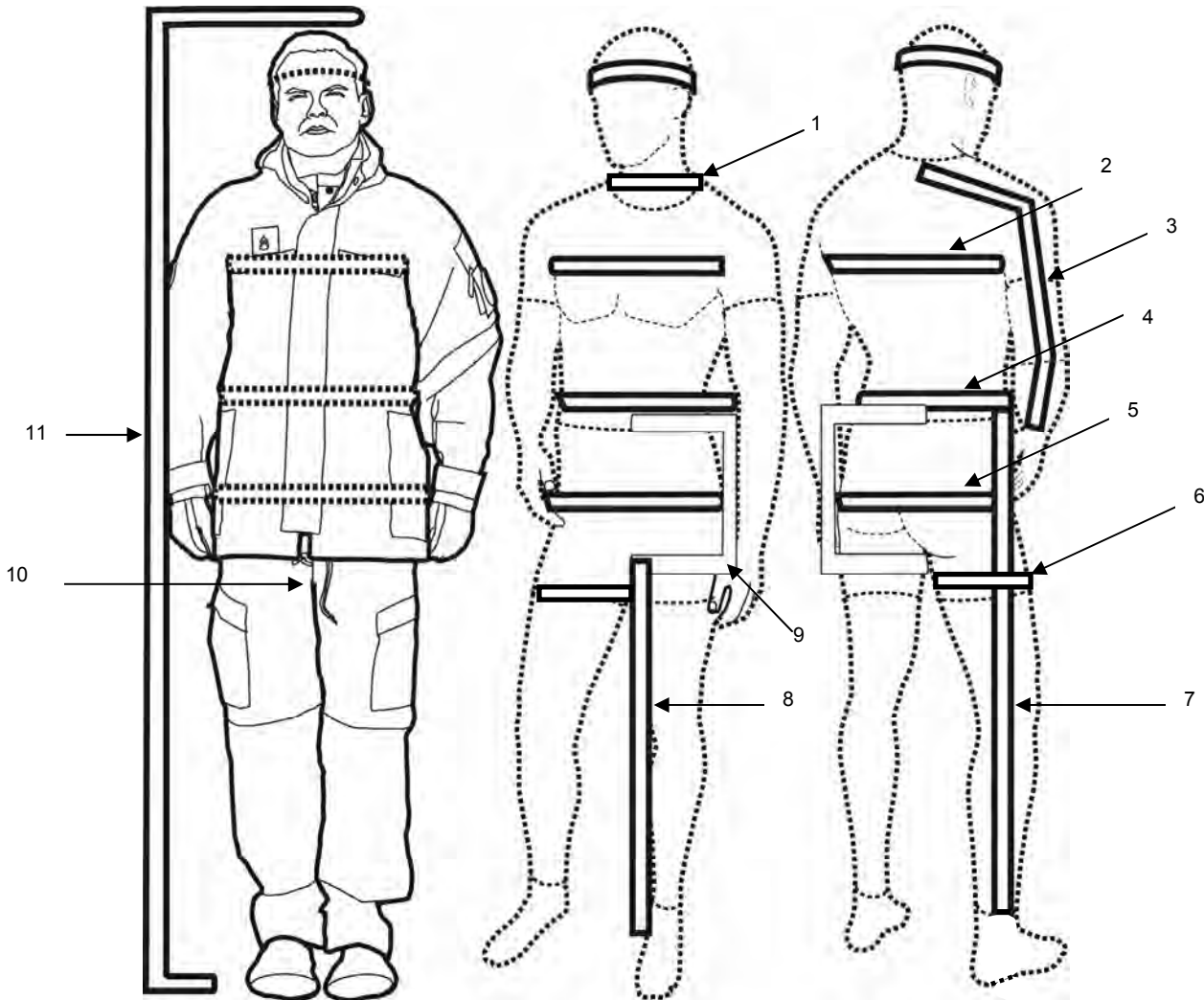


Figure 2-1. Key Points of Fitting Measurements.

TM 10-227

Table 2-1. Key Points of Fitting Table for Figure 2-1.

FIGURE 2-1 Key	CONTROL/INDICATOR	FUNCTION
1	NECK	Measure the circumference of the neck at the collar line and add 1/2 inch for ease.
2	CHEST	Place tape well up under arms and over the shoulder blades on a horizontal line, taking the floor as a level. This measurement is taken snug. Take measurement from center of back instead of the front, with the subject standing in a natural position and not with the chest fully expanded.
3	SLEEVE	Raise an arm of the subject and bend the arm at a right angle, bringing forward the forearm parallel to the floor, with palms down; measure from center of back to sleeve seam, continuing around the elbow to the wrist bone. This measurement gives the full sleeve length.
4	WAIST	Measure around waist on the shirt just above the trousers at a point directly over the hipbones; snug, but not tight.
5	SEAT	Measure around the largest part of the hips or seat.
6	WIDTH OF LEG	Measure around the thigh just below the crotch level.
7	OUTSEAM	Place the tape on the subject just above the hipbone, on the lower edge of the waistband seam, and measure to the bottom of the trousers. This measurement is taken along the length of the outside seam.
8	INSEAM	Place the tape firm and well up against the crotch at (6) and measure down to the floor along the leg of the inside seam and then subtract 2 1/2 inches.
9	RISE	The difference between the inseam and outseam measurements.
10	CROTCH	The part of the human body where the legs fork from the pelvis. This is not a measurement, but is a point from which measurements are taken.
11	HEIGHT	Measure from floor to natural height with subject standing in an erect manner. This measurement must be exact as it regulates the length of the coat and the depth of the waist.

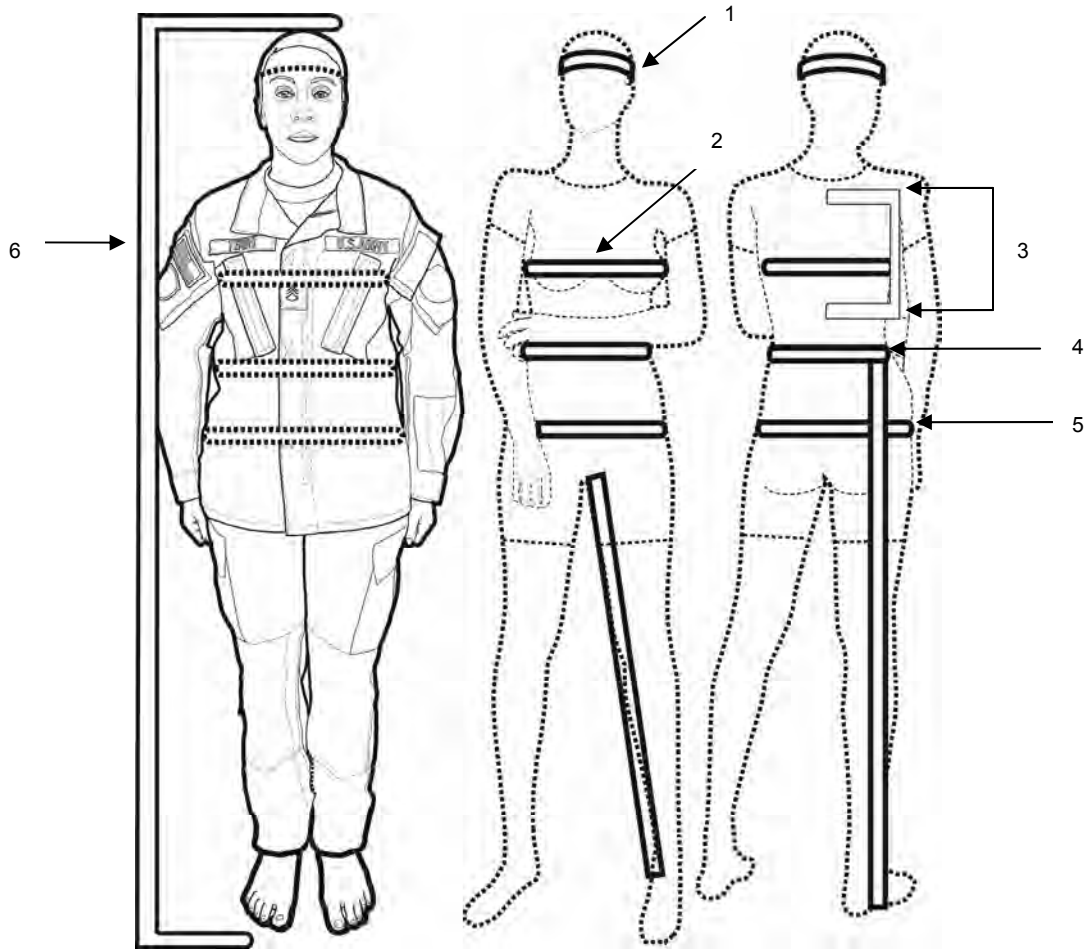


Figure 2-2. Basic Body Measurements.

Table 2-2. Measurement Guidelines Table for Figure 2-2.

FIGURE 2-2 KEY	CONTROL/INDICATOR	FUNCTION
1	HEAD	Measure the circumference of the head with the tape across the forehead and over the temples.
2	BUST GIRTH	Measure around fullest part of bust.
3	BACKWAIST LENGTH	Measure from back neck to waist level.
4	WAIST GIRTH	Measure around smallest part of waist.
5	HIP GIRTH	Measure around fullest part of hip.
6	HEIGHT	Measure stature without shoes.

2.2.2 Initial Selection for Try-On. Using the results of the physical measurements, make selection of the initial try-on garment by referring to the size prediction tables provided for each type of garment. To ensure the best possible fit from tariff sizes, each individual wearing the proper subgarments may require a minimum of two sizes for try-on.

2.2.3 Marking for Alterations. When the fitter decides that an individual cannot be properly fitted from tariff sizes, the closest fitting item will be put on and marked for alterations (see Tables 2-3 and 2-4 for authorized alterations). If the number and types of alterations are excessive or the proper fit cannot be obtained, request for special measurement clothing will be prepared and submitted in accordance with AR 700-84.

Table 2-3. Authorized Alterations to Men's Uniform Items.

ALTERATION	ARMY BLACK ALL WEATHER COAT	TROUSERS¹	COAT²	SHIRT
Armhole	-	-	X	-
Shoulders	-	-	X	-
Collar	-	-	X	
Sleeves	X	-	X	X
Side or Back Seams	-	-	X	X
Bottoms	-	X	-	-
Crotch	-	X	-	-
Seat	-	X	-	-
Waist	-	X	-	-
Hemline	X	X	-	-
Button Alignment	X	-	X	X
Braid Attachment	-	X	X	-

¹ The only alteration for the BDU Trousers is shortening the length.

² Alteration of BDU Coat is not authorized.

Table 2-4. Authorized Alterations to Women's Uniform Items.

ALTERATION	ARMY BLACK ALL WEATHER COAT	COAT¹	SKIRT	SLACKS/TROUSERS²	SHIRT
Shoulders	-	X	-	-	-
Collar	-	X	-	-	-
Sleeves	X	X	-	-	X
Side, Back or Princess Seams	-	X	-	-	X
Back Waist Length	-	X	-	-	-
Bottoms	-	-	-	X	-
Crotch	-	-	-	X	-
Hip	-	-	X	X	-
Waist	-	-	X	X	-
Hemline	X	-	X	X	-
Button Alignment	X	X	-	-	X
Braid Attachment	-	X	-	X	-
Bust	-	X	-	-	-
Lining	-	-	X	-	-

¹ Alteration of BDU Coat is not authorized.

² The only alteration for the BDU Trousers is shortening the length.

2.2.4 Final Check. When alterations have been completed, the garment should be put on and checked for proper fit. If necessary, make additional alterations. The coat and trousers should fit smoothly with no vertical, horizontal, or diagonal wrinkles or creases. Horizontal creases usually indicate the garment is too tight; vertical creases indicate the garment is too loose; and in coats, diagonal creases in the shoulder area generally indicate that one shoulder is lower than the other.

2.3. REQUEST FOR SPECIAL MEASUREMENT CLOTHING AND FOOTWEAR.

2.3.1 Special Measurement Clothing. Special measurement clothing is authorized only for persons who cannot be properly fitted with standard tariff sizes or by authorized alterations. Unless directed otherwise, service members take all special measurement clothing with them on permanent change of station. For supply procedures of special measurement clothing see AR 700-84.

2.3.2 Special Measurement Footwear. Special measurement footwear is authorized only for soldiers who cannot be properly fitted with standard tariff sizes stocked in the depot supply system. Orthopedic footwear and orthopedic adjustment to standard footwear are not authorized under this provision. Special measurement footwear is included under the clothing and allowance system. Detailed supply procedures are in AR 32-4 (AR 700-84).

2.3.3 Orthopedic Footwear. Corrective, compensating, or remedial boots or shoes manufactured on a special orthopedic last are considered to be orthopedic footwear and will be medically prescribed in all cases where disable or deformed feet cannot be fitted satisfactorily with footwear available in regular supply channels modified by orthopedic adjustments. Orthopedic footwear as defined is a medical appliance and will be requisitioned from the Department of Veterans Affairs, Veterans Integrated Service Network 3 (VISN3) New York, NY 10010.

SECTION 3 FITTING OF MEN'S UNIFORMS

3.1 MEN'S UNIFORM ITEMS.

The Men's Army Service Uniform is composed of an Army Blue 450 Coat and Army Blue 451 Trousers, an Army White 521 Long or Short Sleeve Shirt, necktie and the Black Beret. A Coat, All Weather, Black Shade 385, may be worn over the uniform.

3.1.1 Design.

3.1.1.1 Coat. The coat is a four-button, single-breasted coat with peak lapels, front and underarm darts, two-piece back with vent, two top-pleated patch pockets with flaps, and two lower inside hanging pockets with flaps. The shoulder loops for the coat shall be buttoned down and have rounded edges at edge nearest the collar and have gold cord edge braid attached. The inside of the coat shall be three-eighths lined with yoke back, fully lined sleeves, and one inside breast pocket. The coat shall have gold ornamentation attached 3 inches from the bottom of the hemmed sleeve. It is designed to fit slightly at the waist to conform to the individual's figure.

3.1.1.2 Trouser. The trousers are a dress type with a sewn-on waistband with hook and eye closure, a French fly tab with slide fastener, straight on seam side pockets, double cord hip pockets, and cut back darts. The left hip pocket has a buttonhole tab and button. The inside of the waistband has a rubberized non-slip tape. The leg front and back creases are treated with a permanent silicone adhesive bead. The trousers come in two classes. Class 1 is without ornamental braid and is worn by enlisted personnel (E-1 through E-4). Class 2 has a 1 1/2-inch wide ornamental braid attached on side seams and is worn by officers and enlisted personnel (E4 through E-9). The trousers are designed to fit smoothly, but not tightly, around hips, seat, and waist, with a slight fullness for comfort. The rise is automatically built into the trousers and varies with different lengths.

3.1.1.3 Shirt (Short or Long Sleeve). The short sleeve shirt shall be a dress style with a convertible collar, collar stand and yoke. The long sleeve shirt shall be a dress style with a standup collar, collar stand and yoke. The collar shall contain collar stays. The shirt shall have two plain chest pockets with buttons through flaps. It shall also have a pen pocket inside the left breast pocket, approximately 1 1/4 inches wide, hemmed at the top and open at the bottom. The Type I shirt shall have tapered shoulder loops and cuffs. Each shirt shall have permanent creases; three creases on the back and one on each front of shirt positioned in accordance with the marks on the pattern. The creases shall have a continuous appearance on the front through the shirt and the front of each pocket and pocket flap. The shirt is available in both long and short sleeves. The long sleeve shirt has two button interlined cuffs and is designed to be worn strictly with a tie. There is one extra button on the bottom front of the shirt.

3.1.1.4 Necktie. The necktie is a four-in-hand type.

3.1.1.5 Beret. The beret is a one piece knitted wool shell bound with leather and a draw cord through the binding. The beret has a flash sewn onto the badge stay. The beret is available lined or unlined.

3.1.1.6 All Weather Coat.

3.1.1.6.1 All Weather Coat. The all weather coat is a six-button, double-breasted model with a belt. The coat has a convertible collar (button at neck), right front gun flap, shoulder loops, adjustable sleeve straps, and welt pockets with two inside hanging pockets. The back has a yoke and center vent. The coat is fully lined.

3.1.1.6.2 Liner. The removable liner has bound edges, half raglan sleeves, two pass through pocket slits, center back vent, button loops at the bottom of each sleeve, and a zipper around the edge for attaching the liner to the coat.

3.1.2 Material.

3.1.2.1 Coat. 9.5 to 10.5 oz/linear yd., 55/45% polyester wool serge, Army Blue 450.

3.1.2.2 Trouser. 9.5 to 10.5 oz/linear yd., 55/45% polyester wool serge, Army Blue 451.

3.1.2.3 Shirt (Short or Long Sleeve). 4.5 ± 0.25 oz/sq yd., 65/35% polyester/cotton herringbone, durable press and stain resistant, Army White 521.

3.1.2.4 Necktie. 6.5 oz/sq yd., 75/25% polyester/wool tropical, Army Black 385.

3.1.2.5 Beret. 16.5 oz/sq yd., 100% wool, Army Black 1593.

3.1.2.6 All Weather Coat.

3.1.2.6.1 All Weather Coat. 5.3 to 6.8 oz/sq yd., 65/35% polyester/cotton poplin, plain weave, water repellent treated, Army Black 385.

3.1.2.6.2 Liner. 4.6 oz/sq yd., 0.4 inch thick 65/35% polyolefin/polyester batting between two layers of 1.5 + 0.15 oz. sq yd. taffeta. The sleeves for the all weather coat shall be made from a 6.2 oz/sq yd. multifilament acetate faced, combed cotton backed satin weave material. Both materials shall match the shade of the basic material.

3.1.3 Sizing System. The coats, trousers and shirts are available in both classic and athletic sizes.

3.1.3.1 Coats. The coat sizes are related to the individuals' chest, waist, and height measurements. The coats are available in sizes 30-52 with lengths of X-Short (XS), Short (S), Regular (R), Long (L), and X-Long (XL). Refer to the Size Prediction Table (Table 3-1) for available sizes.

Table 3-1. Size Prediction Table for Men's Coats.

SIZE (INCHES)	CHEST (INCHES)	WAIST (C) (INCHES)¹	WAIST (A) (INCHES)	LENGTH
30	30	27	-	R ²
31	31	28	-	R
32	32	29	-	R, L
33	33	30	-	XS,S,R,L
34	34	31	-	XS,S,R,L
35	35	32	-	XS,S,R,L
36	36	33	-	XS,S,R,L,XL
37	37	34	-	XS,S,R,L,XL
38	38	35	-	XS,S,R,L,XL
39	39	36	-	XS,S,R,L,XL
40	40	37	34	XS,S,R,L,XL (C); R,L,XL (A)
41	41	38	35	XS,S,R,L,XL (C); R,L,XL (A)
42	42	39	36	XS,S,R,L,XL (C); R,L,XL (A)
43	43	40	37	S,R,L,XL (C); R,L,XL (A)
44	44	41	38	S,R,L,XL (C); R,L,XL (A)
46	46	43	40	S,R,L,XL (C); R,L,XL (A)
48	48	45	42	S,R,L,XL (C); R,L,XL (A)
50	50	47	44	R,L,XL (C); R,L,XL (A)
52	52	49	46	R,L,XL (C); R,L,XL (A)

¹ (C) = Classic sizes available; (A) = Athletic sizes available

² XS =X-Short (5'0"- 5'5"); S=Short (5'5"-5'8"); R=Regular (5'8"-5'11"); L=Long (5'11"-6'2") and XL=X-Long (6'2" and Up)

3.1.3.2 Trousers. The trouser sizes are related to the individuals' waist measurement and are available in 1-inch increments. The trousers are available in sizes 30-52 with lengths of Short, Regular, Long, and X-Long. All trousers are labeled with waist size first, immediately followed by the inseam length. Refer to the Size Prediction Table (Table 3-2) for available sizes.

Table 3-2. Size Prediction Table for Men's Trousers.

SIZE (INCHES)	WAIST (INCHES)	HIP (C) (INCHES)¹	HIP (A) (INCHES)	LENGTH
26	26	32	-	R ²
28	28	34	-	S,R
29	29	35	37	S,R,L (C); R(A)
30	30	36	38	S,R,L,XL (C); R,L,XL (A)
31	31	37	39	S,R,L (C); R,L (A)
32	32	38	40	S,R,L,XL (C); R,L,XL (A)
33	33	39	41	S,R,L XL (C); S,R,L,XL (A)
34	34	40	42	S,R,L XL (C); S,R,L,XL (A)
35	35	41	43	S,R,L (C); S,R,L (A)
36	36	42	44	S,R,L XL (C); S,R,L,XL (A)
37	37	43	45	S,R,L (C); S,R,L (A)
38	38	44	46	S,R,L XL (C); S,R,L,XL (A)
39	39	45	47	S,R,L (C); S,R,L (A)
40	40	46	48	S,R,L,XL (C); S,R,L,XL (A)
41	41	47	49	S,R,L,XL (C); S,R,L,XL (A)
42	42	48	50	R,XL (C); R,XL (A)
44	44	50	52	R,L,XL (C); R,L,XL (A)
46	46	52	54	R,XL (C); R,XL (A)

¹ (C) = Classic sizes available; (A) = Athletic sizes available

² S=Short (5'3"-5'8"); R=Regular (5'8"-5'11"); L=Long (5'11"-6'2") and XL=X-Long (6'2" and Up)

TM 10-227

3.1.3.3 Shirts (Short or Long Sleeve). The short sleeve shirts are available in half-inch neck size increments from 13 1/2 through 18 1/2 inches with one sleeve length for all sizes. The long sleeve shirt is available in sleeve lengths of 29, 30/31, 32/33, 34/35, 36/37, and 38/39, with neck sizes in half-inch increments from 13 1/2 through 20. Refer to the Size Prediction Table (Table 3-3) for available sizes.

Table 3-3. Size Prediction Table for Men's Shirts.

NECK (INCHES)	CHEST (C) (INCHES) ¹	WAIST (C) (INCHES)	CHEST (A) (INCHES)	WAIST (A) (INCHES)	LONG SLEEVE LENGTH (INCHES)
13 1/2	34	28	-	-	32/33
14	35 1/2	29 1/2	-	-	29, 30/31, 32/33
14 1/2	37	31	-	-	30/31, 32/33
15	38 1/2	32 1/2	-	-	29, 30/31, 32/33, 34/35
15 1/2	40	34	41	32	30/31, 32/33, 34/35 (C)
					32/33, 34/35 (A)
16	41 1/2	35 1/2	42 1/2	33 1/2	29, 30/31, 32/33, 34/35 (C)
					30/31, 32/33, 34/35 (A)
16 1/2	43	37	44	35	30/31, 32/33, 34/35, 36/37 (C)
					32/33, 34/35, 36/37 (A)
17	44 1/2	38 1/2	45 1/2	36 1/2	32/33, 34/35, 36/37 (C)
					32/33, 34/35, 36/37, 38/39 (A)
17 1/2	46	40	47	38	32/33, 34/35, 36/37 (C)
					32/33, 34/35, 36/37, 38/39 (A)
18	47 1/2	41 1/2	48 1/2	39 1/2	32/33, 34/35, 36/37, 38/39 (C)
					32/33, 34/35, 36/37, 38/39 (A)
18 1/2	49	43	50	41	34/35, 36/37, 38/39 (C)
					32/33, 34/35, 36/37, 38/39 (A)
19	50 1/2	44 1/2	51 1/2	42 1/2	34/35, 36/37, 38/39 (C)
					34/35, 36/37, 38/39 (A)
19 1/2	-	-	53	44	34/35, 36/37
20	-	-	54 1/2	45 1/2	34/35, 36/37

¹ (C)= Classic sizes available; (A)= Athletic sizes available

3.1.3.4 Necktie. The necktie is one size fits all.

3.1.3.5 Beret. The beret is provided with one-eighth inch size increments from size 6-3/8 through 8.

3.1.3.6 All Weather Coat. The all weather coat is available in two-inch size increments from size 30 through 52 and lengths X-Short (XS), Short (S), Regular (R), Long (L), and X-Long (XL). Refer to the Size Prediction Table (Table 3-4) for available sizes.

Table 3-4. Size Prediction Table for Men's All Weather Coat.

CHEST (INCHES)	HEIGHT				
	5'0" – 5'5"	5'5" – 5'8"	5'8" – 5'11"	5'11" – 6'2"	6'2" – Up
29-31	-	30S	30R	-	-
31-33	32XS ¹	32S	32R	32L	-
33-35	34XS	34S	34R	34L	34XL
35-37	36XS	36S	36R	36L	36XL
37-39	38XS	38S	38R	38L	38XL
39-41	40XS	40S	40R	40L	40XL
41-43	42XS	42S	42R	42L	42XL
43-45	-	44S	44R	44L	44XL
45-47	-	46S	46R	46L	46XL
47-49	-	48S	48R	48L	48XL
49-51	-	50S	50R	50L	-
51-53	-	52S	52R	52L	-

¹ XS=Extra Short; S=Short; R=Regular; L=Long and XL=X-Long

3.1.4 General Fitting Procedures.

3.1.4.1 Coat.

3.1.4.1.1 Subgarments. Subgarments required for the fitting of the coat are cotton underwear, dress shirt, polyester/wool trousers, socks, low quarter shoes, belt, and buckle.

3.1.4.1.2 Measurements. The chest, waist, and height measurements are needed for selection of the proper size and model try-on garment.

3.1.4.1.3 Selection of Try-On Garment. Using the individual's chest, waist, and height measurements, refer to the Size Prediction Table (Table 3-1), for selection of the initial try-on size. If the individual's measurements are close to the minimum or maximum indicated on the size prediction table, select two sizes for try-on. For example, if the individual's height is 5 feet 8-inches and his chest is 40 inches, try the 40 short and 40 regular sizes.

3.1.4.1.4 Alterations.

3.1.4.1.4.1 Collar. Raising or lowering of the collar consists of ripping out the seams on the bottom of the collar at the neckline, repositioning the collar on the back of the coat to the desired height, resewing the collar, and pressing. Collars must not be raised or lowered over 1/4 of an inch.

3.1.4.1.4.2 Shoulders. Uneven shoulder height may cause wrinkles or folds in the back of the coat. They can be removed by raising or lowering the coat shoulders, or by adding to or removing the shoulder padding.

3.1.4.1.4.3 Sleeves. When lengthening or shortening the sleeves, measure and mark each sleeve individually. One and 1/2 inches of outlet material is provided for lengthening the sleeves. The gold soutache should be 3 inches from the bottom of the finished sleeve.

3.1.4.1.4.4 Side seams. Taking in or letting out of the side seams should be done only after the next larger or smaller size in either the classic or athletic cut has been tried on.

3.1.4.1.4.5 Button alignment. Adjust button(s) on the front to straighten their appearance as required. The front buttons may be repositioned up to 1/4 of an inch for further refinement of fit.

3.1.4.1.4.6 Hollow under neck due to very large shoulder muscles or prominent shoulder bone. Let out center seam of back 1/4 of an inch from the top of the center back seam to the waistline. Try on both classic and athletic sizes to determine best fit.

3.1.4.1.4.7 Back. Decrease or increase (where material permits) chest by altering side seams and reshaping armhole, not to alter original appearance and not by moving buttons in the front.

3.1.4.1.4.8 Wrinkles at chest with tight armholes. Let out center seam of the back from neck to center back waistline. The amount that neck increases at the center back shall be removed from the shoulder seam at the neck. Let out side seam of front to above the waistline.

3.1.4.1.4.9 Too much chest fullness due to flat chest. Decrease front chest by taking in front underarm side seam, reshaping armhole in front and back.

3.1.4.1.4.10 Back Vent. Decrease (excessive material) or increase (where material permits) across the back by adjusting center seam of back vent.

3.1.4.1.4.11 Front Overlap. Decrease front overlap, cut front edge of coat to give straight appearance. Restitch seams. On fusible coats, the excess material may be removed at the front side body seam.

3.1.4.1.4.12 Decrease shoulders and reset sleeves. Remove sleeves and remove extra material in shoulder, then reset sleeves.

3.1.4.1.4.13 Pockets. Tack corner edge of top pockets as required.

3.1.4.1.4.14 Shoulder Loop. Adjust button on shoulder loop.

3.1.4.1.4.15 Left Vent Overlap. Increase left vent overlap (where material permits).

3.1.4.2 Trousers.

3.1.4.2.1 Subgarments. Subgarments required for fitting of trousers are cotton underwear, dress shirt, belt and buckle, socks, and low quarter shoes.

3.1.4.2.2 Measurements. The waist, seat, and hem line measurements are needed for the selection of the proper size and model try-on garment. Waist measurements should be taken over the shirt.

3.1.4.2.3 Selection of Try-On Garment. Using the individual's waist, seat, and height measurements, refer to the Size Prediction Table (Table 3-2) for selection of the initial try-on size. When deciding which of two sizes is more suitable, select the trousers that provide the best fit around the seat, even though an alteration at the waist may be required.

3.1.4.2.4 Alterations.

3.1.4.2.4.1 Waist. Alteration of the waist consists of opening the backseam where outlet material has been provided and making necessary adjustments. To avoid improper hanging or dislocated pockets, the waist adjustment must not be more than 1 1/2-inches.

3.1.4.2.4.2 Bottoms. Make sure the bottom of the waistband is on top of the hip bone, \pm 1/2 inch, before measuring and hemming trousers. Measure and mark both trouser legs individually. Hem trousers to measured length, turning up the bottoms as marked. If the proper length model has been selected, no more than a two-inch turn-up should be required. Stitching must not be visible on the outside of the trouser.

3.1.4.2.4.3 Crotch. Let out inseam at the back of the trousers and fill in hollow at the curve as much as possible. If the rise should be longer, take off the fly and sink the crotch the required length. Piece the top of the fly. Adjust the trouser length.

3.1.4.2.4.4 Seat. Let out the outlet material inside the trouser at the seat. Note that if the seat needs to be altered, the crotch of the trousers must also be altered.

3.1.4.3 Shirts (Short or Long Sleeve).

3.1.4.3.1 Subgarment. The subgarment worn for try-on is the cotton undershirt.

3.1.4.3.2 Measurements.

3.1.4.3.2.1 Neck. Place the tape evenly, but not snugly, around the middle of the neck, allowing 1/2 inch of ease.

3.1.4.3.2.2 Arm. To obtain the full sleeve length, direct the individual being fitted to raise his arm parallel to the floor, bending it at the elbow to form a right angle with the palm of his hand facing the floor. The arm is then measured from the center of the back (parallel with the elbow) along the arm, around to the lower part of the wrist bone.

3.1.4.3.3 Selection of Try-On Garment. Using the individual's neck, chest, and waist measurements to determine the correct size for the short sleeve shirt and using the neck, chest, waist, and sleeve measurements to determine the correct size for the long sleeve shirt try-on, refer to the Size Prediction Table (Table 3-3) for selection of the initial try-on size for men's classic and athletic Short and Long Sleeve Shirts.

3.1.4.3.4 Alterations.

3.1.4.3.4.1 Side Seams. Size seams may be taken in. Ease at waist shall not be less than 1 1/4-inches at each side seam.

3.1.4.3.4.2 Button Alignment. Neck button may be moved but not more than 1/4 of an inch.

3.1.4.3.4.3 Sleeves. Shortening of the shirt sleeves is acceptable for the long sleeve shirt only. Utilize both buttons to obtain the concept of fit prior to altering sleeve length.

3.1.4.4 Necktie. The necktie is a one size fits all.

3.1.4.5 Beret.

3.1.4.5.1 Measurement. Place tape snugly around the largest part of the head, across the forehead and over temples, parallel to the ground.

3.1.4.5.2 Selection of Try-On Garment. Use the individual's actual measurement and refer to the Size Prediction Table (Table 3-5).

Table 3-5. Size Prediction Table for Beret.

HEAD MEASUREMENT (INCHES)	BERET SIZE
19	6
19 3/8	6 1/8
19 3/4	6 1/4
20 1/8	6 3/8
20 1/2	6 1/2
20 7/8	6 5/8
21 1/4	6 3/4
21 5/8	6 7/8
22	7
22 3/8	7 1/8
22 3/4	7 1/4
23 1/8	7 3/8
23 1/2	7 1/2
23 7/8	7 5/8
24 1/4	7 3/4
24 5/8	7 7/8
25	8

3.1.4.5.3 Alterations. Altering of the beret is not authorized.

3.1.4.6 All Weather Coat.

3.1.4.6.1 Subgarments. The subgarments for the chest measurement are the undershirt and dress shirt. The Army Service Uniform is worn as the subgarments for the all weather coat try-on.

3.1.4.6.2 Measurements. The chest and height measurements are needed to select try-on size and model.

3.1.4.6.3 Selection of Try-On Garment. Attach all weather coat liner for try-on purposes. Using the individual's height and chest measurements, refer to the Size Prediction Table (Table 3-4) for size of the initial try-on garment. If the individual's measurements are close to the minimum or maximum indicated on the size prediction table, select two sizes for try-on. For example, if the individual's height is 5 feet, 11-inches, and his chest measurement is between 43 and 45 inches, try-on both the 44 regular and 44 long to get the proper length garment. If the individual's height is 5 feet, 10-inches with a chest measurement of 43-inches, try-on both the 42 regular and 44 regular. In either case, if the selected garment does not fit, try-on additional garments until the best fit is achieved prior to making alterations.

3.1.4.6.4 Alterations.

3.1.4.6.4.1 Hem line. The all weather coat hem may be adjusted.

3.1.4.6.4.2 Sleeves. The sleeves may be shortened or lengthened so sleeves will be about 1 inch longer than the sleeves of the Army Blue 450 uniform coat. When shortening the sleeves, measure and mark each sleeve individually.

3.1.4.6.4.3 Button Alignment. The position of the buttons on the front of the all weather coat may be adjusted no more than 1/4-inch to improve the front closure as long as the row of buttons is straight from the top to bottom when buttoned, and the coat balance is maintained.

3.1.5 Final Check for Proper Concept of Fit. The uniform is designed to fit the figure easily with smooth, tailored lines.

3.1.5.1 Coat. While the individual is wearing the entire uniform (Fig. 3-1), completely button coat and inspect for proper concept of fit according to Proper Fit Guidelines for Men's Uniform Coat table (Table 3-6).

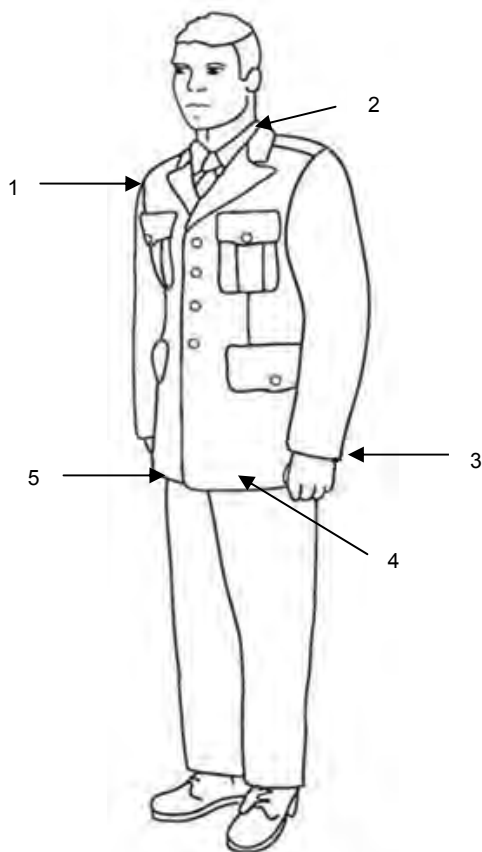


FIGURE 3-1. Proper Fit and Wear of Men's Coat.

Table 3-6. Proper Fit and Wear Guidelines for Men's Coat.

FIGURE 3-1 KEY	CHECKS
1	Coat fits easily over chest and shoulders giving a slight draped effect in the front and back. Four to seven inches of looseness should be equally distributed around circumference of the waist to provide comfort when moving.
2	Shirt collar shows at least 1/4-inch to 1/2-inch above coat collar at the center back of the coat. The coat collar should fit close around the neck without gapping or overlapping.
3	Sleeves fall 1-inch below bottom of wrist bone, covering the shirt sleeve.
4	Coat fronts should be smooth and even at the bottom edges. The bottom edges in the front of the coat will protrude and the back vent will spread if the coat is too snug at the waist and hips.
5	Bottom edge of coat extends 1-inch below crotch. Have the individual stand erect with his arms at his side and bend his fingers at the knuckle, forming a semi-fist and keeping his thumbs straight. The bottom edge of the coat should fall into the pocket made by bending his fingers, approximately to the tip of this thumb.

3.1.5.2 Trousers. While the individual is wearing the trousers with the appropriate socks, shoes, shirt, and belt (Fig. 3-2), check for proper concept of fit according to Proper Fit and Wear of Men's Shirt and Trousers table (Table 3-7).

3.1.5.3 Shirts (Short or Long Sleeve). Completely button the shirt, including the cuffs of the long sleeve shirt, (Fig. 3-2) and check for proper concept of fit according to the Proper Fit and Wear of Men's Shirt and Trousers table (Table 3-7).

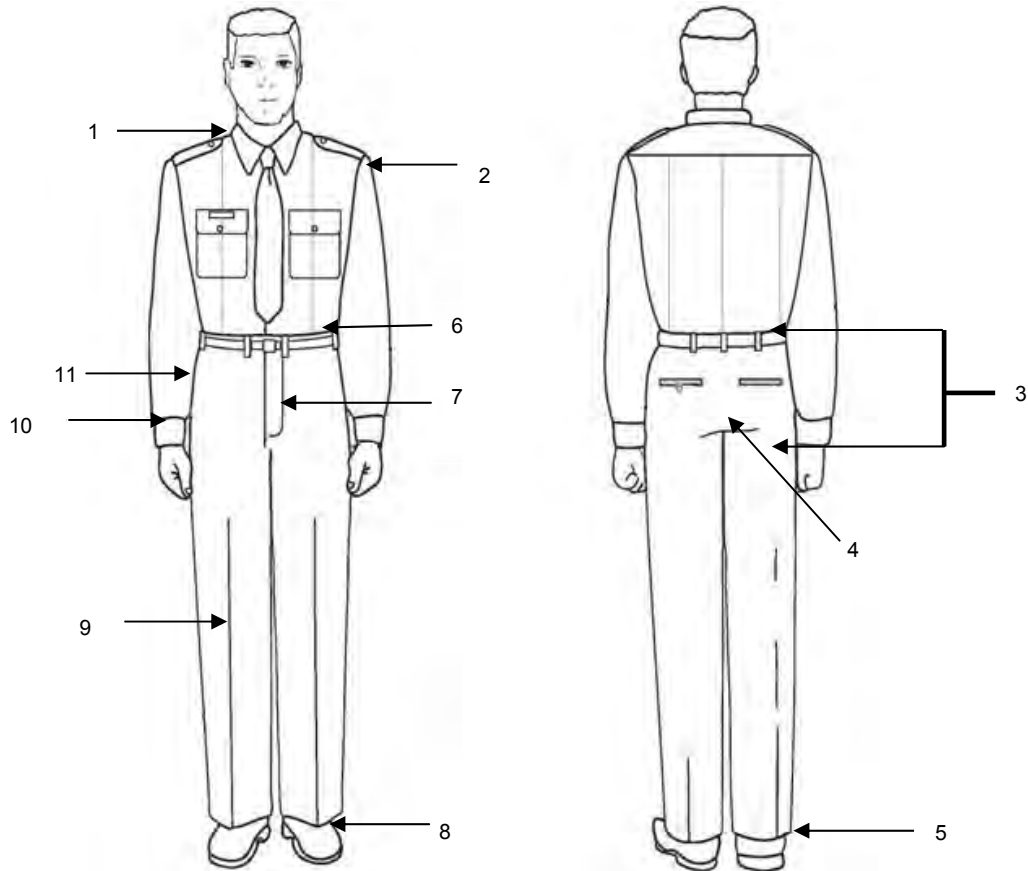


FIGURE 3-2. Proper Fit and Wear of Men's Shirt and Trousers.

Table 3-7. Proper Fit and Wear Guidelines for Men's Shirt and Trousers.

FIGURE 3-2 KEY	CHECKS
1	The collar should fit snugly enough to give a neat appearance, but not so snug as to be uncomfortable.
2	There must be enough room around the chest, shoulders, and back to allow free use of the arms without discomfort.
3	Rise should fit without looseness or constriction. A short rise may cause tightness and discomfort and a long rise may cause trousers to be baggy in the seat and crotch.
4	The trousers must fit easily around the seat without wrinkles below the back waist.
5	Back edge of the trousers will fall approximately midway between the top of the heel and the top of the standard shoe in the back.

TM 10-227

Table 3-7. Proper Fit and Wear Guidelines for Men's Shirt and Trousers – Continued.

FIGURE 3-2 KEY	CHECKS
6	The waist must fit with about a 1/2-inch of ease, fitting snug but not tight, around the natural waist without bulging. Waistband bottom is at top of hipbone, \pm 1/2-inch.
7	Check to see that the crotch of the trouser has sufficient ease to allow enough comfort for the soldier. The properly fitted crotch in a trouser will exhibit no vertical breaks and display no drooping.
8	The trousers must hang straight from the seat so the bottom of the front crease of the trousers will reach the top of the instep and be cut on a diagonal line.
9	The trousers may have a slight break in the front.
10	The sleeves of the long sleeve shirt must fall to the lower part of the wrist bone.
11	The trousers must be full enough around the hips to prevent the side pockets from spreading and to allow for comfort in normal movements, such as sitting, climbing stairs, and walking.

3.1.5.4 Beret. The beret (Fig. 3-3) should fit according to Proper Fit and Wear of Beret table (Table 3-8).

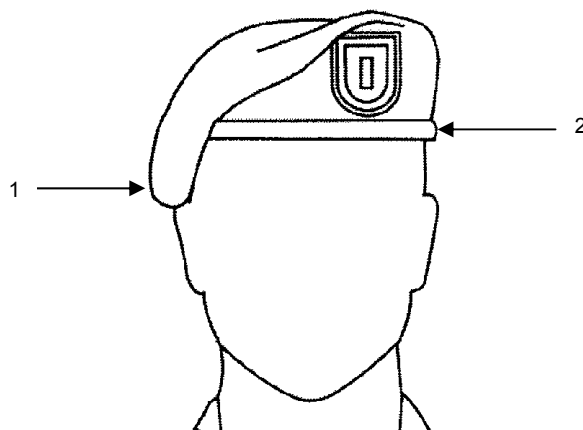


FIGURE 3-3. Proper Fit and Wear of Beret.

Table 3-8. Proper Fit and Wear Guidelines for Beret.

FIGURE 3-3 KEY	CHECKS
1	The excess material shall be draped over the right ear, extending to at least the top of the ear, and no lower than the middle of the ear.
2	Fits so headband is straight across the forehead and 1 inch above the eyebrow.

3.1.5.5 All Weather Coat. To ensure proper concept of fit, attach liner and completely button the coat and refer to the Proper Fit and Wear of Men's All Weather Coat table (Table 3-9) and Fig. 3-4.

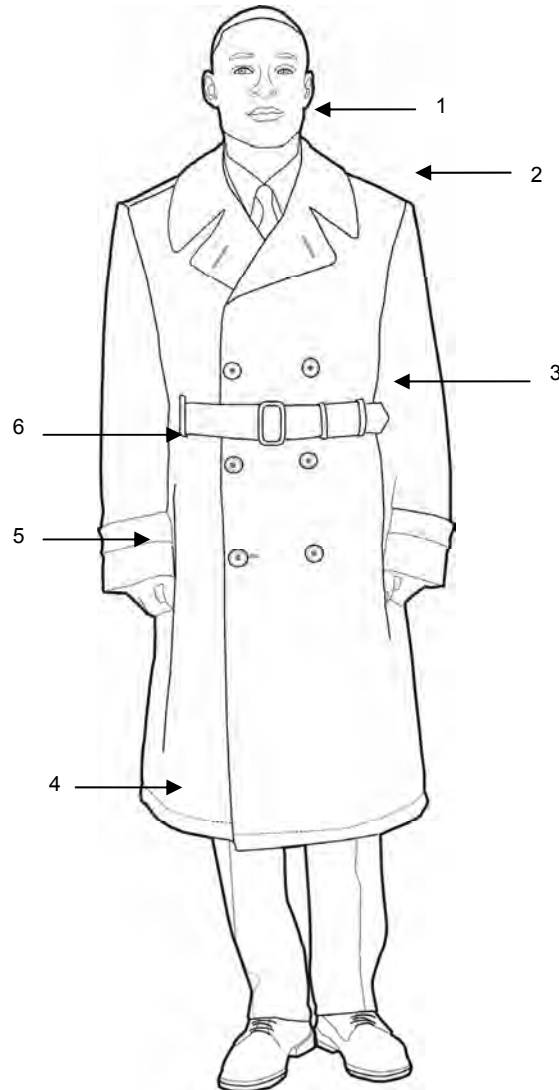


FIGURE 3-4. Proper Fit and Wear of Men's All Weather Coat.

Table 3-9. Proper Fit and Wear Guidelines for Men's All Weather Coat.

FIGURE 3-4 KEY	CHECKS
1	Back of collar covers all subgarment collars and should fit close at the neck without gapping or overlapping.
2	The coat, with liner attached, must fit easily and comfortably over the shoulders and chest to allow free use of the arms without pulling or giving discomfort to the wearer.
3	Belt at natural waistline.
4	Length falls about 1 1/2-inches below the midpoint of the knee.
5	Sleeves cover all subgarment sleeves by 1/2-inch.
6	Coat hangs freely at waist without suppression or tightness around the hips.

SECTION 4 FITTING OF WOMEN'S UNIFORMS

4-1. WOMEN'S UNIFORM ITEMS.

The Women's Army Service Uniform is composed of an Army Blue Shade 450 Coat, an Army Blue Shade 450 Skirt or Army Blue 451 Slacks, an Army White 521 Long or Short Sleeve Shirt, necktab, and a Black Beret. A Coat, All Weather, Black Shade 385 may be worn over the uniform.

4.1.1 Design.

4.1.1.1 Coat. The design is a fitted, single breasted, four-button coat with side body construction, front bust seam from shoulder to top of pockets, slanted flap pockets, open notch collar, and two-piece sleeves with shoulder loops. The shoulder loops for the coat shall be buttoned down and have rounded edges at edge nearest the collar and have gold cord edge braid attached. The back has a vent in the bottom of the center back seam and the inside of the coat is three-eighths lined, with a yoke back, fully lined sleeves, and one inside chest pocket. The coats shall have gold ornamentation attached 3 inches from the bottom of the hemmed sleeve. It is designed to fit slightly at the waist to conform to the individual's figure.

4.1.1.2 Skirt. The skirt is a dress type with a one-piece set-on waistband, a waistband extension piece on left side of waistband closure, a rubberized nonslip tape on inside of the waistband, a back slide fastener, two front and two back darts, an on-seam waistband pocket on right front (with pocket opening on outside of skirt), and a back open pleat finishing right over left. The lining shall be a free-hanging full lining, attached to the skirt at waistband with a closed inverted pleat in the lining. It is designed to fit smoothly, but not tightly, around the hips, seat and waist, with a slight fullness for comfort.

4.1.1.3 Slacks. The slacks are a dress type with a sewn-on two-piece waistband with centerback outlet for alterability, five (5) belt loops, a hook and eye waistband closure, two front and two back darts, a French fly with slide fastener, straight on seam pockets, and straight legs. The inside of the waistband has a rubberized non-slip tape. The leg front and back creases are treated with a permanent silicone adhesive bead. The slacks come in two classes. Class 1 has a 1 1/2-inch wide ornamental braid attached on side seams and is worn by officers and enlisted personnel (E4 through E-9). Class 2 is worn without ornamental braid by enlisted personnel (E-1 through E-4). The slacks are designed to fit smoothly, but not tightly, around the hips, seat, and waist, with a slight fullness for comfort. The rise is automatically built into the slacks and varies with different lengths.

4.1.1.4 Shirts (Short or Long Sleeve). The shirt is a tuck-in design. It shall have a two-piece front with princess style seams and a one-piece back. The shirt shall have a convertible collar with collar stays attached to the under collar. The shirt shall have two button-down tapered shoulder loops. The bottom hem and front facings shall be finished with an overedge stitch. The Type I shirt shall have short sleeves. The Type II shirt shall have long sleeves, bound sleeve openings, sleeve pleats, and cuffs with two buttons for adjustment. Each shirt shall have three permanent creases on the back of the shirt.

4.1.1.5 Necktab. The neck tab is one-piece with two pointed ends and a hook and loop adjustment closure strap.

4.1.1.6 Beret. The beret is a one-piece knitted wool shell bound with leather and a draw cord through the binding. The beret has a flash sewn onto the badge stay. The beret is available lined or unlined.

4.1.1.7 All Weather Coat.

4.1.1.7.1 All Weather Coat. The all weather coat is a six-button, double-breasted model with a belt. The coat has a convertible collar (button at neck), left front gun flap, shoulder loops, adjustable sleeve straps, and welt pockets with two inside hanging pockets. The back has a yoke and center vent. The coat is fully lined.

4.1.1.7.2 Liner. The removable liner has bound edges, half raglan sleeves, two pass-through pocket slits and center back vent, button loops at the bottom of each sleeve, and a zipper around the edge for attaching the liner to the coat.

4.1.2 Material.

4.1.2.1 Coat and Skirt. 9.5 to 10.5 oz/linear yd., 55/45% polyester wool serge, Army Blue 450.

4.1.2.2 Slacks. 9.5 to 10.5 oz/linear yd., 55/45% polyester wool serge, Army Blue 451.

4.1.2.3 Shirt (Short or Long Sleeve). 4.5 ± 0.25 oz/sq yd., 65/35% polyester/cotton herringbone, durable press and stain resistant, Army White 521.

4.1.2.4 Necktab. 4.6 oz/sq yd., 65/35% polyester/cotton, Army Black 305.

4.1.2.5 Beret. 16.5 oz/sq yd., 100% wool, Army Black 1593.

4.1.2.6 All Weather Coat.

4.1.2.6.1 All Weather Coat. 5.3 to 6.8 oz/sq yd., 65/35% polyester/cotton poplin, plain weave, water repellent treated, Army Black 385.

4.1.2.6.2 Liner. 4.6 oz/sq yd., 0.4 inch thick 65/35% polyolefin/polyester batting between two layers of 1.5 + 0.15 oz. sq yd. taffeta. The sleeves for the all weather coat shall be made from a 6.2 oz/sq yd. multifilament acetate faced, combed cotton backed satin weave material. Both materials shall match the shade of the basic material.

4.1.3 Sizing System.

4.1.3.1 Coats. The coats are available in two size increments from sizes 4 through 26. The coat sizes are related to the individuals' chest, waist and height measurements with three hip designations – Junior, Misses, and Women's and four height designations – Petite (P), Regular (R), Tall (T), and X-Tall (XT). Refer to Size Prediction Table for Women's Coats (Table 4-1) for available sizes.

Table 4-1. Size Prediction Table for Women's Coats.

SIZE	BUST (INCHES)			WAIST (INCHES)			HIP (INCHES)		
	J	M	W	J	M	W	J	M	W
4	32 1/2	32 1/2	32 1/2	24 1/2	24 1/2	24 1/2	33	35	37
6	33 1/2	33 1/2	33 1/2	25 1/2	25 1/2	25 1/2	34	36	38
8	34 1/2	34 1/2	34 1/2	26 1/2	26 1/2	26 1/2	35	37	39
10	36	36	36	28	28	28	36 1/2	38 1/2	40 1/2
12	37 1/2	37 1/2	37 1/2	29 1/2	29 1/2	29 1/2	38	40	42
14	39	39	39	31	31	31	39 1/2	41 1/2	43 1/2
16	41	41	41	33	33	33	41 1/2	43 1/2	45 1/2
18	43	43	43	35	35	35	43 1/2	45 1/2	47 1/2
20	45	45	45	37	37	37	45 1/2	47 1/2	49 1/2
22	47	47	47	39	39	39	47 1/2	49 1/2	51 1/2
24	-	49	-	41	41	41	49 1/2	51 1/2	53 1/2
26	-	51	-	43	43	43	51 1/2	53 1/2	55 1/2

¹ Length: Petite (P) = Less than 63"; Regular (R) = 63-1/2" - 67"; Tall (T) = 67" - 70-1/2" and X-Tall (XT) = More than 70-1/2"

4.1.3.2 Skirt. The skirt is available in two size increments from sizes 4 through 26. The skirt sizes are related to the individuals' waist, hip, and height measurements with three hip designations: Junior, Misses, and Women's; and four height designations: Petite (P), Regular (R), Tall (T), and X-Tall (XT). Refer to Size Prediction Table for Women's Skirts and Slacks (Table 4-2) for available sizes.

TM 10-227

Table 4-2. Size Prediction Table for Women's Skirts and Slacks.

BODY DIMENSION (INCHES)	HEIGHT LESS THAN 63" (P) ¹	HEIGHT 63 1/2" – 67" (R)	HEIGHT MORE THAN 67" (T)
WAIST LESS THAN 24 1/2 HIP LESS THAN 33 HIP - 33 - 35	4JP 4MP	***** 4MR	*****
WAIST - 24 1/2 - 25 1/2 HIP - LESS THAN 34 HIP - 34 - 36 HIP - 36 - 38	6JP 6MP 6WP	***** 6MR 6WR	***** 6MT 6WT
WAIST - 25 1/2 - 26 1/2 HIP - LESS THAN 35 HIP - 35 - 37 HIP - 37 - 39	8JP 8MP 8WP	***** 8MR 8WR	***** 8MT 8WT
WAIST - 26 1/2 - 28 HIP - LESS THAN 36 1/2 HIP - 36 1/2 - 38 1/2 HIP - 38 1/2 - 40 1/2	10JP 10MP 10WP	10JR 10MR 10WR	10JT 10MT 10WT
WAIST - 28 - 29 1/2 HIP - LESS THAN 38 HIP - 38 - 40 HIP - 40 - 42	12JP 12MP 12WP	12JR 12MR 12WR	12JT 12MT 12WT
WAIST - 29 1/2 - 31 HIP - LESS THAN 39 1/2 HIP - 39 1/2 - 41 1/2 HIP - 41 1/2 - 43 1/2	14JP 14MP 14WP	14JR 14MR 14WR	14JT 14MT 14WT
WAIST - 31 - 33 HIP - LESS THAN 41 1/2 HIP - 41 1/2 - 43 1/2 HIP - 43 1/2 - 45 1/2	16JP 16MP 16WP	16JR 16MR 16WR	16JT 16MT 16WT
WAIST - 33 - 35 HIP - LESS THAN 43 1/2 HIP - 43 1/2 - 45 1/2 HIP - 45 1/2 - 47 1/2	***** 18MP 18WP	18JR 18MR 18WR	***** 18MT 18WT
WAIST - 35 - 37 HIP - LESS THAN 45 1/2 HIP - 45 1/2 - 47 1/2 HIP - 47 1/2 - 49 1/2	***** ***** 20WP	20JR 20MR 20WR	***** 20MT 20WT
WAIST - 37 - 39 HIP - LESS THAN 47 1/2 HIP - 47 1/2 - 49 1/2 HIP - 49 1/2 - 51 1/2	***** ***** *****	22JR 22MR 22WR	***** 22MT 22WT
WAIST - 39 - 41 HIP - 49 1/2 - 51 1/2 HIP - 51 1/2 - 53 1/2	***** *****	24MR 24WR	24MT 24WT
WAIST - 41 - 43 HIP - 51 1/2 - 53 1/2 HIP - 53 1/2 - 55 1/2	***** *****	26MR *****	26MT 26WT

¹ P= Petite; R=Regular; T= Tall

4.1.3.3 Slacks. The slacks are available in two size increments from sizes 4 through 26. The slack sizes are related to the individual's waist, hip and height measurements with three hip designations – Junior, Misses, and Women's and four height designations – Petite (P), Regular (R), Tall (T), and X-Tall (XT). Refer to Size Prediction Table for Women's Skirts and Slacks (Table 4-2) for available sizes.

4.1.3.4 Shirts (Short or Long Sleeve). The short sleeve shirt is available in sizes 4 through 26 with one sleeve length for all sizes. The long sleeve shirt is available in sizes 4 through 26 and in six sleeve lengths; 28 (X-Short (XS)); 29-1/2 (Short (S)), 31 (Regular (R)), 32-1/2 (Long (L)), 34 (X-Long (XL)) and 35 1/2 (XX-Long (XXL)). Refer to Size Prediction Table for Women's Shirts (Table 4-3) for available sizes.

Table 4-3. Size Prediction Table for Women's Shirts.

BODY DIMENSIONS (INCHES)	SLEEVE LENGTH 28 (XS)¹	SLEEVE LENGTH 29 1/2 (S)	SLEEVE LENGTH 31 (R)	SLEEVE LENGTH 32 1/2 (L)	SLEEVE LENGTH 34 (XL)	SLEEVE LENGTH 35 1/2 (XXL)	SHORT SLEEVE SHIRT
BUST LESS THAN 32 1/2 WAIST LESS THAN 24 1/2	4XS	4S	4R	4L	*****	*****	4
BUST - 32 1/2 – 33 1/2 WAIST - 24 1/2 – 25 1/2	6XS	6S	6R	6L	*****	*****	6
BUST - 33 1/2 – 34 1/2 WAIST - 25 1/2 – 26 1/2	8XS	8S	8R	8L	*****	*****	8
BUST - 34 1/2 – 36 WAIST - 26 1/2 – 28	10XS	10S	10R	10L	10XL	*****	10
BUST - 36 – 37 1/2 WAIST - 28 – 29 1/2	*****	12S	12R	12L	12XL	12XXL	12
BUST - 37 1/2 – 39 WAIST - 29 1/2 – 31	*****	14S	14R	14L	14XL	14XXL	14
BUST - 39 – 41 WAIST - 31 – 33	*****	16S	16R	16L	16XL	16XXL	16
BUST - 41 – 43 WAIST - 33 – 35	*****	18S	18R	18L	18XL	18XXL	18
BUST - 43 – 45 WAIST - 35 – 37	*****	20S	20R	20L	20XL	20XXL	20
BUST - 45 – 47 WAIST - 37 – 39	*****	*****	22R	22L	22XL	22XXL	22
BUST - 47 – 49 WAIST - 39 – 41	*****	*****	24R	24L	24XL	24XXL	24
BUST - 49 – 51 WAIST - 41 – 43	*****	*****	26R	26L	26XL	26XXL	26

¹ XS = X-Short; S=Short; R=Regular; L=Long; XL=X-Long and XXL=XX-Long

4.1.3.5 Necktab. The neck tab for the long and short sleeve shirts comes in one size fits all.

4.1.3.6 Beret. The beret is provided with one-eighth inch size increments from size 6-3/8 through 8.

4.1.3.7 All Weather Coat. The all weather coat is available in two-inch size increments from size 2 through 26 and is available in four lengths: Short (S), Regular (R), Long (L) and X-Long (XL). Refer to Size Prediction Table for Women's All-Weather Coat (Table 4-4) for available sizes.

Table 4-4. Size Prediction Table for Women's All-Weather Coat.

BUST (INCHES)	HEIGHT			
	5'0" – 5'3"	5'3" – 5'8"	5'8" – 5'11"	5'11" – UP
29 – 31	4S ¹	4R	4L	-
31 – 32	6S	6R	6L	-
32 – 33	8S	8R	8L	-
33 – 34 1/2	10S	10R	10L	-
34 1/2 – 36	12S	12R	12L	12XL
36 – 37 1/2	14S	14R	14L	14XL
37-1/2 – 39-1/2	16S	16R	16L	16XL
39-1/2 – 41-1/2	18S	18R	18L	18XL
41-1/2 – 43-1/2	20S	20R	20L	20XL
43-1/2 – 45-1/2	-	22R	22L	22XL
45-1/2 – 47-1/2	-	24R	-	24XL
47-1/2 – 49-1/2	-	26R	-	26XL

¹ S=Short; R=Regular; L=Long and XL=X-Long

4.1.4 General Fitting Procedures.

4.1.4.1 Coat.

4.1.4.1.1 Subgarments. Subgarments for the coat try-on are a bra, underwear, hosiery, slacks or skirt and the long sleeve shirt.

4.1.4.1.2 Measurements. The bust, waist, hip, and height measurements are required for selection of the proper size and model try-on garment.

4.1.4.1.3 Selection of Try-On Garment. Using the individual's bust, waist, hip, and height measurements, refer to the Size Prediction Table (Table 4-1) for selection of the initial try-on size. The hip measurement will determine if a Junior (J), Misses (M), or Women's (W) size is required. The height will determine the length of the coat.

4.1.4.1.4 Alterations.

4.1.4.1.4.1 Hem line. The coat hem line may be shortened no more than 1 inch. Shortening is authorized only when the coat is out of proportion to the individual's height. For example, if a short woman requires a regular length to fit her backwaist length, the coat will require shortening so the length is correctly proportioned for her height.

4.1.4.1.4.2 Backwaist Length. The waistline may be raised or lowered by adjusting the side-back seams.

4.1.4.1.4.3 Seam. The front bust seam may be taken in and front side body seams let out or taken in.

4.1.4.1.4.4 Waist. Waist may be tapered or let out at side-front and side-back seams.

4.1.4.1.4.5 Hip. Side-back seams may be adjusted to hip size, as long as the balance is maintained.

4.1.4.1.4.6 Shoulders. The coat shoulders may be raised or lowered by adding or removing shoulder pads.

4.1.4.1.4.7 Sleeves. The sleeves may be adjusted to reach a point 1 inch below the bottom of the wristbone. The sleeves of the white shirt should not show below the coat sleeves.

4.1.4.1.4.8 Collar. In cases of long or short necks, raising or lowering the collar improves fit and appearance. This alteration consists of ripping out the seams on the under and top collar, repositioning the collar or the back of the coat for the desired length, re-sewing the collar, and pressing. The collar must not be raised or lowered over a quarter of an inch.

4.1.4.1.4.9 Button Alignment. The position of the buttons on the front of the coat may be adjusted no more than a quarter of an inch to improve the front closure as long as the row of buttons is straight from the top to bottom when buttoned and the coat balance is maintained.

4.1.4.2 Skirt.

4.1.4.2.1 Subgarments. Subgarments for the skirt try-on are a bra, underwear, hosiery, the shirt, and the oxford shoes.

4.1.4.2.2 Measurements. The waist, hip, and height measurements are required for selection of the proper size and model try-on garment.

4.1.4.2.3 Selection of Try-On Garment. Using the individual's waist, hip, and height measurements, refer to the Size Prediction Table (Table 4-2) for selection of the initial try-on size. The hip measurement will determine if a Junior (J), Misses (M), or Women's (W) size is required. The height measurement determines the length of the skirt.

4.1.4.2.4 Alterations.

4.1.4.2.4.1 Hips, Waist and Waistband. Seams and waistband may be altered to hip and waist size as long as the skirt balance is maintained.

4.1.4.2.4.2 Length. The skirt length may be altered to desired length by adjusting the skirt hem. The finished hem should be uniform and 2 1/2 to 3 inches wide and should fall between 1 inch above to 2 inches below the midpoint of the knee.

4.1.4.3 Slacks.

4.1.4.3.1 Subgarments. Subgarments for the slacks try-on are a bra, underwear, hosiery, the dress shirt, belt and buckle, and the oxford shoes.

4.1.4.3.2 Measurements. The waist, hip, and height measurements are required for selection of the proper size and model try-on garment.

4.1.4.3.3 Selection of Try-On Garment. Using the individual's waist, hip, and height measurements, refer to the Size Prediction Table (Table 4-2), for selection of the initial try-on size. The hip measurement will determine if a Junior (J), Misses (M), or Women's (W) size is required. The height measurement determines the length of the slacks.

4.1.4.3.4 Alterations.

4.1.4.3.4.1 Waist and Waistband. The waistband and darts may be altered as long as the balance of the slacks is maintained. The two-piece waistband has a center back outlet which can be opened and allows the slacks to be taken in or let out without having to remove the waistband.

4.1.4.3.4.2 Length. Measure and mark both slack legs individually. No more than a 2-inch turn-up is permissible. The front crease of the slacks will reach the top of the instep and be cut on a diagonal line to reach a point approximately midway between the top of the heel and the top of the oxford shoe in the back. The slacks may have a slight break in the front.

4.1.4.3.4.3 Hip and Seat. Let out or take in at the back outlet to adjust hip and seat sides. The side seams may be adjusted to hip size. Side seams must be centered at the sides and hang straight to the bottom. Note that if the seat needs to be altered, the crotch of the slacks must also be altered.

4.1.4.3.4.4 Crotch and Thighs. The crotch and thigh seams have an outlet. The outlet may be used to let out or take in the crotch and thigh areas to improve fit while maintaining the balance of the slacks.

4.1.4.4 Shirts (Short or Long Sleeve).

4.1.4.4.1 Subgarments. Subgarments for try-on are undergarments normally worn.

4.1.4.4.2 Measurements. The bust, waist, and sleeve lengths are required for selection of the proper size and model try-on garment. To obtain the full sleeve length, direct the individual being fitted to raise her arm parallel to the floor, bending it at the elbow to form a right angle with the palm of her hand facing the floor. The arm is then measured from the center of the back (parallel with the elbow) along the arm and around to the lower part of the wrist bone.

4.1.4.4.3 Selection of Try-On Garment. Using the individual's bust, waist, and sleeve length measurements, refer to the Size Prediction Table for Women's Shirts (Table 4-3) for selection of the initial try-on size.

4.1.4.4.4 Alterations.

4.1.4.4.4.1 Front Princess and Side Seams. The women's shirts can be tapered in the front by taking in the front princess seams and side seams. When fitting extremely broad shouldered women, it may be necessary to select a shirt one or two sizes larger than indicated then take in the side and front princess seams.

4.1.4.4.4.2 Sleeves. Shortening of the shirt sleeves is acceptable for the long sleeve shirt only. The buttons on the cuffs may be set over. Utilize both buttons to obtain the concept of fit prior to altering sleeve lengths.

4.1.4.5 Necktab. The necktab is a one size fits all.

4.1.4.6 Beret.

4.1.4.6.1 Measurement. Place tape snugly around the largest part of the head, across the forehead and over temples, parallel to the ground. The woman's hair should be the length and style in which it will usually be worn.

4.1.4.6.2 Selection of Try-On Garment. Use the individual's actual measurement and refer to the Size Prediction Table (Table 4-5).

Table 4-5. Size Prediction Table for Beret.

HEAD MEASUREMENT (INCHES)	BERET SIZE
19	6
19 3/8	6 1/8
19 3/4	6 1/4
20 1/8	6 3/8
20 1/2	6 1/2
20 7/8	6 5/8
21 1/4	6 3/4
21 5/8	6 7/8
22	7
22 3/8	7 1/8
22 3/4	7 1/4
23 1/8	7 3/8
23 1/2	7 1/2
23 7/8	7 5/8
24 1/4	7 3/4
24 5/8	7 7/8
25	8

4.1.4.6.3 Alterations. Altering of the beret is not authorized.

4.1.4.7 All Weather Coat.

4.1.4.7.1 Subgarments. The subgarments for the bust measurement are a bra and the long sleeve shirt. The Army Service Uniform with skirt is worn as the subgarment for the all weather coat try-on.

4.1.4.7.2 Measurements. The bust and height measurements are needed to select try-on size and model.

4.1.4.7.3 Selection of Try-On Garment. Attach the all weather coat liner for try-on purposes. Using the individual's height and bust measurements, refer to the Size Prediction Table (Table 4-4) for size of the initial try-on garment. If the individual's measurements are close to the minimum or maximum indicated on the size prediction table, select two sizes for try-on. In either case, if the selected garment does not fit, try-on additional garments until the best fit is achieved prior to making alterations.

4.1.4.7.4 Alterations.

4.1.4.7.4.1 Hem line. The all weather coat hem line may be adjusted to be about 1 inch longer than the skirt worn under it but not more than 3 inches below the midpoint of the knee.

4.1.4.7.4.2 Sleeves. The sleeves may be shortened or lengthened to be about 1 inch longer than the sleeves of the Army Blue 450 uniform coat. When shortening the sleeves, measure and mark each sleeve individually.

4.1.4.7.4.3 Button Alignment. The position of the buttons on the front of the all weather coat may be adjusted no more than a quarter of an inch to improve the front closure as long as the row of buttons is straight from the top to bottom when buttoned, and the coat balance is maintained.

4.1.5 Final Check for Proper Concept of Fit. The uniform is designed to fit the figure easily with smooth tailored lines.

4.1.5.1 Coat. The coat has been designed to look equally well over both slacks and skirt, hence the longer than average length. While the individual is wearing the entire uniform (Fig. 4-1), completely button the coat and inspect for proper concept of fit according to Proper Fit and Wear Guidelines for Women's Uniform Coat and Slacks/Skirt table (Table 4-6).

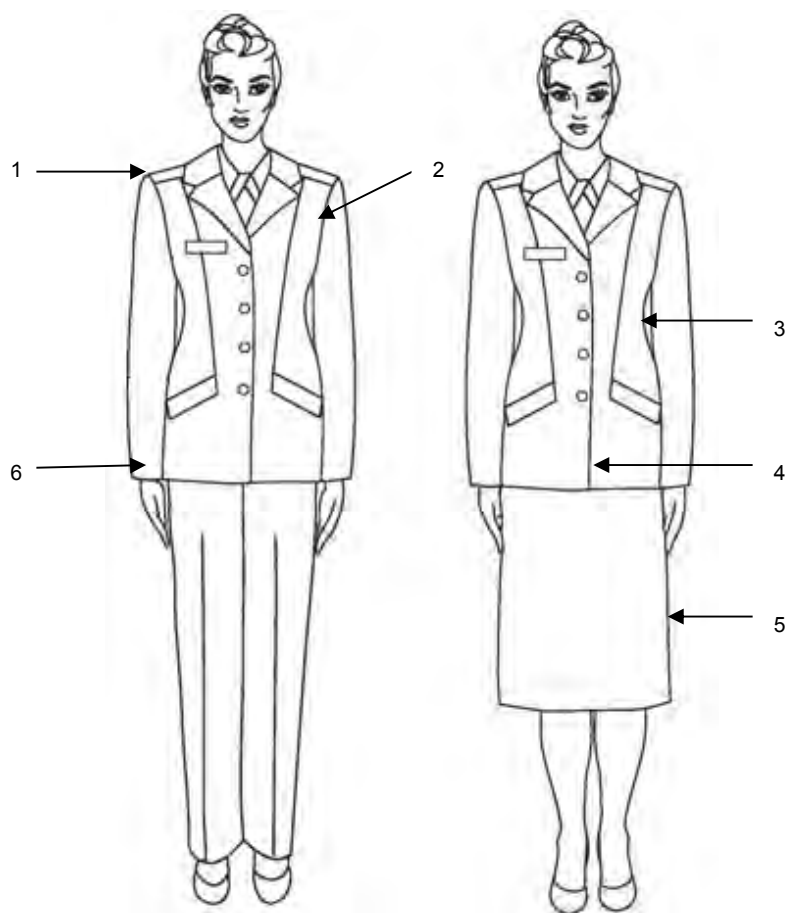


Figure 4-1. Proper Fit and Wear of Women's Coat and Slacks/Skirt.

Table 4-6. Proper Fit and Wear Guidelines for Women's Coat and Slacks/Skirt.

FIGURE 4-1 KEY	CHECKS
1	Coat fits smoothly across shoulders.
2	Coat fits across bust without strain.
3	Coat fits easily over the hips and conforms to waistline curve without blousing.
4	The bottom button of the coat should fall approximately 1 inch below the natural waistline. The coat front, below the waist, must overlap without pulling or gaping so the front of the coat will present a straight line from the top button to the coat hem. The back vent must also overlap without pulling or gaping.
5	The skirt viewed from the front and back should continue the slender lines of the coat, tapered slightly at the sides.
6	Sleeves should fall 1 inch below the bottom of the wrist bone. The sleeves of the white shirt should not show beneath the coat sleeves.

4.1.5.2 Skirt. While the individual is wearing the skirt with the appropriate hoisery, shoes, and shirt (Fig. 4-2), check the fit according to Proper Fit and Wear of Women's Shirt and Skirt table (Table 4-7).

4.1.5.3 Shirt (Short or Long Sleeve). The short sleeve shirt is designed so that if the shirt size is correct in other areas, the sleeves will be correctly proportioned. Completely button shirt, including cuffs of the long sleeve shirt, and check the following points according to the Proper Fit and Wear Guidelines for Women's Uniform Shirt and Skirt table (Table 4-7).

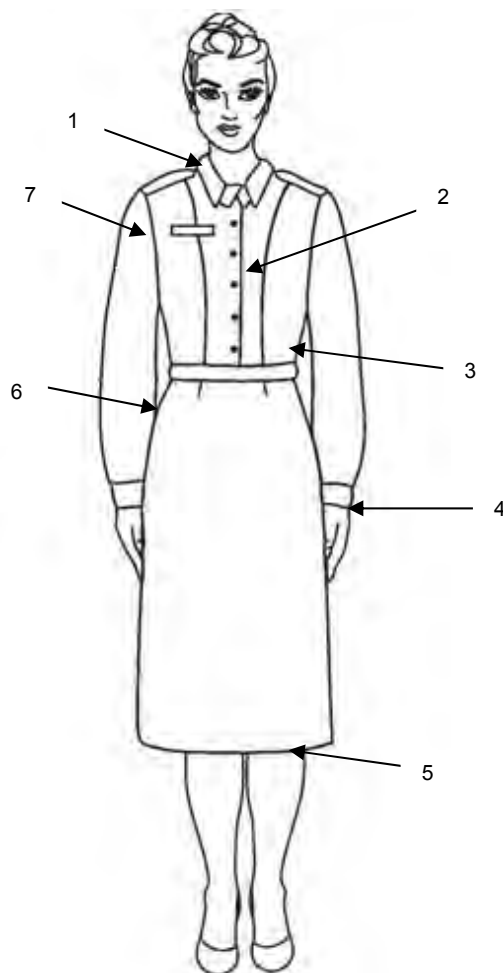


Figure 4-2. Proper Fit and Wear of Women's Shirt and Skirt.

Table 4-7. Proper Fit and Wear Guidelines for Women's Shirt and Skirt.

FIGURE 4-2 KEY	CHECKS
1	Collar should fit the neck without bulging.
2	Shirt should fit over the bust without strain or gaping between buttons.
3	There shall be 2 1/2 inches of ease at front. This shall be determined by pinching 1 1/4 inches of excess cloth on the double on shirt front. The shirt front, below the waist, should overlap without pulling or gaping.
4	For the long sleeve shirt, length should reach below the lower part of the wrist bone.
5	Skirt should fall between 1 inch above and 2 inches below the midpoint of the knee. Length of back vent shall not be less than 5 inches long.
6	The shirt should fit snugly at the waist and smoothly over the hips conforming to the waistline curve with minimal blousing. Ease at the waist should be 2 1/2 inches at each side seam. This shall be determined by pinching 1 1/4 inches of excess cloth on the double at waist.
7	The shirt should fit smoothly across the back and shoulders without tightness or wrinkles. Ease across back should be approximately 2 1/2 inches. There must be enough room around back and shoulders to allow free use of arms without discomfort.

4.1.5.4 Slacks. While the individual is wearing the slacks with the appropriate socks, shoes, and shirt (Fig. 4-2), check the fit according to Proper Fit and Wear of Women’s Shirt and Slacks table (Table 4-8).

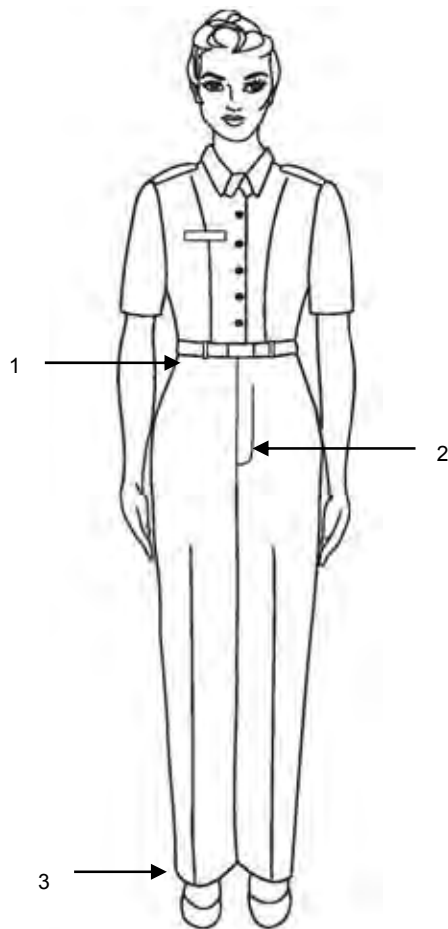


Figure 4-3. Proper Fit and Wear of Women’s Shirt and Slacks.

Table 4-8. Proper Fit and Wear Guidelines for Women’s Shirt and Slacks.

FIGURE 4-3 KEY	CHECKS
1	The slacks must fit snugly at the waist and should have approximately 2 inches of ease over the hips. This shall be determined by pinching 1/2 inch of excess cloth on the double on each side. The center of the waistband should be at the natural waistline. Side pockets must lay flat without bulging.
2	The crotch of the slacks should not bind but it should fit with a slight ease and allow for squatting and bending.
3	The bottom of the slacks will reach the top of the instep in the front and reach a point approximately midway between the top of the heel and the top of the oxford shoe in the back. When wearing the optional pump, this figure may vary slightly depending on heel height.

4.1.5.5 Beret. The beret (Fig. 4-4) should fit according to the Proper Fit and Wear Guidelines for Beret table (Table 4-9).

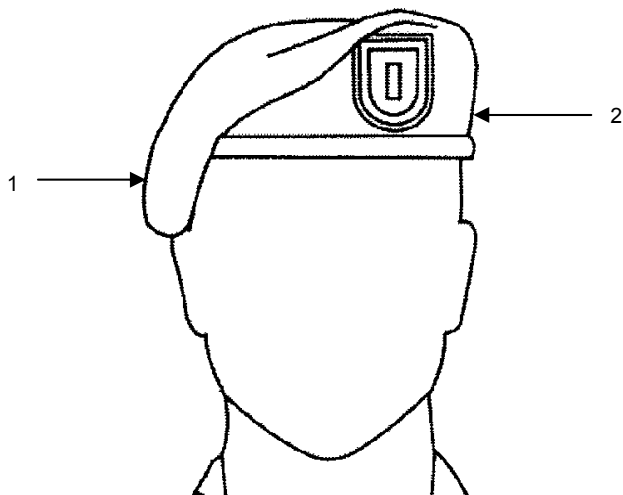


Figure 4-4. Proper Fit and Wear of Beret.

Table 4-9. Proper Fit and Wear Guidelines for Beret.

FIGURE 4-4 KEY	CHECKS
1	The excess material shall be draped over the right ear, extending to at least the top of the ear, and no lower than the middle of the ear.
2	Fits so headband is straight across the forehead and 1 inch above the eyebrow.

4.1.5.6 All Weather Coat. To ensure proper concept of fit, attach liner and completely button the coat. Check the fit according to Table 4-10, Proper Fit and Wear Guidelines for Women's All Weather Coat.

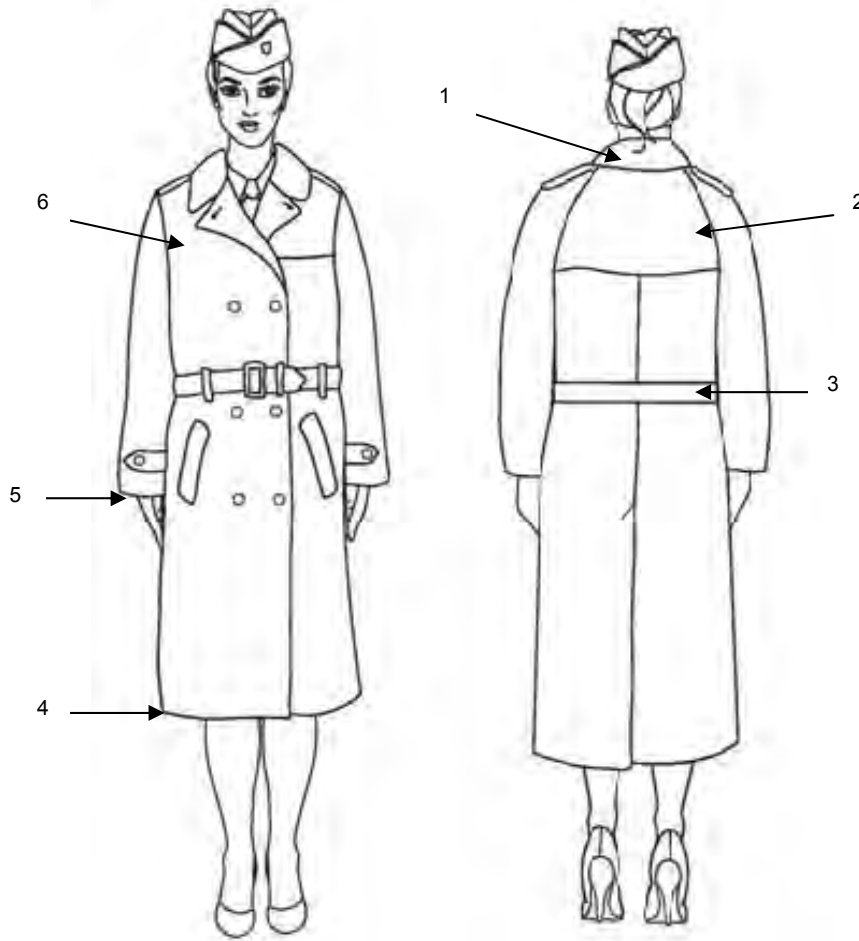


Figure 4-5. Proper Fit and Wear of Women's All Weather Coat

Table 4-10. Proper Fit and Wear Guidelines for Women's All Weather Coat.

FIGURE 4-5 KEY	CHECKS
1	Coat collar must cover the collar of all subgarments and must fit close at the neck without gapping or overlapping.
2	Coat fits comfortably across shoulders and smoothly across back allowing free use of the arms without pulling or giving discomfort to the wearer.
3	All weather coat must hang freely from the waist without suppression or tightness around hips. Belt at natural waistline.
4	Coat must fall approximately 1/2 inch below midpoint of the knee and, when applicable, cover the skirt worn under it.
5	Coat sleeves must be 1/2 inch longer than and cover the sleeves of all subgarments.
6	Coat fits comfortably across bust.

SECTION 5 FITTING OF BATTLEDRESS UNIFORM AND COAT, COLD WEATHER (FIELD JACKET)

5.1 MEN'S AND WOMEN'S BATTLEDRESS UNIFORMS

The Battledress Uniforms, Temperate and Hot Weather, consist of a "bush-type" coat, trousers, and a field cap. The uniform is printed in the woodland camouflage pattern. The Coat, Cold Weather (Field Jacket) is also printed in the woodland camouflage pattern. These items are worn by both male and female soldiers.

5.1.1 Design.

5.1.1.1 Coat. The coat has four bellow-type patch pockets with flaps (one on both the lower left and right fronts and one on the left and right breast), a concealed front button closure, a straight cut bottom, elbow patches, and long sleeves with cuffs.

5.1.1.2 Trousers. The trousers have a button front fly, two waist adjustment straps, right and left hip pockets with flaps, two side hanging pockets, right and left cargo pockets with flaps, seat and knee patches, and leg hem draw cords. The Hot Weather BDU has an insect protective front fly underlay flap.

5.1.1.3 Cap. The temperate cap is visor-style with a circular crown and retractable earflaps. The hot weather cap has added air vents and does not have earflaps.

5.1.1.4 Coat, Cold Weather (Field Jacket). The coat is a lined, hip-length design, having a bi-swing back, convertible stand-up collar with adjustable tab closure, four buttonholes and horizontal slide fastener closure on under collar (exit for hood), attached hood (concealed between body layers) with draw cord adjustment, two-piece set-in sleeves, adjustment tab cuff closure and hand shield extension, shoulder loops with button closure, slide fastener fly front closure with snap fasteners, two bellows type breast pockets and two lower inside hanging pockets with snap fastener flap closures, waist and hem draw cords, and inside buttons for attaching of insulating liner.

5.1.2 Material.

5.1.2.1 Coat and Trousers.

5.1.2.1.1 Temperate Coat and Trousers. The Temperate Coat and Trousers are made of 50% nylon and 50% cotton twill cloth, printed in the woodland camouflage pattern.

5.1.2.1.2 Hot Weather Coat and Trousers. The Hot Weather Coat and Trousers are made of 50% nylon and 50% cotton wind-resistant poplin, printed in the woodland camouflage pattern.

5.1.2.2 Cap. The temperate cap is made of a cotton warp, nylon filling, water-repellent, oxford cloth, printed in the woodland camouflage pattern. The lining of the earflaps are wool and nylon flannel olive green shade 108. The hot weather cap is made of 50% nylon and 50% cotton wind-resistant poplin, printed in the woodland camouflage pattern.

5.1.2.3 Coat, Cold Weather (Field Jacket). The coat is made of nylon and cotton sateen, wind-resistant and water-repellent fabric. The material for the lining of the coat and interlining the fronts is a wind-resistant, water-repellent cotton oxford cloth, OG-107.

5.1.3 Sizing System.

5.1.3.1 Coat. The coat is available in 22 sizes: extra-small through extra-large in extra-extra-short through extra-long lengths.

5.1.3.2 Trousers. The trousers are available in 21 sizes: extra-small through extra-large in extra-short through extra-long lengths.

5.1.3.3 Cap. The cap is available in 18 sizes with 1/8-inch increments from sizes 6 3/8 through 8 1/2. The circumference of the cap is graded in 3/8-inch increments.

5.1.3.4 Coat, Cold Weather (Field Jacket). The cold weather coat is available in 18 sizes: extra-small through extra-large in extra-short through long lengths.

5.1.4 General Fitting Procedures. Although the cotton undershirt and underwear are normally worn under the Battledress Uniform, the winter underwear may also be worn with either the Hot Weather or Temperate Uniform.

5.1.4.1 Trousers.

5.1.4.1.1 Subgarments. Underwear and cushion sole socks are required for fitting the battledress trousers.

5.1.4.1.2 Measurement. The waist and inseam length measurements are needed for selection of the proper size and try-on garment.

5.1.4.1.3 Selection of Try-On Garment. Using the individual's waist and inseam measurements, refer to the Size Prediction Table (Table 5-1) for the size of the initial try-on garment. Make sure the bottom of the waistband is positioned plus or minus 1/2 inch from the hipbone. (Up to 3 inches is allowed at the waistline, to be adjusted accordingly with the waist straps.)

Table 5-1. Trousers, BDU, Size Prediction Table.

WAIST (INCHES)	INSEAM (INCHES)	TROUSER SIZE
Up to 27	Up to 26 1/2	X-Small, X- Short
Up to 27	26 1/2 – 29 1/2	X-Small, Short
Up to 27	29 1/2 – 32 1/2	X-Small, Regular
Up to 27	32 1/2 – 35 1/2	X-Small, Long
27 – 31	Up to 26 1/2	Small, X-Short
27 – 31	26 1/2 – 29 1/2	Small, Short
27 – 31	29 1/2 – 32 1/2	Small, Regular
27 – 31	32 1/2 – 35 1/2	Small, Long
27 – 31	Over 35 1/2	Small, X-Long
31 – 35	Up to 26 1/2	Medium, X-Short
31 – 35	26 1/2 – 29 1/2	Medium, Short
31 – 35	29 1/2 – 32 1/2	Medium, Regular
31 – 35	32 1/2 – 35 1/2	Medium, Long
31 – 35	Over 35 1/2	Medium, X-Long
35 – 39	26 1/2 – 29 1/2	Large, Short
35 – 39	29 1/2 – 32 1/2	Large, Regular
35 – 39	32 1/2 – 35 1/2	Large, Long
35 – 39	Over 35 1/2	Large, X-Long
Over 39	26 1/2 – 29 1/2	X-Large, Short
Over 39	29 1/2 – 32 1/2	X, Large, Regular
Over 39	32 1/2 – 35 1/2	X-Large, Long

5.1.4.1.4 Alterations. If the proper length trouser is not available, select a longer pair and shorten to proper length. This is the only alteration authorized.

5.1.4.2 Coat.

5.1.4.2.1 Subgarments. The cotton undershirt is required for proper fit of the battledress coat.

5.1.4.2.2 Measurements. The chest/bust and height measurements are needed for selection of the proper size and try-on garment.

5.1.4.2.3 Selection of Try-On Garment. Using the individual's chest/bust and height measurements, refer to the Size Prediction Table (Table 5-2) for the size of the initial try-on garment. If the individual's measurements are close to the minimum or maximum indicated on the size prediction table, select two sizes for try-on.

Table 5-2. Coat, BDU, Size Prediction Table.

CHEST/BUST (INCHES)	HEIGHT (INCHES)	COAT SIZE
Up to 33	59 – 63	X-Small, X- Short
Up to 33	63 – 67	X-Small, Short
Up to 33	67 – 71	X-Small, Regular
33 – 37	Up to 59	Small, XX-Short
33 – 37	59 – 63	Small, X-Short
33 – 37	63 – 67	Small, Short
33 – 37	67 – 71	Small, Regular
33 – 37	71 – 75	Small, Long
33 – 37	Above 75	Small, X-Long
37 – 41	Up to 59	Medium, XX-Short
37 – 41	59 – 63	Medium, X-Short
37 – 41	63 – 67	Medium, Short
37 – 41	67 – 71	Medium, Regular
37 – 41	71 – 75	Medium, Long
37 – 41	Above 75	Medium, X-Long
41 – 45	59 – 63	Large, X-Short
41 – 45	63 – 67	Large, Short
41 – 45	67 – 71	Large, Regular
41 – 45	71 – 75	Large, Long
41 – 45	Above 75	Large, X-Long
Above 45	61 – 71	X-Large, Regular
Above 45	71 – 75	X-Large, Long

5.1.4.2.4 Alterations. Alteration of the coat is not authorized.

5.1.4.3 Cap.

5.1.4.3.1 Measurements. If the cap size is not known, measure around the largest part of the head, across the forehead and over the temples parallel to the floor.

5.1.4.3.2 Selection of Try-On Garment. Using the individual's head measurements and refer to the Size Prediction Table (Table 5-3) for the proper size cap.

Table 5-3. Cap, BDU, Size Prediction Table.

HEAD MEASUREMENT (INCHES)¹	BERET SIZE
20 1/8	6 3/8
20 1/2	6 1/2
20 7/8	6 5/8
21 1/4	6 3/4
21 5/8	6 7/8
22	7
22 3/8	7 1/8
22 3/4	7 1/4
23 1/8	7 3/8
23 1/2	7 1/2
23 7/8	7 5/8
24 1/4	7 3/4
24 5/8	7 7/8
25	8
25 3/8	8 1/8
25 3/4	8 1/4
26 1/8	8 3/8
26 1/2	8 1/2

¹ A tolerance of plus or minus 1/4-inch is allowed for each head measurement.

5.1.4.3.3 Alterations. Alteration of the cap is not authorized.

5.1.4.4 Coat, Cold Weather (Field Jacket).

5.1.4.4.1 Subgarments. The BDU Coat is required for sizing the cold weather coat.

5.1.4.4.2 Measurements. The chest, bust, and height measurements are needed for selection of the proper size and try-on garment.

5.1.4.4.3 Selection of Try-On Garment. Using the individual's chest, bust, and height measurements, refer to the Size Prediction Table (Table 5-4) for the size of the initial try-on garment. If the individual's measurements are close to the minimum or maximum indicated on the size prediction chart, select two sizes for try-on.

Table 5-4. Coat, Cold Weather (Field Jacket), Size Prediction Table.

CHEST (INCHES)	BUST (INCHES)	HEIGHT (INCHES)	COAT SIZE
Up to 33	Up to 36	Up to 63	X-Small, X- Short
Up to 33	Up to 36	63 – 67	X-Small, Short
Up to 33	Up to 36	67 – 71	X-Small, Regular
Up to 33	Up to 36	71 and up	X-Small, Long
33 – 37	36 – 40	Up to 63	Small, X-Short
33 – 37	36 – 40	63 – 67	Small, Short
33 – 37	36 – 40	67 – 71	Small, Regular
33 – 37	36 – 40	71 and up	Small, Long
37 – 41	40 – 44	Up to 63	Medium, X-Short
37 – 41	40 – 44	63 – 67	Medium, Short
37 – 41	40 – 44	67 – 71	Medium, Regular
37 – 41	40 – 44	71 and up	Medium, Long
41 – 45	-	63 – 67	Large, Short
41 – 45	-	67 – 71	Large, Regular
41 – 45	-	71 and up	Large, Long
45 and up	-	63 – 67	X-Large, Short
45 and up	-	67 – 71	X-Large, Regular
45 and up	-	71 and up	X-Large, Long

5.1.4.4.4 Alterations. Alteration of the cold weather coat is not authorized.

5.1.5 Final Check for Concept of Fit.

5.1.5.1 Trousers. When fitting the trousers, an exact fit is not required. Fit the trousers with the bottom of the waistband resting at the top of the hipbone and check the fit according to Figure 5-1 and Table 5-5.

5.1.5.2 Coat. Completely button the coat and check the fit according to Figure 5-1 and Table 5-5.

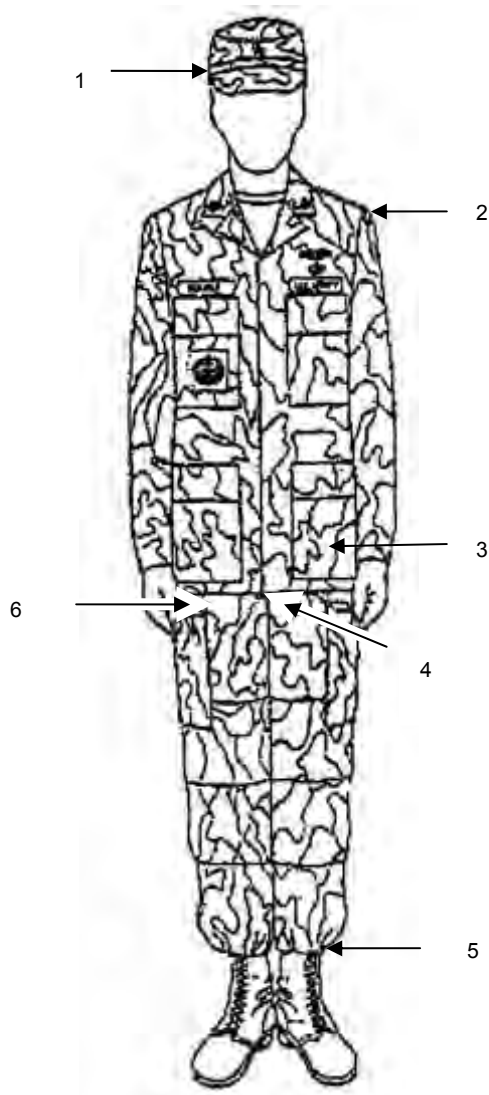


Figure 5-1. Fit of Battledress (Hot Weather or Temperate) Uniform.

Table 5-5. Fit of Battledress (Hot or Temperate Weather) Uniform.

FIGURE 5-1 KEY	CHECKS
1	The cap should fit snugly and level over the head, with the visor straight across the forehead. The bill of the cap should not block the individual's vision.
2	Coat should fit easily over chest/bust and shoulders, allowing free use of arms without discomfort.
3	When buttoned and waist straps are adjusted, the trousers must fit easily at the waist. The bottom edges in the front of the coat will protrude if the coat is too snug at the waist and hips.
4	The crotch of the trousers should not bind. Trousers must fit loosely enough at seat to allow squatting and bending.
5	The legs of the trousers must be long enough to allow blousing over the combat boots.
6	Coat fronts should be smooth and even at the bottom edges. Bottom edge of the coat must extent to the crotch near the top of the trouser's cargo pocket flap.

5.1.5.3 Coat, Cold Weather (Field Jacket). While the individual is wearing the coat, completely closed and worn over the BDU coat with arms by his/her side, check the fit according to Figure 5-2 and Table 5-6.

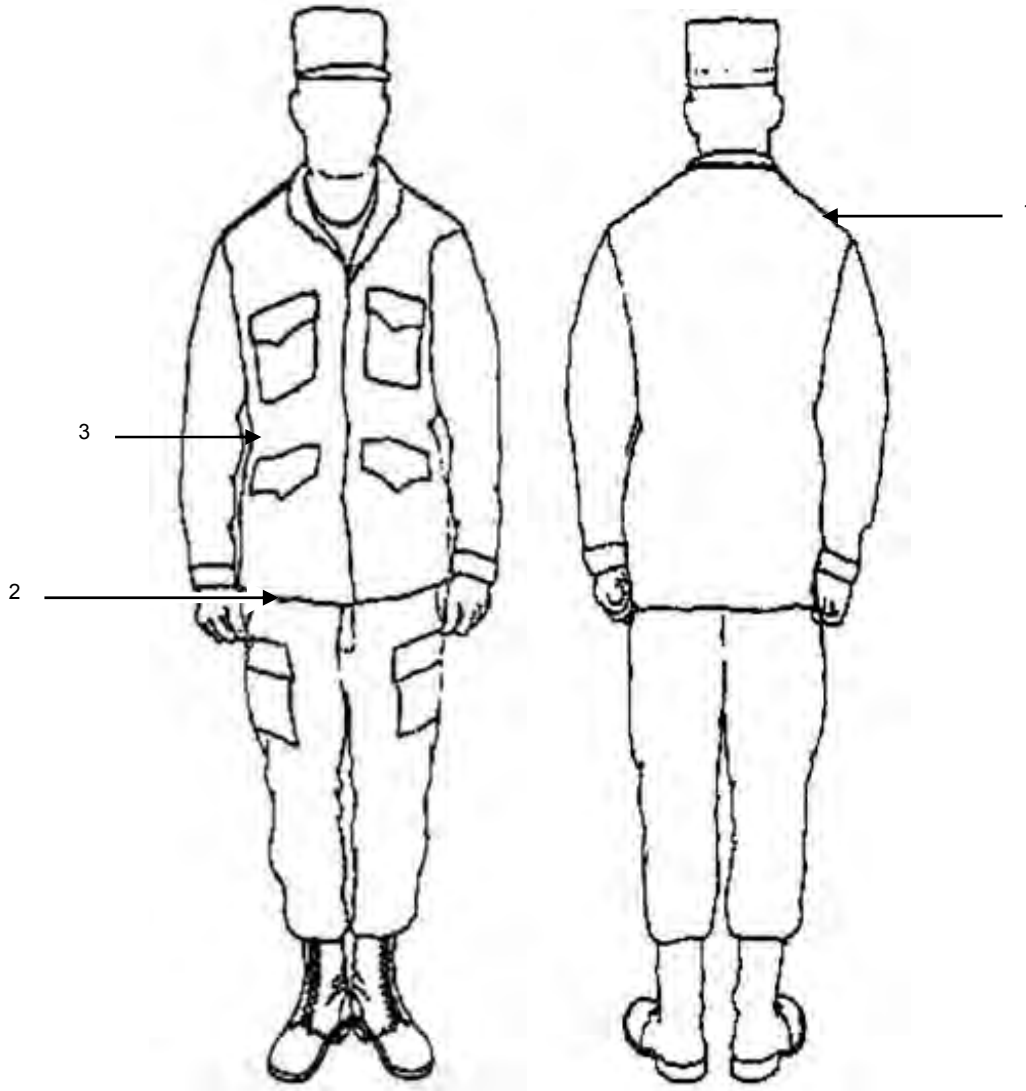


Figure 5-2. Fit of Coat, Cold Weather (Field Jacket).

Table 5-6. Fit of Coat, Cold Weather (Field Jacket).

FIGURE 5-2 KEY	CHECKS
1	The coat must fit easily over the chest/bust and shoulders, allowing free use of arms without discomfort.
2	Coat fronts should be smooth and even at the bottom edges. The bottom edge of the coat must fall below and completely cover the BDU coat underneath by at least 1 inch.
3	The coat must hang freely without tightness around the waist or hips. The bottom edges in the front of the coat will protrude if the coat is too snug at the waist and hips.

SECTION 6 FITTING OF FOOTWEAR ITEMS AND GLOVES

6.1. GENERAL PRINCIPLES.

Proper fitting of military footwear and gloves depends on the effectiveness and knowledge of the fitter. The following principles are provided as a basis for proper fitting methods and techniques.

6.1.1 Foot Construction. The foot is constructed so that each of its parts contributes directly to the supporting and transportation of the body weight. Structure, shape, and size of feet vary considerably with some feet long and narrow, and others short and wide. An individual's two feet are also seldom exactly alike. Despite their normal differences, most individuals can be correctly and comfortably fitted with standard military footwear.

6.1.1.1 Footwear Concept of Fit. The basic goals of proper fitting are to ensure maximum comfort and prevent foot injury. Properly fitted footwear will hold the foot securely from the lacing at the instep to the heel and have sufficient room in the front for the foot to be free from restriction. Figure 6-2, Item 2 shows a foot that is properly fitted. Arch base of shoe and ball joint of foot meet at the same point. Foot arch rests comfortably on shank of shoe, full length. Foot and shoe bend at the same place and there is no sagging. Toes are straight. There is ample space in front of the toes with no crowding. Toes have ample ventilation. These feet should be comfortable.

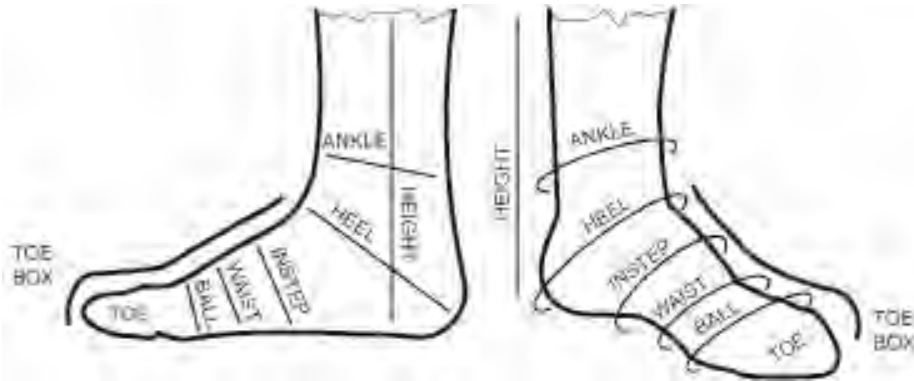


Figure 6-1. Parts of the Foot.



Figure 6-2. Proper Fitting of Footwear.

6.1.1.2 Misfitted Footwear. Improperly fitted footwear may cause many ailments, not all of them confined to the foot. The continual wearing of misfitted footwear may affect health, morale, and efficiency. Fallen arches, bunions, calluses, corns, blisters, ingrown toenails, distorted toes, and aching feet often result from poorly fitted footwear. Figure 6-2, Item 1 shows a foot that is improperly fitted. The toes are cramped and twisted. This condition stops ventilation and causes excessive perspiration which results in rotting of inner soles, linings, and upper leather. Short shoes such as these cause enlarged great toe joints and bunions, as well as general foot discomfort. Each step strains the foot arch. Without support under its entire arch span, the foot sags down, nerve and blood vessels are pinched, thereby interfering with circulation. Foot ailments usually follow these conditions. The following paragraphs describe the three types of misfitted footwear and the problems they may cause.

6.1.1.2.1 Short Footwear. Short footwear prevents natural expansion of the foot. Back pressure of the forepart of the foot transmitted to the arch jams arch bones out of normal position and contributes to fallen arches. Pressure forces a spreading of the toe joints, irritates the great and little toes, and contributes to ingrown toenails and the formation of bunions.

6.1.1.2.2 Tight Footwear. Tight footwear presses the toes together so that they often overlap and restrict the flow of blood. Frequently, the bottom of the foot is extended over the edge of the innersole, gradually pressing a groove into the flesh. This pressure causes the flesh to become sore and painfully calloused. Corns may form between and over the toes and the feet may become weakened, distorted, and permanently injured.

6.1.1.2.3 Oversize Footwear. Oversize footwear prevents normal foot function by failing to provide adequate support. As the foot spreads, it throws the weight-bearing portion of the foot out of position and abnormally expands the arch. The foot tends to ride forward and sideways, causing chafing at the heel, toes, bottom, and outside of the foot. When worn for running or long marches, oversize footwear will cause discomfort and fatigue.

6.1.2 Glove Concept of Fit. Mission requirements should be considered when choosing a glove. Tight gloves that are close to the skin provide less insulation than gloves with space between the hand and material.

6.2. MEASURING AND FITTING OF FOOTWEAR ITEMS AND GLOVES.

6.2.1 Fitting of Socks. Check socks when the individual is standing with weight evenly distributed on both feet. Socks should fit with no apparent tightness or fullness (wool socks should be fitted slightly larger to allow for shrinkage).

NOTE

The Size Correlation for Socks Table (Table 6-1), is only a guide for selecting the initial try-on size. Socks should be tried on and checked for proper fit.

Table 6-1. Size Correlation for Socks.

SHOE SIZE		SOCK SIZE		
MEN'S	WOMEN'S	BOOT	DRESS/LINER	
		XX-Small	5-7	
1		X-Small	7-9	
1 ½ – 2 ½	2 ½ – 3 ½			
3 – 4	4 – 5	Small	9-11	
4 ½ – 5 ½	5 ½ – 6 ½			
6 – 6 ½	6 ½ – 7 ½			
7 – 8	8 – 9	Medium		10-13
8 ½ – 9	9 ½ – 10 ½			
9 ½ – 10	10 ½ – 11 ½			
10 ½ – 11	11 ½ – 12	Large		
11 ½ - 12 ½	12 ½ – 13			
13 – 14		X-Large		
14 ½ – 16				

6.2.2 Foot Measuring Device.

6.2.2.1 Use. The foot measuring device (Figure 6-3) is used to measure the individual's feet for the initial try-on size. There are two other foot measuring devices that can be used to measure men's or women's feet for the initial try-on size. The devices measure the "heel to ball" length and the "ball" width. Even though the devices have proven to be 75% accurate, the actual size to be issued must be determined after the footwear has been tried on and checked for proper fit.



Figure 6-3. Foot Measuring Device.

6.2.2.2 Operation. To ensure an accurate measurement, make sure the individual is wearing properly fitted socks: green socks for combat boots and nylon black socks for low quarter shoes. Women's dress oxfords should be fitted while wearing nylons. There should be no apparent tightness or excessive fullness of the material. The following paragraphs define the operation procedures for the foot measuring device.

6.2.2.2.1 Seat the individual being fitted so the foot measuring device is located directly below the knees. In this position, the legs and feet are relaxed and can be easily placed on the device.

6.2.2.2.2 Place your hands over the individual's instep and position both feet on the device, making sure the feet are fitted snugly against the heel stop.

6.2.2.2.3 Have the individual stand and remove your hands from the instep.

6.2.2.2.4 Adjust the "heel to ball" measurement bar until it fits properly against the ball joint of the great toe. Hold in position and slide the ball width bar until it gently presses against the outer ball of the foot.

6.2.2.2.5 First read the "heel to ball" length measurement, then find the same length number on the ball width bar and determine the appropriate width. For example: if the "heel to ball" length measures size 8, and the number 8 on the ball width bar is in the "R" width block, the try-on size would be 8R. If the number on the ball width bar is near the dividing line of two widths, select the larger width for the try-on size.

6.2.2.2.6 Repeat on opposite foot.

6.2.3 Hand Sizing Tool.

6.2.3.1 Use. The hand sizing tool (Figure 6-4) provides a starting point for fitting of gloves based on the measurements of the hand. The device measures the length of the index finger and the width of the palm. The measurements are utilized to find the corresponding named and lettered size. Sizes include: X Small (XS), Small-Wide (SW), Small (S), Medium (M), Large (L), X Large (XL), Large-Long (LL), and XX Large (XXL). The Hand Sizing Tool is also designed to measure hands that fall outside of the 95th percentile by giving a numeric measurement to the index finger and an alpha character to the palm width measurement. Soldiers with hands that fall outside the 95th percentile can record their measurements to send in with their request for a special sized glove. The actual size to be issued must be determined after the glove has been tried on and checked for proper fit.

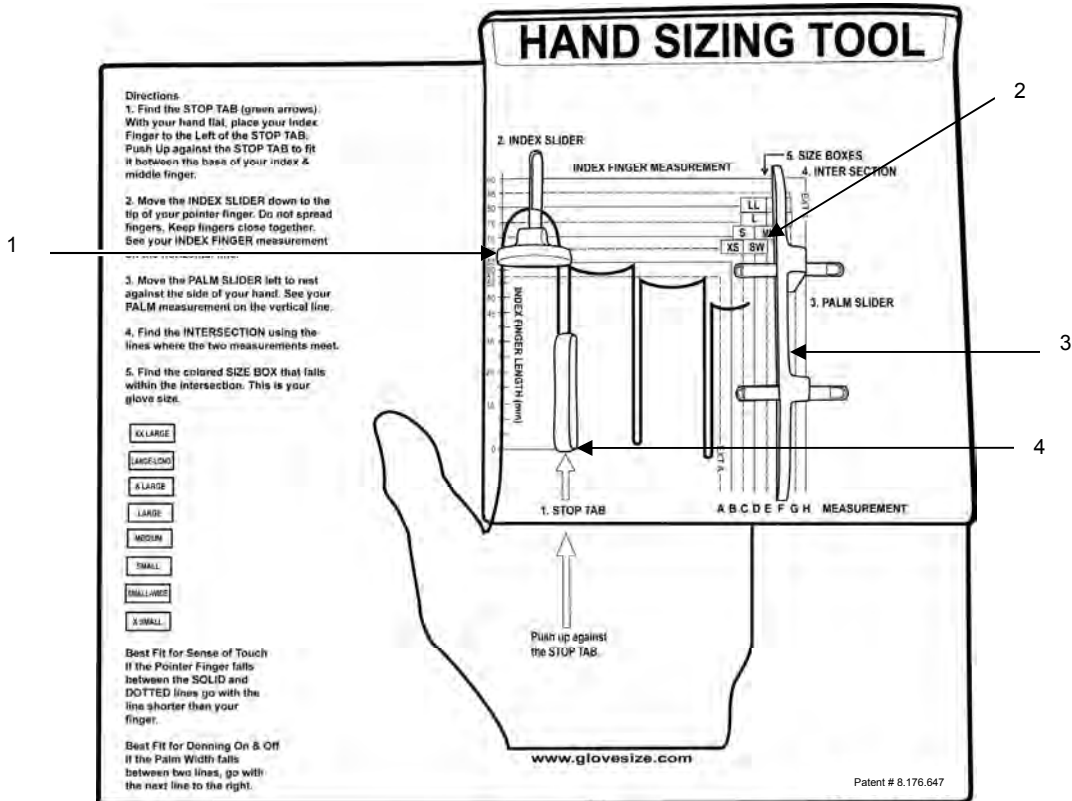


Figure 6-4. Hand Sizing Tool.

6.2.3.2 Operation.

6.2.3.2.1 Place right hand on the Hand Sizing Tool palm down. Ensure the pointer (index) finger is to the left of the Stop Tab (Figure 6-4, Item 4).

6.2.3.2.2 Slide the hand up against the Stop Tab to fit it snugly between the base of the pointer and middle finger.

6.2.3.2.3 Move the Pointer Slider (Figure 6-4, Item 1) to the tip of the pointer finger.

6.2.3.2.4 With fingers close together, move the Palm Slider (Figure 6-4, Item 3) to rest against the side of the hand.

6.2.3.2.5 Find the horizontal dotted or solid line closest to the tip of the pointer finger then find the vertical dotted or solid line closest to the side of the hand as indicated by the Palm Slider. Identify the Size Box (Figure 6-4, Item 2) where the two lines would meet if the lines continued. This is the glove size. If the glove size is between two Size Boxes, select either the smaller size for best sense of touch or the larger size for cold weather gloves or for ease of donning and doffing.

6.2.4 Footwear Selection for Initial Try-On Size.

6.2.4.1 Determining Length Size. Measure each foot separately and select initial try-on size by comparing the measured length of each foot. Select the initial try-on size as follows:

6.2.4.1.1 If both feet measure the same length size, select that size for the initial try-on. For example, if both feet measure size 8, select size 8 for initial try-on.

6.2.4.1.2 If one foot measures one-half size longer than the other, select the longer size for initial try-on.

6.2.4.1.3 If one foot measures a full size longer, select the size half way between the two sizes that were measured. For example, if one foot measures 8 1/2 and the other 7 1/2, select size 8 for the initial try-on.

6.2.4.1.4 When an individual cannot be properly fitted with one tariff size, try-on two different sizes. If the proper fit is achieved with two different sizes, there is no need for special measurement footwear. The individual will only be charged the single pair price and the remaining unused footwear disposed of in accordance with AR 700-84.

6.2.4.2 Determine Width Size. Measure each foot separately and compare the measured width of each foot as follows:

6.2.4.2.1 If both feet measure the same width, select that width for initial try-on. For example, if both feet measure regular (R) width, select the regular width for initial try-on.

6.2.4.2.2 If one foot measures a full width wider than the other, select the wider measurement for initial try-on.

6.2.4.2.3 If one foot measures two widths wider than the other, select the width half way between the two measurements. For example, if one foot measures regular (R) and the other measures extra narrow (XN), select narrow (N) for initial try-on.

6.2.4.2.4 If the foot measures more than half way between two widths, select the larger width for initial try-on. If the foot measures less than half way, select the smaller width.

6.2.4.2.5 When an individual cannot be properly fitted with one width of a specific footwear item, try on two different widths. If the proper width is achieved, special measurement footwear is not required. The individual will be charged the single pair price and the remaining unused footwear disposed of in accordance with AR 700-84.

6.2.5 Glove Selection for Initial Try-On Size.

6.2.5.1 Determining Length. If the pointer finger length falls between a solid and dotted line, follow the line shorter than the finger to the appropriate Size Box for best sense of touch. Follow the line longer than the finger to the appropriate Size Box for cold weather gloves.

6.2.5.2 Determine Width Size. If the palm width falls between a solid and dotted line, follow the line wider than the palm to the appropriate Size Box for ease of donning and doffing and for cold weather gloves.

6.2.6 Fitting of Footwear. During the initial fitting, the fitter should take as much time as necessary with each individual to ensure a correct fit. Misfits are not only expensive, but continued wear may result in physical injury to the wearer. To minimize the number of misfits, the fitter should first make sure the individual is wearing properly fitted socks and the shoes/boots are completely laced and tied (boots must be laced at least through the bottom five eyelets). With the individual standing, weight evenly distributed on both feet, the fitter must make the following checks.

6.2.6.1 Arch Fit. To check arch fit, position the right hand over the instep of the individual's right shoe/boot (Figure 6-5). Press the fingers firmly against the inner arch close to the sole, making sure the leather fits snug, but not tight, against the under arch. The arch area of the shoe/boot should be free from wrinkles or excessive fullness as demonstrated in the proper fit of Figure 6-6, Item 2. An improper fit displays wrinkles and pockets in the arch (Figure 6-6, Item 1). Check the left shoe/boot in the same manner, using the left hand.

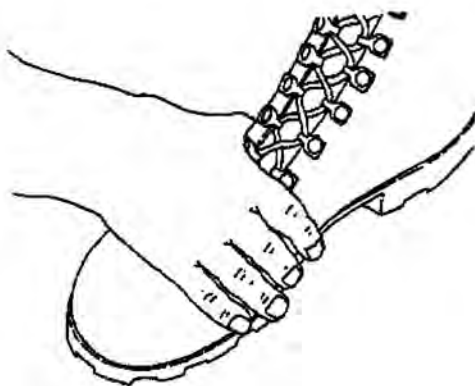


Figure 6-5. Measuring Arch Fit.

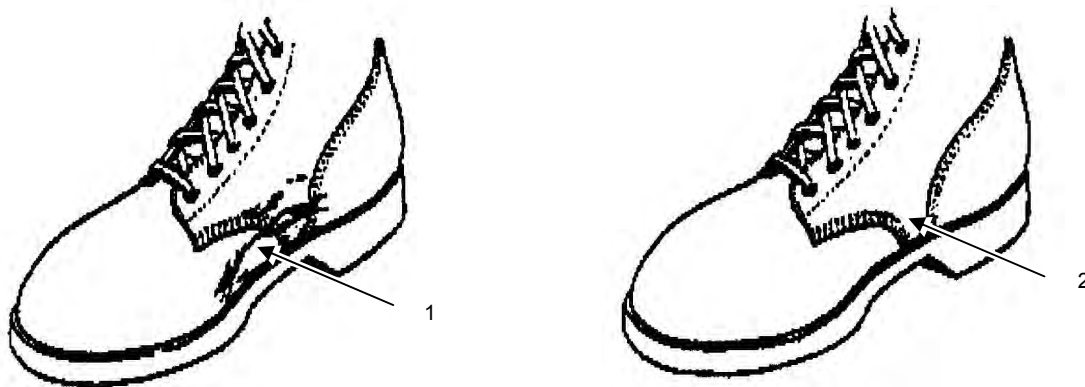


Figure 6-6. Proper and Improper Arch Fit.

6.2.6.2 Ball-Joint Position. Locate the ball-joint position with the thumb of each hand (Figure 6-7). When correctly positioned, the ball-joint will be opposite the widest part of the shoe/boot, and the vamp will fall directly across the toe joint. The ball-joint position should also be checked while the individual is in the "full knee bend" position. With the individual in this position, heels off the floor, the ball-joint should be in line with the break in the shoe/boot (Figure 6-8, Item 3). An improper fit is shown in Figure 6-8, Item 1 and Item 2.

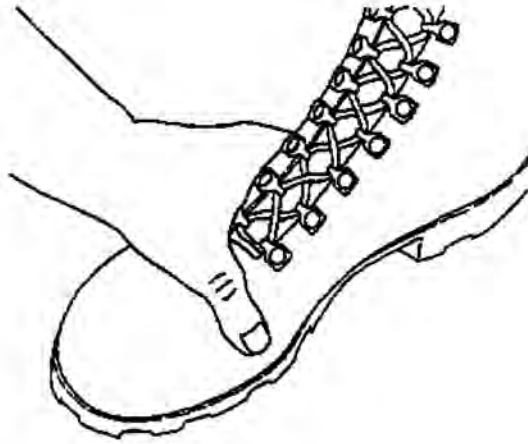


Figure 6-7. Locating Ball-Joint Position.

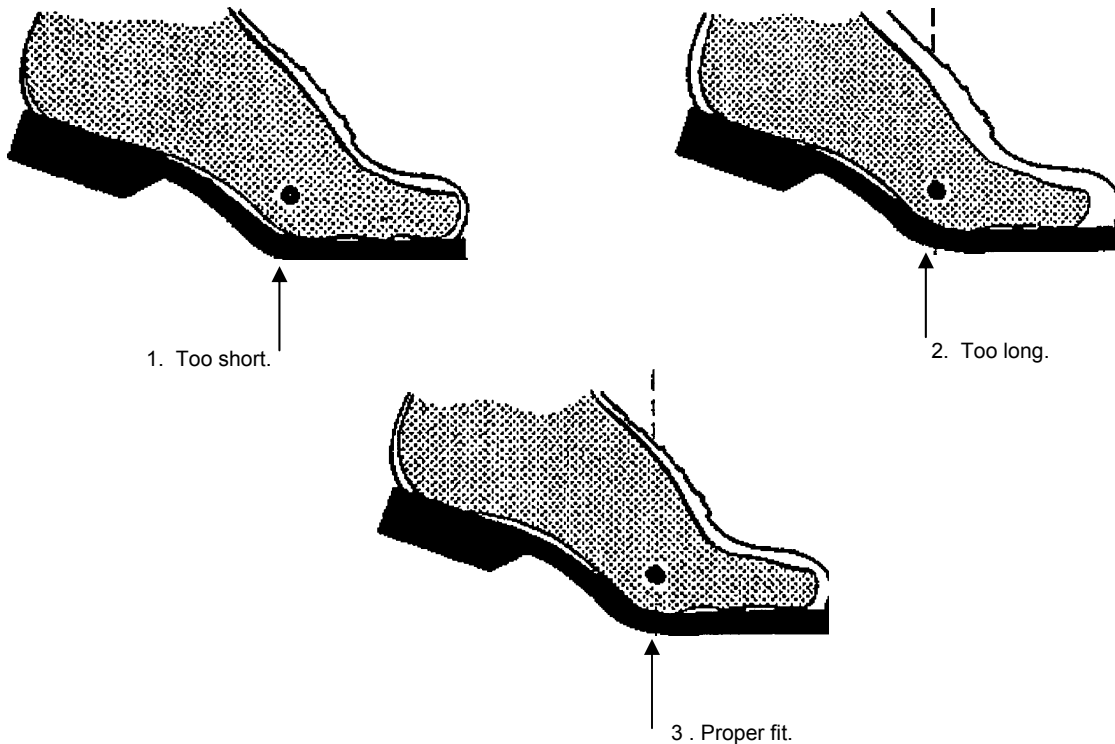


Figure 6-8. Proper and Improper Ball-Joint.

6.2.6.3 Width. To check the shoe width, place a thumb on each side of the shoe near the ball-joint. Press thumbs firmly, working each thumb towards the center of the shoe/boot until they almost meet (Figure 6-9). The foot should fill the shoe/boot without tightness; however, excessive fullness should be avoided. It is better to allow a slight fullness of the leather at this point, rather than the shoe/boot fitting too snugly.

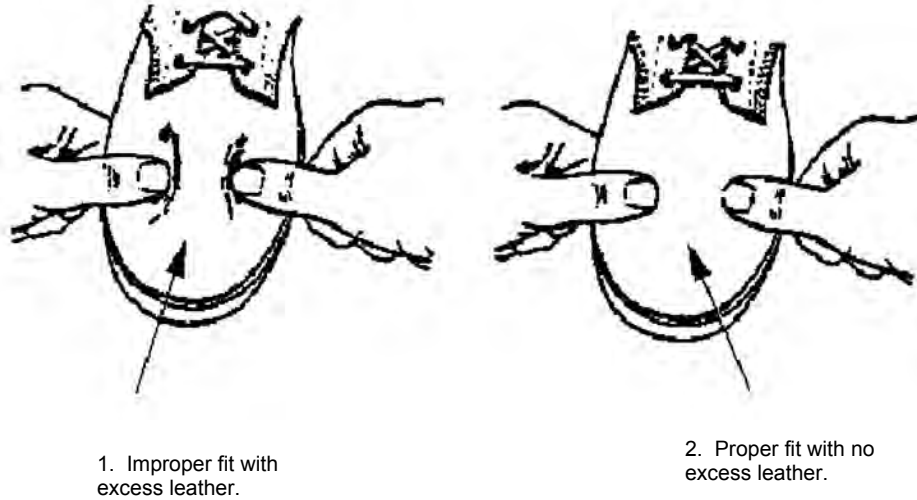


Figure 6-9. Proper and Improper Shoe/Boot Width.

6.2.6.4 Length. To check toe clearance, depress the front of the shoe/boot with the thumb: there should be at least 1/2-inch of clearance between the longest toe and the end of the shoe/boot (Figure 6-10). The foot should fill the shoe/boot without tightness; however, excessive fullness should be avoided. It is better to allow a slight fullness of the leather at this point, rather than the shoe/boot fitting too snugly.

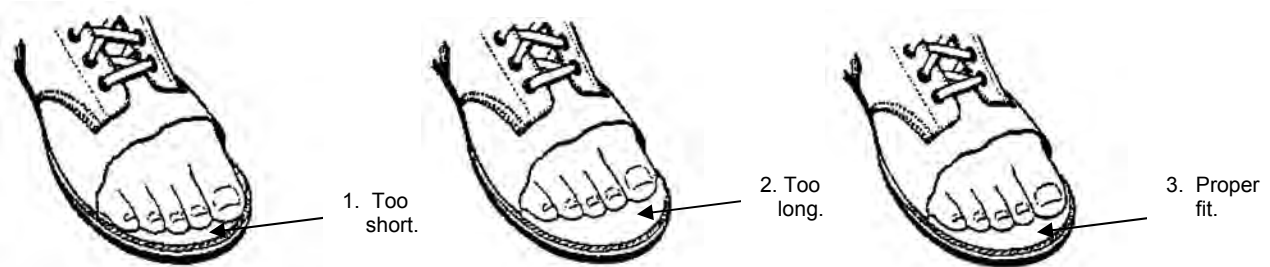


Figure 6-10. Proper and Improper Foot Clearance in Shoe.

6.2.7 Fitting of Gloves. Properly fitted gloves should feel comfortable over the knuckles when making a fist. Gloves should not cause pain or make the fingers tingle or turn cold.

6.3 SHOE FITTING FACILITIES.

6.3.1 General Requirements. The fitting area should be equipped with a shoe fitting platform, foot measuring devices, and an adequate number of chairs, benches, and tables. The shoe fitting platform should be designed to conform to the physical arrangement and available space at the facility, and should be large enough to accommodate the number of individuals normally processed daily.

6.3.2 Shoe Fitting Platform. A shoe fitting platform (Figure 6-11) 16 feet long, 3 feet wide, and 34 inches high is recommended. The platform should be equipped with a 12-foot long bench, 14 inches wide and 18 inches high, with a 9-foot kickboard.

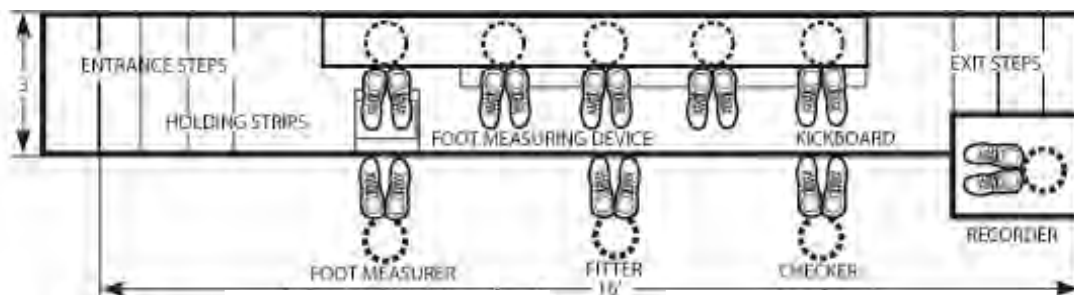


Figure 6-11. Shoe Fitting Platform.

SECTION 7 FITTING OF PHYSICAL FITNESS UNIFORM

7.1 MEN'S AND WOMEN'S PHYSICAL FITNESS UNIFORMS.

The Physical Fitness Uniform consists of a running jacket, running pants, trunks, short and long-sleeved T-shirts, white socks, and a fleece cap. The jacket is gray with a black "V" stripe design on front, back, and sleeves. The pants and trunks are black. The T-shirts are gray with short or long sleeves. These items are worn by both male and female Soldiers.

7.1.1 Design.

7.1.1.1 Running Jacket. The jacket is fully lined, has long raglan style sleeves, elastic wrists and jacket bottom, stand-up collar, full front opening zipper, front slash pockets with zippers, and underarm vent zippers.

7.1.1.2 Running Pants. The pants are fully lined, have an elastic waistband and ankles, two side hip pockets, and zippers at leg bottoms.

7.1.1.3 Trunks. The trunks are boxer style with a full fitting liner, elastic waist, inner change/key pocket, and identification card patch pocket on the right front thigh, and have reflective letters spelling "Army" on the front left thigh.

7.1.1.4 T-shirt. The T-shirt has short hemmed sleeves with crew neck collarette, black reflective letters spelling "Army" on the front, and black reflective "broken-pyramid" design on the back.

7.1.1.5 Long sleeve shirt. The long sleeve T-shirt has a mock turtle collarette, long sleeves with cuffs, black reflective letters spelling "Army" on the front, and black reflective "broken-pyramid" design on the back.

7.1.1.6 Socks. The socks shall be commercial off the shelf (COTS), white, athletic type with no logos or markings.

7.1.1.7 Athletic footwear. The athletic footwear shall be COTS items.

7.1.1.8 Cap. The cap is a snug fitting bell shape pull-on style with hem that may be cuffed or worn down.

7.1.2 Material.

7.1.2.1 Running Jacket. Gray plain weave, 2-ply nylon Supplex®

7.1.2.2 Running Pants. Black plain weave, 4-ply nylon Taslan

7.1.2.3 Trunks. Black plain weave, 2-ply nylon Supplex®

7.1.2.4 T-shirts. Heather gray, 100% polyester jersey

7.1.2.5 Socks. White

7.1.2.6 Cap. Foliage green, 100% polyester fleece

7.1.3 Sizing System.

7.1.3.1 Running Jacket and Pants. The Jacket and Pants are available in seven sizes: extra-small (X-S) through extra extra extra large (XXX-L) in short, regular, and long lengths.

7.1.3.2 Trunks and T-shirts. The trunks and T-shirts are available in seven sizes: extra-small (X-S) through extra extra extra large (XXX-L).

7.1.3.3 Cap. The cap is available in two sizes: small/medium (S/M) and large/extra large (L/XL).

7.1.4 General Fitting Procedures Although the polyester T-shirt is normally worn under the Physical Fitness Uniform, long underwear may also be worn under the jacket and pants appropriate to the weather conditions.

7.1.4.1 Running Jacket.

7.1.4.1.1 Subgarments. T-shirt is required for fitting of the Running Jacket.

7.1.4.1.2 Measurements. The chest/bust size and height are needed for selection of the proper try-on garment.

7.1.4.1.3 Selection of Try-on Garment. Using the individual's height and chest/bust measurements, refer to the Size Prediction Table (Table 7-1) for the size of the initial try-on garment. If the individual's measurements are close to the minimum or maximum indicated on the size prediction table, select two sizes for try-on.

Table 7-1. Jacket, PFU, Size Prediction Table.

CHEST/BUST (INCHES)	HEIGHT (INCHES)	JACKET SIZE
Up to 33	63 - 67	X-Small, Short
Up to 33	67 - 71	X-Small, Regular
Up to 33	71 - 75	X-Small, Long
33 - 37	63 - 67	Small, Short
33 - 37	67 - 71	Small, Regular
33 - 37	71 - 75	Small, Long
37 - 41	63 - 67	Medium, Short
37 - 41	67 - 71	Medium, Regular
37 - 41	71 - 75	Medium, Long
41 - 45	63 - 67	Large, Short
41 - 45	67 - 71	Large, Regular
41 - 45	71 - 75	Large, Long
45 - 49	63 - 67	X-Large, Short
45 - 49	67 - 71	X-Large, Regular
45 - 49	71 - 75	X-Large, Long
49 - 53	63 - 67	XX-Large, Short
49 - 53	67 - 71	XX-Large, Regular
49 - 53	71 - 75	XX-Large, Long
Above 53	63 - 67	XXX-Large, Short
Above 53	67 - 71	XXX-Large, Regular
Above 53	71 - 75	XXX-Large, Long

7.1.4.1.4 Alterations. Alteration of the Running Jacket is not authorized.

7.1.4.2 Running Pants.

7.1.4.2.1 Subgarments. Underwear is required for fitting the Running Pants.

7.1.4.2.2 Measurements. The waist and inseam length measurements are needed for selection of the proper size and try-on garment.

7.1.4.2.3 Selection of Try-on Garment. Using the individual's waist and inseam measurements, refer to the Size Prediction Table (Table 7-2) for the size of the initial try-on garment. The waistband should sit at the natural waistline, plus or minus 1/2 inch from the hipbone.

Table 7-2. Pants, PFU, Size Prediction Table.

WAIST (INCHES)	HEIGHT (INCHES)	PANTS SIZE
Up to 27	63 - 67	X-Small, Short
Up to 27	67 - 71	X-Small, Regular
Up to 27	71 - 75	X-Small, Long
27 – 31	63 - 67	Small, Short
27 – 31	67 - 71	Small, Regular
27 – 31	71 - 75	Small, Long
31 – 35	63 - 67	Medium, Short
31 – 35	67 - 71	Medium, Regular
31 – 35	71 - 75	Medium, Long
35 – 39	63 - 67	Large, Short
35 – 39	67 - 71	Large, Regular
35 – 39	71 - 75	Large, Long
39 – 43	63 - 67	X-Large, Short
39 – 43	67 - 71	X-Large, Regular
39 – 43	71 - 75	X-Large, Long
43 – 47	63 - 67	XX-Large, Short
43 – 47	67 - 71	XX-Large, Regular
43 – 47	71 - 75	XX-Large, Long
Above 47	63 - 67	XXX-Large, Short
Above 47	67 - 71	XXX-Large, Regular
Above 47	71 - 75	XXX-Large, Long

7.1.4.2.4 Alterations. Alteration of the Running Pants is not authorized.

7.1.4.3 Trunks.

7.1.4.3.1 Subgarments. Underwear is required for fitting the Trunks.

7.1.4.3.2 Measurements. The waist circumference measurement is needed for selection of the proper size and try-on garment.

7.1.4.3.3 Selection of Try-on Garment. Using the individual's waist measurement, refer to the Size Prediction Table (Table 7-3) for the size of the initial try-on garment. The waistband should sit at the natural waistline; plus or minus 1/2 inch from the hipbone. There shall be adequate ease through the hips for movement, approximately 4 inches. The pockets must lie flat without bulging.

Table 7-3. Trunks, PFU, Size Prediction Table.

WAIST (INCHES)	TRUNKS SIZE
Up to 27	X-Small
27 – 31	Small
31 – 35	Medium
35 – 39	Large
39 – 43	X-Large
43 – 47	XX-Large
Above 47	XXX-Large

7.1.4.3.4 Alterations. Alteration of the Trunks is not authorized.

7.1.4.4 T-shirts.

7.1.4.4.1 Measurements. The chest/bust circumference measurement is needed for selection of the proper size and try-on garment.

7.1.4.4.2 Try-on. Using the individual's chest/bust measurement, refer to the Size Prediction Table (Table 7-4) for the size of the initial try-on garment.

Table 7-4. T-Shirt, PFU, Size Prediction Table.

CHEST/BUST (INCHES)	T-SHIRT SIZE
Up to 33	X-Small
33 – 37	Small
37 – 41	Medium
41 – 45	Large
45 – 49	X-Large
49 – 53	XX-Large
Above 53	XXX-Large

7.1.4.4.3 Alterations. Alteration of the T-shirt is not authorized.

7.1.4.5 Final Check for Concept of Fit. While the individual is wearing the Running Jacket and Running Pants (Figure 7-1) check the following points:

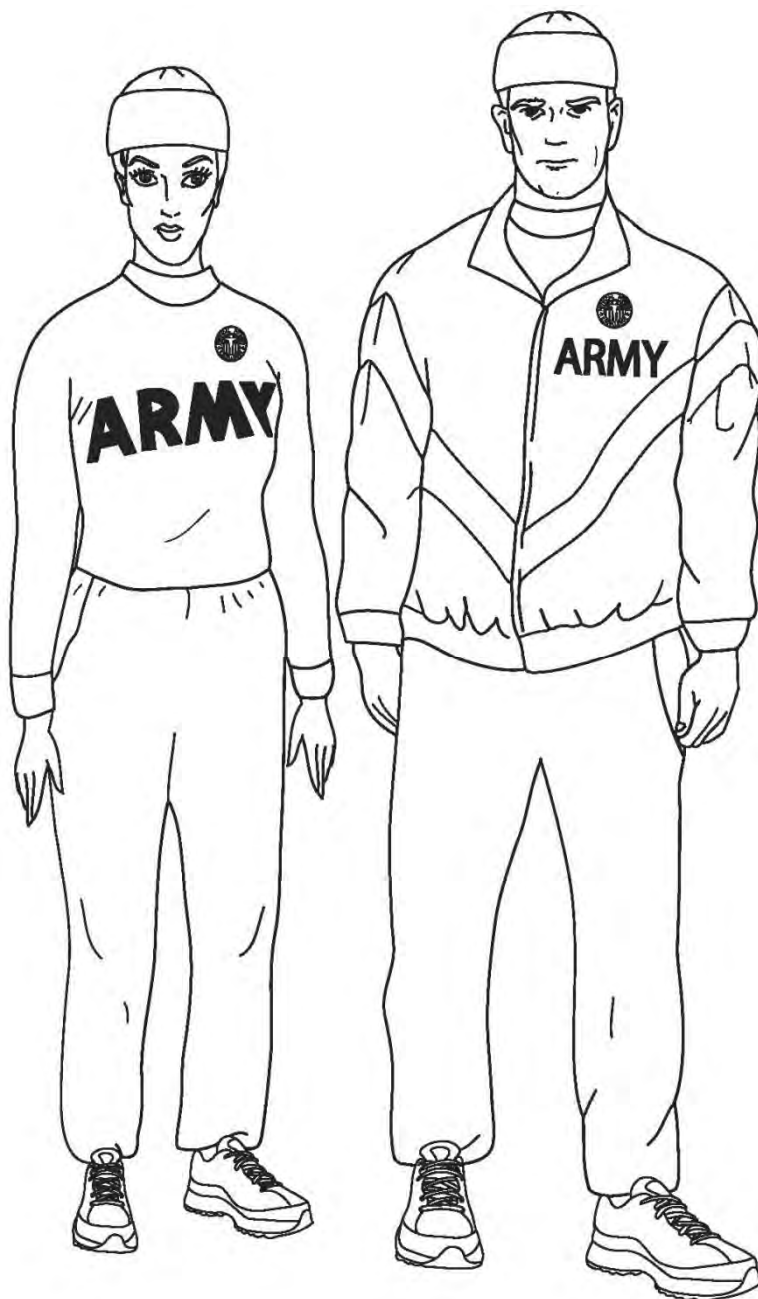


Figure 7-1. Running Jacket and Running Pants.

7.1.4.5.1 Running Jacket. The jacket should fit easily over the chest/bust and shoulders, allowing free use of arms without discomfort. The bottom of the jacket should cover the waistband of the pants/trunks and cover all subgarments. The sleeve length should reach the lower part of the wrist bone.

7.1.4.5.2 Running Pants/Trunks. The Running Pants/Trunks should fit snugly at the waist and smoothly over the hips with approximately 4 inches of ease over the hips. This shall be determined by pinching 1 inch excess material on the double on each side.

7.1.4.5.2.1 Crotch. Check to see that the crotch of the pants has sufficient ease to allow enough comfort for the Soldier. The properly fitted crotch will exhibit no vertical breaks, display no drooping or appear to have a tight binding effect to the wearer.

7.1.4.5.2.2 Length. The length of the pants must be long enough to reach the top of the running shoes.

7.1.4.5.3 Cap. The cap should fit snugly with the band above the eyes.

7.1.4.5.4 T-shirts. The T-shirt should fit easily over the chest/bust and shoulders, allowing free use of arms without discomfort. For the long sleeve shirt, the length should reach the lower part of the wrist bone (Figure 7-2).

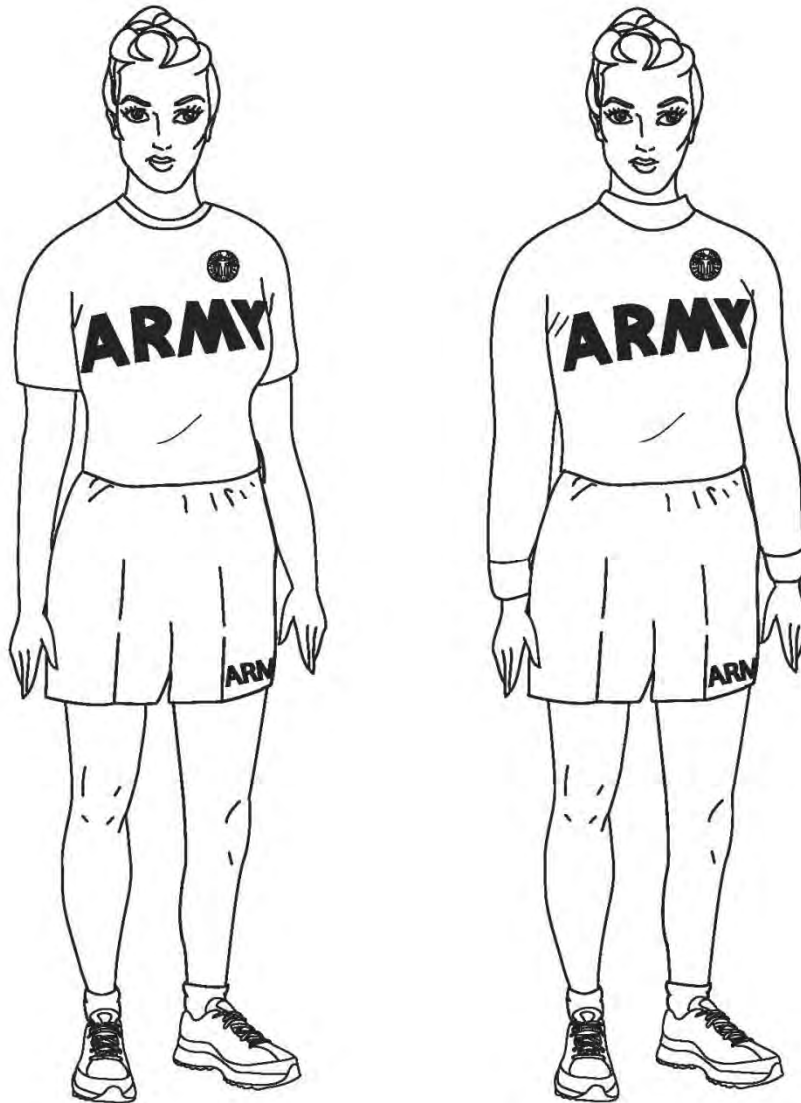


Figure 7-2. Physical Fitness Uniform Items.

SECTION 8 FITTING OF THE ARMY COMBAT UNIFORM (ACU) PERMETHRIN, ARMY COMBAT UNIFORM-ALTERNATE (ACU-A) PERMETHRIN, THE FLAME RESISTANT ARMY COMBAT UNIFORM (FR ACU) PERMETHRIN, THE MATERNITY UTILITY WORK UNIFORM, THE PATROL CAP, AND THE SUN HAT

8.1 MEN'S AND WOMEN'S ARMY COMBAT UNIFORMS.

The Army Combat Uniform (ACU), Army Combat Uniform-Alternate (ACU-A) and the Flame Resistant Army Combat Uniform (FR ACU) consists of a coat, trousers, and a Patrol Cap. The uniform is printed in a Universal Camouflage Pattern (UCP) or Operation Enduring Freedom Camouflage Pattern (OCP). These items are worn by both male and female Soldiers. The Maternity Utility Work Uniform consists of a coat, trousers, and Patrol Cap. The uniform is printed in UCP. These items are a year-round duty uniform worn by pregnant Soldiers. The Hat, Sun, Hot Weather commonly called the Sun Hat is a hat worn for sun protection by both male and female Soldiers. The Sun Hat is printed in UCP or OCP. All Uniforms except the Maternity Utility Work Uniform and headwear have permethrin treatment.

8.1.1 Design.

8.1.1.1 Coats. The coat has two patch pockets on the left and right chest that are slanted inwards, cargo left and right upper sleeve pockets, a pencil pocket on the bottom left sleeve, a center front concealed slide fastener with front hook and loop closure, a stand up style collar, a straight cut bottom, and long sleeves with button cuffs. The coat has a bi-swing back. The ACU and ACU-A have reinforced elbow patches while the FR ACU has concealed elbow patch pockets for foam inserts. The coat has permanent infrared reflective patches on each side of the upper sleeve pocket. The FR ACU has an identifying tape patch on the left sleeve cuff for easy identification of flame resistance. Either coat may be permethrin treated for permanent insect protection. The Maternity Utility Work Uniform coat is a loosely fitted coat designed with a single-breasted, buttoned placket closure, pointed convertible collar, two lower patch pockets with flaps closed by hook and loop fasteners, side pleats with buttoned tabs closures, and long sleeves with buttoned tabs at wrist. For placement of insignia, loop fastener tape sewn is on upper sleeves, left and right on the upper chest, and one piece on exterior of upper placket front.

8.1.1.2 Trousers. The trousers have a button front fly, left and right hip pockets with flaps, slash left and right side hip pockets, left and right thigh bellowed cargo pockets with button flaps, right and left calf bellowed cargo pockets with button flaps, a reinforced seat, and leg hem draw cords. The ACU and FR ACU have a drawcord waist while the ACU-A has an elasticized waistband. The ACU and ACU-A have reinforced knee patches while the FR ACU has concealed knee patch pockets for foam inserts. The FR ACU Trousers have an identifying patch on the left cargo pocket flap. Either trouser may be permethrin treated for permanent insect protection. The Maternity Utility Work Uniform trousers have an elasticized waistband, horizontal front stretch panel, left and right thigh patch pockets with flaps closed by hook and loop fasteners, and unfinished leg hems for slack length adjustment.

8.1.1.3 Patrol Cap. The Patrol Cap is a visor style with a soft crown. The Patrol Cap has an inner crown lining forming a pocket. A piece of loop fastener tape is located on the outside back band for name tape attachment. The Patrol Cap matches the camouflage pattern of the ACU, ACU-A, FR ACU, and the Maternity Uniform and is the primary headgear for these duty uniforms.

8.1.1.4 Sun Hat. The Sun Hat (Figure 8-1) is a lightweight, soft crown hat with a wide quilted stitched brim, lower side crown with tacked webbing loops around circumference, upper side crown four ventilation holes, and a chin strap with a barrel lock or leather keeper to secure hat.

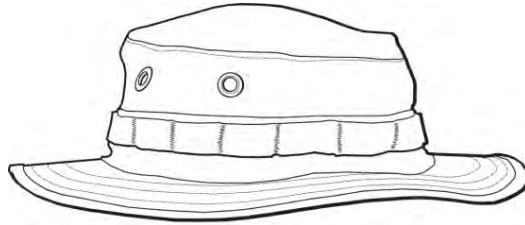


Figure 8-1. Sun Hat.

8.1.2 Material.

8.1.2.1 Coat and Trousers.

8.1.2.1.1 Coat and Trousers, ACU and ACU-A. The ACU and ACU-A coat and trousers are made of a 50% nylon and 50% cotton wind-resistant ripstop poplin cloth printed in a UCP and treated with permethrin and a wrinkle resistant finish.

8.1.2.1.2 Coat and Trousers, FR ACU. The FR ACU is made of flame resistant ripstop poplin material printed in a UCP or OCP and treated with permethrin and a wrinkle resistant finish.

8.1.2.1.3 Coat and Trousers, Maternity Utility Work Uniform. The coat and trousers are made of 50% nylon and 50% cotton blend, wind-resistant poplin cloth, printed in the UPC. The slacks front stretch panel is made of a 1 x 1 stretch nylon yarn rib knit.

8.1.2.2 Patrol Cap. The Patrol Cap is made of 50% nylon and 50% cotton ripstop poplin cloth printed in a UCP or OCP and treated with a water-repellent finish.

8.1.2.3. Sun Hat. The Sun Hat is made of a 50% nylon and 50% cotton blend, wind resistant ripstop poplin cloth printed in Desert Camouflage Printed or 50% nylon and 50% cotton blend, wind resistant ripstop poplin, water-repellent treated cloth printed in a Woodland Camouflage Pattern, UCP, or OCP.

8.1.3 Sizing System.

8.1.3.1 Coats. The ACU and FR ACU coats are available in 37 sizes: extra-small through extra extra-large in extra extra-short through extra extra-long lengths. The ACU-A is available in 16 sizes: 30 through 39 in extra-short through extra-long. The Maternity Utility Work Uniform coat is available in 27 sizes: even sizes 6 – 22 in short, regular, and long.

8.1.3.2 Trousers. The ACU and FR ACU trousers are available in 36 sizes: extra-small through extra-extra-large in extra-short through extra-extra-long lengths. The ACU-A is available in 16 sizes: 25 through 35 in extra-short through extra-long. The Maternity Utility Work Uniform trousers are available in 27 sizes: even sizes 6 – 22 in short, regular, and long.

8.1.3.3 Patrol Cap. The cap is available in 18 sizes with 1/8-inch increments from sizes 6 3/8 through 8 1/2. The circumference of the cap is graded in 3/8-inch increments.

8.1.3.4. Sun Hat. The Sun Hat is available in 14 sizes with 1/8-inch increments for cap circumference from sizes 6-3/8 to 8. The circumference of the hat is graded in 3/8-inch increments.

8.1.4 General Fitting Procedures. Although the cotton or moisture wicking polyester t-shirts and underwear are normally worn under the uniforms, the winter underwear may also be worn.

8.1.4.1 Trousers.

8.1.4.1.1 Sub-garments. Underwear and cushion sole socks are required for fitting the Uniform trousers.

8.1.4.1.2 Measurements. The waist and inseam measurements are needed for the selection of the proper size and fit of garment.

8.1.4.1.3 Try On. Using the individual's waist and inseam measurements, refer to the Size Prediction Tables (Table 8-1, Table 8-2, or Table 8-3) for the size of the initial try on garment. If the individual's measurements are close to the minimum or maximum indicated on the size prediction table, try on first predicted size, evaluate fit and try on second size as needed. Make sure the bottom of the waistband is positioned at the natural waist. Up to 4 inches is allowed at the waistline, to be adjusted with the waist drawcord, for the ACU and FR ACU. Up to 3 inches is allowed at the waistline for the ACU-A with elastic waistband. The Maternity Work Utility Uniform trouser sizing system is based on commercial sizes.

Table 8-1. Trousers, ACU and FR ACU Size Prediction Table.

WAIST (INCHES)	INSEAM (INCHES)	SIZE
Up to 27	Up to 26-1/2	X-Small, X-Short
Up to 27	26-1/2 to 29-1/2	X-Small, Short
Up to 27	29-1/2 to 32-1/2	X-Small, Regular
Up to 27	32-1/2 to 35-1/2	X-Small, Long
Up to 27	35-1/2 to 38-1/2	X-Small, X-Long
Up to 27	Over 38-1/2	X-Small, XX-long
27 – 31	Up to 26-1/2	Small, X-Short
27 – 31	26-1/2 to 29-1/2	Small, Short
27 – 31	29-1/2 to 32-1/2	Small, Regular
27 – 31	32-1/2 to 35-1/2	Small, Long
27 – 31	35-1/2 to 38-1/2	Small, X-Long
27 – 31	Over 38-1/2	Small, XX-long
31 – 35	Up to 26-1/2	Medium, X-Short
31 – 35	26-1/2 to 29-1/2	Medium, Short
31 – 35	29-1/2 to 32-1/2	Medium, Regular
31 – 35	32-1/2 to 35-1/2	Medium, Long
31 – 35	35-1/2 to 38-1/2	Medium, X-Long
31 – 35	Over 38-1/2	Medium, XX-long
35 – 39	Up to 26-1/2	Large, X-Short
35 – 39	26-1/2 to 29-1/2	Large, Short
35 – 39	29-1/2 to 32-1/2	Large, Regular
35 – 39	32-1/2 to 35-1/2	Large, Long
35 – 39	35-1/2 to 38-1/2	Large, X-Long
35 – 39	Over 38-1/2	Large, XX-long
39 – 43	Up to 26-1/2	X-Large, X-Short
39 – 43	26-1/2 to 29-1/2	X-Large, Short
39 – 43	29-1/2 to 32-1/2	X-Large, Regular
39 – 43	32-1/2 to 35-1/2	X-Large, Long
39 – 43	35-1/2 to 38-1/2	X-Large, X-Long
39 – 43	Over 38-1/2	X-Large, XX-long
43 – 47	Up to 26-1/2	XX-Large, X-Short
43 – 47	26-1/2 to 29-1/2	XX-Large, Short
43 – 47	29-1/2 to 32-1/2	XX-Large, Regular
43 – 47	32-1/2 to 35-1/2	XX-Large, Long
43 – 47	35-1/2 to 38-1/2	XX-Large, X-Long
43 – 47	Over 38-1/2	XX-Large, XX-long

Table 8-2. Trousers, ACU-A Size Prediction Table.

WAIST (INCHES)	INSEAM (INCHES)	SIZE
25 – 28	24 to 26	25, X-Short
25 – 28	26 to 28	25, Short
25 – 28	28 to 30	25, Regular
28 – 31	24 to 26	28, X-Short
28 – 31	26 to 28	28, Short
28 – 31	28 to 30	28, Regular
28 – 31	30 to 32	28, Long
31 – 35	24 to 26	31, X-Short
31 – 35	26 to 28	31, Short
31 – 35	28 to 30	31, Regular
31 – 35	30 to 32	31, Long
31 – 35	32 to 34	31, X-Long
35 – 39	26 to 28	35, Short
35 – 39	28 to 30	35, Regular
35 – 39	30 to 32	35, Long
35 – 39	32 to 34	35, X-Long

Table 8-3. Trousers, Maternity Utility Work Uniform Size Prediction Table.

WAIST (INCHES)	INSEAM (INCHES)¹	SIZE
23 - 24	32	6 Short
23 - 24	33-1/2	6 Regular
23 - 24	35	6 Long
24 - 25	32	8 Short
24 - 25	33-1/2	8 Regular
24 - 25	35	8 Long
25 -26	32	10 Short
25 -26	33-1/2	10 Regular
25 -26	35	10 Long
26 -28	32	12 Short
26 -28	33-1/2	12 Regular
26 -28	35	12 Long
28 - 29	32	14 Short
28 - 29	33-1/2	14 Regular
28 - 29	35	14 Long
29 -31	32	16 Short
29 -31	33-1/2	16 Regular
29 -31	35	16 Long
31 -33	32	18 Short
31 -33	33-1/2	18 Regular
31 -33	35	18 Long
32 - 36	32	20 Short
32 - 36	33-1/2	20 Regular
32 - 36	35	20 Long
35 - 37	32	22 Short
35 - 37	33-1/2	22 Regular
35 - 37	35	22 Long

¹ Slacks are issued without hemmed bottom.

8.1.4.1.4 **Alterations.** If the proper length is not available, select a longer length and shorten to the proper length. This is the only alteration allowed on the trousers.

8.1.4.2 Coats.

8.1.4.2.1 Subgarments. A cotton or moisture wicking polyester t-shirt is required for proper fit of the coats.

8.1.4.2.2 Measurements. The chest/bust size and height measurements are needed for selection of the proper size and try-on garment.

8.1.4.2.3 Selection of Try-On Garment. Using the individual's height and chest/bust measurements, refer to the Size Prediction Tables (Table 8-4, Table 8-5, or Table 8-6) for the size of the initial try-on garment. If the individual's measurements are close to the minimum or maximum indicated on the size prediction table, try on first predicted size, evaluate fit and try on second size as needed. The Coat, Maternity, Work Utility Uniform sizing system is based on commercial sizes.

Table 8-4. Coat, ACU and FR ACU Size Prediction Table.

CHEST/BUST (INCHES)	HEIGHT (INCHES)	SIZE
Up to 33	55 – 59	X-Small, XX-Short
Up to 33	59 – 63	X-Small, X-Short
Up to 33	63 – 67	X-Small, Short
Up to 33	67 – 71	X-Small, Regular
Up to 33	71 – 75	X-Small, Long
Up to 33	75 – 79	X-Small, X-Long
33 – 37	55 – 59	Small, XX-Short
33 – 37	59 – 63	Small, X-Short
33 – 37	63 – 67	Small, Short
33 – 37	67 – 71	Small, Regular
33 – 37	71 – 75	Small, Long
33 – 37	75 – 79	Small, X-Long
37 – 41	55 – 59	Medium, XX-Short
37 – 41	59 – 63	Medium, X-Short
37 – 41	63 – 67	Medium, Short
37 – 41	67 – 71	Medium, Regular
37 – 41	71 – 75	Medium, Long
37 – 41	75 – 79	Medium, X-Long
37 – 41	Above 79	Medium, XX-Long
41 – 45	55 – 59	Large, XX-Short
41 – 45	59 – 63	Large, X-Short
41 – 45	63 – 67	Large, Short
41 – 45	67 – 71	Large, Regular
41 – 45	71 – 75	Large, Long
41 – 45	75 – 79	Large, X-Long
41 – 45	Above 79	Large, XX-Long
45 – 49	55 – 59	X-Large, XX-Short
45 – 49	59 – 63	X-Large, X-Short
45 – 49	63 – 67	X-Large, Short
45 – 49	67 – 71	X-Large, Regular
45 – 49	71 – 75	X-Large, Long
45 – 49	75 – 79	X-Large, X-Long
45 – 49	Above 79	X-Large, XX-Long
49 – 53	67 – 71	XX-Large, Regular
49 – 53	71 – 75	XX-Large, Long
49 – 53	75 – 79	XX-Large, X-Long
49 – 53	Above 79	XX-Large, XX-Long

Table 8-5. Coat, ACU-A Size Prediction Table.

CHEST/BUST (INCHES)	HEIGHT (INCHES)	SIZE
30 – 33	54 to 58	30, X-Short
30 – 33	58 to 62	30, Short
30 – 33	62 to 66	30, Regular
33 – 36	54 to 58	33, X-Short
33 – 36	58 to 62	33, Short
33 – 36	62 to 66	33, Regular
33 – 36	66 to 70	33, Long
36 – 39	54 to 58	36, X-Short
36 – 39	58 to 62	36, Short
36 – 39	62 to 66	36, Regular
36 – 39	66 to 70	36, Long
36 – 39	70 to 74	36, X-Long
39 – 42	58 to 62	39, Short
39 – 42	62 to 66	39, Regular
39 – 42	66 to 70	39, Long
39 – 42	70 to 74	39, X-Long

Table 8-6. Coat, Maternity, Utility Work Uniform Size Prediction Table.

CHEST/BUST (INCHES)	HEIGHT (INCHES)	SIZE
32-1/2 – 33-1/2	Less than 63	6 Short
32-1/2 – 33-1/2	63-1/2 – 67	6 Regular
32-1/2 – 33-1/2	67 – 70-1/2	6 Long
33-1/2 – 34-1/2	Less than 63	8 Short
33-1/2 – 34-1/2	63-1/2 – 67	8 Regular
33-1/2 – 34-1/2	67 – 70-1/2	8 Long
34-1/2 – 36	Less than 63	10 Short
34-1/2 – 36	63-1/2 – 67	10 Regular
34-1/2 – 36	67 – 70-1/2	10 Long
36 – 37-1/2	Less than 63	12 Short
36 – 37-1/2	63-1/2 – 67	12 Regular
36 – 37-1/2	67 – 70-1/2	12 Long
37-1/2 - 39	Less than 63	14 Short
37-1/2 - 39	63-1/2 – 67	14 Regular
37-1/2 - 39	67 – 70-1/2	14 Long
39 – 41	Less than 63	16 Short
39 – 41	63-1/2 – 67	16 Regular
39 – 41	67 – 70-1/2	16 Long
41 – 43	Less than 63	18 Short
41 – 43	63-1/2 – 67	18 Regular
41 – 43	67 – 70-1/2	18 Long
43 – 45	Less than 63	20 Short
43 – 45	63-1/2 – 67	20 Regular
43 – 45	67 – 70-1/2	20 Long
45 – 47	Less than 63	22 Short
45 – 47	63-1/2 – 67	22 Regular
45 – 47	67 – 70-1/2	22 Long

8.1.4.2.4 Alterations. Alteration of the coat is not authorized.

8.1.4.3 Patrol Cap.

8.1.4.3.1 Measurements. If the cap size is not known, measure around the largest part of head, across the forehead and over the temples. This measurement is taken across the forehead approximately 1 inch above the eye brows and slightly above the ears. When taking this head measurement, keep tape measure parallel to the floor.

8.1.4.3.2 Selection of Try-On Garment. Using the individual's head measurements and refer to the Size Prediction Table (Table 8-7) for the proper size cap for the initial try-on. If the individual's measurements are close to the minimum or maximum indicated on the size prediction table, try on first predicted size, evaluate fit and try on second size as needed. Soldier must try on the Patrol Cap to ensure proper fit.

Table 8-7. Patrol Cap Size Prediction Table.

HEAD MEASUREMENT (INCHES)¹	SIZE
20 1/8	6 3/8
20 1/2	6 1/2
20 7/8	6 5/8
21 1/4	6 3/4
21 5/8	6 7/8
22	7
22 3/8	7 1/8
22 3/4	7 1/4
23 1/8	7 3/8
23 1/2	7 1/2
23 7/8	7 5/8
24 1/4	7 3/4
24 5/8	7 7/8
25	8
25 3/8	8 1/8
25 3/4	8 1/4
26 1/8	8 3/8
26 1/2	8 1/2

¹ A tolerance of plus or minus 1/4-inch is allowed for each head measurement.

8.1.4.3.3 Alterations. Alteration of the cap is not authorized.

8.1.4.4 Sun Hat.

8.1.4.4.1 Measurements. If the Sun Hat size is not known, measure around the largest part of head, across the forehead and over the temples. This measurement is taken across the forehead approximately 1 inch above the eye brows and slightly above the ears. When taking this head measurement, keep tape measure parallel to the floor.

8.1.4.4.2 Selection of Try-On Garments. Using the individual's head measurement, refer to the Size Prediction Table (Table 8-8) for the proper size hat for the initial try-on. If the individual's measurements are close to the minimum or maximum indicated on the size prediction table, try on first predicted size, evaluate fit and try on second size as needed. Soldier must try on Sun Hat to ensure proper fit.

Table 8-8. Hat, Sun, Hot Weather, Size Prediction Table.

HEAD MEASUREMENT (INCHES) ¹	SIZE
20-1/8	6-3/8
20-1/2	6-1/2
20-7/8	6-5/8
21-1/4	6-3/4
21-5/8	6-7/8
22	7
22-3/8	7-1/8
22-3/4	7-1/4
23-1/8	7-3/8
23-1/2	7-1/2
23-7/8	7-5/8
24-1/4	7-3/4
24-5/8	7-7/8
25	8

¹ A tolerance of plus or minus 1/4-inch is allowed for each head measurement.

8.1.4.4.3 Alterations. Alteration of the Sun Hat is not authorized.

8.1.4.5. Final Check for Concept of Fit, ACU, ACU-A, FR ACU, and Patrol Cap. While the individual is wearing the appropriate undergarments, ensure the coat is completely fastened and the bottom of the trouser waistband is resting at the natural waist. The ACU-A should fall at belly button. Check for proper concept of fit according to Figure 8-2 and Table 8-9.

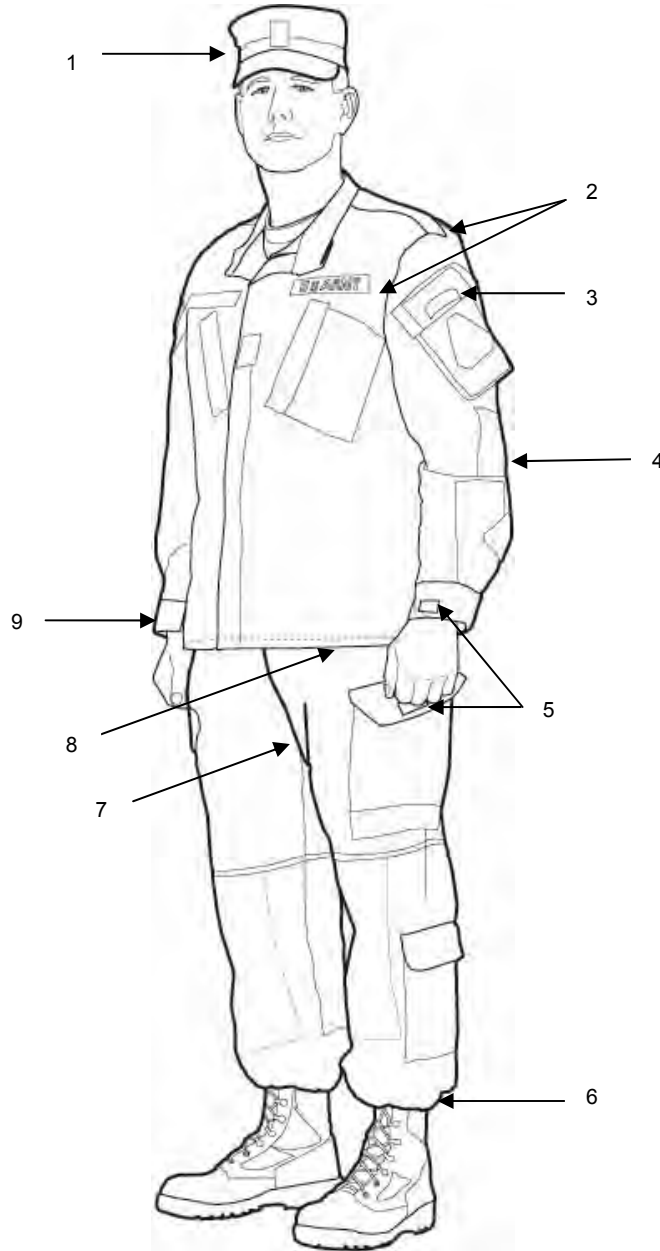


Figure 8-2. ACU, ACU-A, FR ACU, and Patrol Cap.

Table 8-9. Proper Fit Guidelines for the ACU, ACU-A, FR ACU, and Patrol Cap.

FIGURE 8-2 KEY	CHECKS
1	The cap should fit snugly and level over the head with the visor straight across the forehead. The Patrol Cap will fit comfortably around the largest part of the head without distortion or gaps. The bill (visor) of the cap should not block the individual's vision.
2	Coat should fit easily over chest/bust and shoulders allowing free use of arms without discomfort.
3	Permanent infrared feedback squares affixed to each upper sleeve pocket for nighttime identification.
4	The FR elbow patch with hook and loop closure for internal elbow pad inserts must be closed at all times. When elbow is bent, the elbow should fall in the middle of the patch.
5	Location of FR ACU Identification Patches (FR ACU only).
6	The leg of the trousers must be long enough to allow blousing over the combat boot or to be tucked into the boot. The FR knee patch with hook and loop closure for internal knee pad inserts should be closed at all times. When knee is bent, the knee should fall in the middle of the patch.
7	The crotch of the trousers should not bind. Trousers must fit loose enough at the hips and seat to allow squatting and bending.
8	Bottom edge of coat must extend to the crotch area near the top of the trousers cargo pocket flap. The coat shall not extend below the top of the cargo pocket on the trousers and shall not be higher than the bottom of the side pocket on the trousers. Coat must hang freely without tightness around the waist or hips. Coat fronts should be smooth and even at the bottom edges. The bottom edges in the front of the coat will protrude if the coat is too snug at the waist and hips.
9	The sleeve should not extend past the first knuckle on the thumb.

8.1.4.6 Final Check for Concept of Fit, Maternity Utility Work Uniform. While the individual is wearing the appropriate undergarments, ensure the coat is completely fastened. When fitting the trousers, ensure that waistband, hips, and crotch do not bind and allow for bending and sitting. Fit the trousers with the front waistband resting comfortably on the upper abdomen and check for proper concept of fit according to Figure 8-3 and Table 8-10.

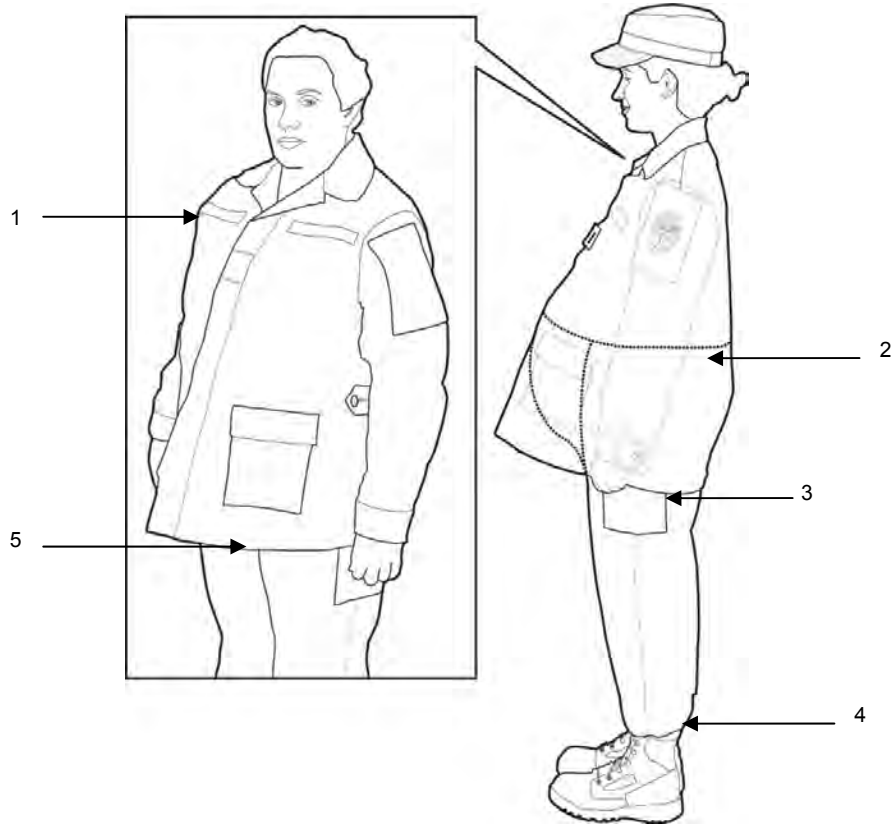


Figure 8-3. Maternity Utility Work Uniform.

Table 8-10. Proper Fit Guidelines for the Maternity Utility Work Uniform.

FIGURE 8-3 KEY	CHECKS
1	Coat should fit easily over the bust, shoulders, and abdomen allowing free use of arms without discomfort.
2	The slacks must fit easily at the waist. The coat shall fit loosely over the trousers waist and hips.
3	Coat fronts should be smooth and even at the bottom edges. Coat length must extend to crotch and be slightly below the patch pocket flaps on trousers.
4	The legs of the trousers must be long enough to allow blousing over the combat boots.
5	The trouser crotch shall not be binding. Trousers must fit loosely enough at seat to allow bending and sitting.

8.1.4.7 Final Check for Concept of Fit, Sun Hat. The Sun Hat should fit snug and level over the head with wide brim across forehead. The hat brim should not block the individual's vision. When the keeper (barrel lock or leather) secures hat chinstrap, it should be adjusted to comfortably hold the hat under windy conditions without the chinstrap cutting into the chin or neck.

APPENDIX A

REFERENCES

A.1 GENERAL.

This appendix lists all forms, field manuals, technical manuals and miscellaneous publications referenced in this manual.

A.2 FORMS.

Recommended Changes to Publications and Blank Forms DA Form 2028

A.3 ARMY REGULATIONS.

Special Measurement Clothing and Footwear, Orthopedic Footwear, Guidons, Streamers, & Flags
..... AR 32-4

Issue and Sale of Personal Clothing AR 700-84

TM 10-227

APPENDIX B

LIST OF APPLICABLE DATA FOR CLOTHING AND FOOTWEAR ITEMS

B.1 GENERAL.

The following tables list Nomenclature, LIN, Military Specifications and NSN's for men's and women's clothing, Battledress Uniform items, footwear items, physical fitness uniform items, and foot measuring devices.

Table B-1. Applicable Data for Men's Clothing Items.

NOMENCLATURE	LIN	MIL SPEC/CID	NSN
Belt, Cotton Web, Black, 1 1/4"	B90890	MIL-B-833	8440-01-480-0639
Beret, Wool, Black 1593		CR PD 01-09	8405-01-088-7805
Buckle, Belt, Web, w/Nickel Under Plate		MIL-B-1963	8315-01-465-9018
Coat, All-Weather, Men's, w/Removable Liner	R09708	CR PD 03-08	8405-01-308-8673
Coat, Men's, Polyester/Wool, Serge, AB-450 (Type I)	81432N	GL/PD 07-08	8405-01-552-2949
(Type II)			8405-01-552-3096
Drawers, Men's, Brief, Desert Sand 503	G48939	A-A-50003	8420-01-526-6762
Neckties, Men's	M97044	A-A-55119	8440-01-171-7571
Shirt, Man's, Long Sleeve, White 521 (Classic)	T03070	GL/PD 07-01	8405-01-554-8026
(Athletic)			8405-01-554-9247
Shirt, Man's, Short Sleeve, White 521 (Classic)		GL/PD 07-01	8405-01-5549-9663
(Athletic)			8405-01-554-9930
Socks, Stretch Type (Dress or Liner)	L72204	A-A-50015	8440-01-415-0051
Trousers, Men's, Polyester/Wool Serge, AB 451 (Type I, Class 1)		GL/PD 07-05	8405-01-552-3385
(Type I, Class 2)			8405-01-552-1801
(Type II, Class 1)			8405-01-552-3455
(Type II, Class 2)			8405-01-552-2854
Undershirt, Men's, Cotton, White, Quarter Length	X86702	A-A-50013	8420-00-543-6643

TM 10-227

Table B-2. Applicable Data for Women's Clothing Items.

NOMENCLATURE	LIN	MIL SPEC/CID	NSN
Belt, Cotton Web, Black, 1"	B90822	MIL-B-833	8445-01-501-0232
Beret, Wool, Black 1593		CR PD 01-09	8405-01-088-7805
Buckle, Belt, Web, w/Nickel Under Plate		MIL-B-1963	8315-01-465-9018
Coat, All-Weather, Women's, w/Removable Liner	R09914	CR PD 03-09	8410-01-308-8649
Coat, Women's, Polyester/Wool Serge, AB 450		GL/PD 07-07	8410-01-552-2310
Necktab, Women's	N96862	MIL-N-29367	8445-01-396-8105
Shirt, Women's, Tuck-In, Long Sleeve, White 521	S05688	GL/PD 07-02	8410-01-555-9394
Shirt, Women's, Tuck-In, Short Sleeve, White 521	S05756	GL/PD 07-02	8410-01-556-0080
Skirt, Women's, Polyester/Wool Serge, AB-450		GL/PD 07-03	8410-01-551-6259
Slacks, Women's, Polyester/Wool Serge, AB-451 (Class 1)		GL/PD 07-04	8410-01-552-4660
(Class 2)			8410-01-552-4124
Socks, Stretch Type (Dress or Liner)	L72204	A-A-50015	8440-01-415-0051

Table B-3. Battledress Uniform Items.

NOMENCLATURE	LIN	MIL SPEC/CID	NSN
Cap, Woodland Camouflage Pattern, Temperate	C01123	A-A-55312	8415-01-084-1683
Cap, Hot Weather	C04479	A-A-55294	8415-01-393-7813
Coat, Woodland Camouflage Pattern, Temperate, BDU	C43302	MIL-C-44048	8415-01-084-1639
Coat, Cold Weather, Woodland Camouflage Pattern	E43851	MIL-C-43455	8415-01-099-7825
Enhanced Coat, HWBDU	C45949	MIL-C-44048	
Enhanced Trousers, HWBDU	T34901	MIL-T-44047	8415-01-390-8939
Trousers, Woodland Camouflage Pattern, Temperate, BDU	T35160	MIL-C-44047	8415-01-084-7825/1017

TM 10-227

Table B-4. Applicable Data for Footwear Items.

NOMENCLATURE	LIN	MIL SPEC/CID	NSN
Boot, Combat, Hot Weather, Army (Tan)	CO6749	MIL-DTL-32237B	
Boot, Combat, Temperate Weather, Army (Tan)		GL-PD-11-01	8430-01-593-5752
Boots, Combat, Black	CO6749	MIL-B-44152	8430-01-198-1325
Shoes, Dress, Oxford, Men's, Black	T06486	MIL-S-13192	8430-00-559-4136
Shoes, Dress, Oxford, Women's, Black	T06897	MIL-S-21711	8435-01-075-8152
Socks, Boot, Army Green 490			8440-01-508-3360

Table B-5. Applicable Data for Physical Fitness Uniform Items.

NOMENCLATURE	LIN	MIL SPEC/CID	NSN
Cap, Synthetic Microfleece	C03291	A-A-59453A	8405-01-527-5330
Jacket, PFU	J23800	CRFD/PD 99-04C	8415-01-575-4031
Pants, PFU	P65394	A-A-59750	8415-01-465-4860
T-Shirt, Athletes, Long Sleeve	T24603	CRFD/PD 99-02B	8415-01-465-7362
T-Shirt, Athletes, Short Sleeve	T16401	CRFD/PD 99-05B	8415-01-465-7071
Trunks, PFU	T00041	CRFD/PD 99-01B	8415-01-529-9507

TM 10-227

Table B-6. Applicable Data for ACU, ACU-A, FR ACU, Maternity Uniform, Patrol Cap, and Sun Hat in UCP.

NOMENCLATURE	LIN	MIL SPEC/CID	NSN
Coat, ACU	C10345		8415-01-586-0103
Trousers, ACU			8415-01-585-9446
Coat, ACU-A			8415-01-604-5847
Trousers, ACU-A			8415-01-604-6559
Coat, FR ACU	C68010		8415-01-573-6480
Trousers, FR ACU	T56145		8415-01-573-5740
Coat, Maternity, Utility Work Uniform	C44854	MIL-C-44111	8410-01-527-4997
Slacks, Maternity, Utility Work Uniform	S67995	MIL-C-44111	8410-01-527-4892
Patrol Cap, Universal Camouflage Pattern	P12029	A-A-59788	8415-01-519-9118
Hat, Sun, Hot Weather	H20413	MIL-H-44105	8415-01-519-8698

Table B-7. Applicable Data for Foot and Hand Measuring Devices.

NOMENCLATURE	LIN	MIL SPEC/CID	NSN
Foot Measuring Device	H87331		8335-00-421-2147
Foot Measuring Device, Men's			8335-01-463-7079
Foot Measuring Device, Women's			8335-01-463-8139
Hand Measuring Device			8440-01-614-3385

These are the instructions for sending an electronic 2028

The following format must be used if submitting an electronic 2028. The subject line must be exactly the same and all fields must be included; however only the following fields are mandatory: 1, 3, 4, 5, 6, 7, 8, 9, 10, 13, 15, 16, 17, and 27.

From: "Whomever" <whomever@avma27.army.mil>

To: tacomlcmc.daform2028@us.army.mil

Subject: DA Form 2028

1. From: Joe Smith
2. Unit: home
3. Address: 4300 Park
4. City: Hometown
5. St: MO
6. Zip: 77777
7. Date Sent: 19-OCT-93
8. Pub no: 55-2840-229-23
9. Pub Title: TM
10. Publication Date: 04-JUL-85
11. Change Number: 7
12. Submitter Rank: MSG
13. Submitter FName: Joe
14. Submitter MName: T
15. Submitter LName: Smith
16. Submitter Phone: 123-123-1234
17. Problem: 1
18. Page: 2
19. Paragraph: 3
20. Line: 4
21. NSN: 5
22. Reference: 6
23. Figure: 7
24. Table: 8
25. Item: 9
26. Total: 123
27. Text:

This is the text for the problem below line 27.

RECOMMENDED CHANGES TO PUBLICATIONS AND BLANK FORMS For use of this form, see AR 25-30; the proponent agency is ODISC4.						Use Part II (reverse) for Repair Parts and Special Tool Lists (RPSTL) and Supply Catalogs/Supply Manuals (SC/SM).	DATE 21 October 2003
TO: (Forward to proponent of publication or form) (Include ZIP Code) U.S. Army TACOM Life Cycle Management Command, ATTN: AMSTA-LCL-MPP / TECH PUBS 6501 E. 11 Mile Road, Warren, MI 48397-5000						FROM: (Activity and location) (Include ZIP Code) PFC JANE DOE Co A 3 RD Engineer Br. Ft Leonard Wood, MO 63108	
PART I – ALL PUBLICATIONS (EXCEPT RPSTL AND SC/SM) AND BLANK FORMS							
PUBLICATION/FORM NUMBER TM 10-1670-296-20&P						DATE 30 October 2002	TITLE Unit Manual for Ancillary Equipment for Low Velocity Air Drop Systems
ITEM NO.	PAGE NO.	PARA-GRAPH	LINE NO. *	FIGURE NO.	TABLE NO.	RECOMMENDED CHANGES AND REASON (Provide exact wording of recommended changes, if possible).	
	0036 00-2				1	<p><i>In Table 1, Sewing Machine Code Symbols, the second sewing machine code symbol should be MDZZ not MD22</i></p> <p><i>Change the manual to show Sewing Machine, Industrial: Zig-Zag; 308 stitch; medium-duty; NSN 3530-01-181-1421 as a MDZZ code symbol.</i></p>	
<i>*Reference to line numbers within the paragraph or subparagraph.</i>							
TYPED NAME, GRADE OR TITLE Jane Doe, PFC					TELEPHONE EXCHANGE/AUTOVON, PLUS EXTENSION (508) 233-4141 DSN 256-4141		SIGNATURE Jane Doe <i>Jane Doe</i>

TO: (Forward direct to addressee listed in publication) U.S. Army TACOM Life Cycle Management Command, ATTN: AMSTA-LCL-MPP / TECH PUBS 6501 E. 11 Mile Road, Warren, MI 48397-5000	FROM: (Activity and location) (Include ZIP Code) PFC JANE DOE Co A 3 RD Engineer Br. Ft Leonard Wood, MO 63108	DATE 21 October 2003
---	--	--------------------------------

PART II – REPAIR PARTS AND SPECIAL TOOL LISTS AND SUPPLY CATALOGS/SUPPLY MANUALS

PUBLICATION NUMBER TM 10-1670-296-20&P	DATE 30 October 2002	TITLE Unit Manual for Ancillary Equipment for Low Velocity Air Drop Systems
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PAGE NO.	COLM NO.	LINE NO.	NATIONAL STOCK NUMBER	REFERENCE NO.	FIGURE NO.	ITEM NO.	TOTAL NO. OF MAJOR ITEMS SUPPORTED	RECOMMENDED ACTION
0066 00-					4			Callout 16 in figure 4 is pointed to a <u>D-Ring</u> . In the Repair Part List key for Figure 4, item 16 is called a <u>Snap Hook</u> . Please correct one or the other.

PART III – REMARKS (Any general remarks or recommendations, or suggestions for improvement of publications and blank forms. Additional blank sheets may be used if more space is needed.)

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TYPED NAME, GRADE OR TITLE	TELEPHONE EXCHANGE/AUTOVON, PLUS EXTENSION	SIGNATURE
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RECOMMENDED CHANGES TO PUBLICATIONS AND BLANK FORMS						Use Part II (reverse) for Repair Parts and Special Tool Lists (RPSTL) and Supply Catalogs/Supply Manuals (SC/SM).	DATE
For use of this form, see AR 25-30; the proponent agency is ODISC4.							
TO: (Forward to proponent of publication or form) (Include ZIP Code) U.S. Army TACOM Life Cycle Management Command, ATTN: AMSTA-LCL-MPP / TECH PUBS 6501 E. 11 Mile Road, Warren, MI 48397-5000						FROM: (Activity and location) (Include ZIP Code)	
PART I – ALL PUBLICATIONS (EXCEPT RPSTL AND SC/SM) AND BLANK FORMS							
PUBLICATION/FORM NUMBER				DATE		TITLE	
TM 10-227				10 June 2013		Fitting of Army Uniforms and Footwear	
ITEM NO.	PAGE NO.	PARA-GRAPH	LINE NO. *	FIGURE NO.	TABLE NO.	RECOMMENDED CHANGES AND REASON <i>(Provide exact wording of recommended changes, if possible).</i>	
<i>*Reference to line numbers within the paragraph or subparagraph.</i>							
TYPED NAME, GRADE OR TITLE				TELEPHONE EXCHANGE/AUTOVON, PLUS EXTENSION		SIGNATURE	

TO: <i>(Forward to proponent of publication or form) (Include ZIP Code)</i> U.S. Army TACOM Life Cycle Management Command, ATTN: AMSTA-LCL-MPP / TECH PUBS 6501 E. 11 Mile Road, Warren, MI 48397-5000				FROM: <i>(Activity and location) (Include ZIP Code)</i>				DATE	
PART II – REPAIR PARTS AND SPECIAL TOOL LISTS AND SUPPLY CATALOGS/SUPPLY MANUALS									
PUBLICATION NUMBER TM 10-227				DATE 10 June 2013		TITLE Fitting of Army Uniforms and Footwear			
PAGE NO.	COLM NO.	LINE NO.	NATIONAL STOCK NUMBER	REFERENCE NO.	FIGURE NO.	ITEM NO.	TOTAL NO. OF MAJOR ITEMS SUPPORTED	RECOMMENDED ACTION	
PART III – REMARKS <i>(Any general remarks or recommendations, or suggestions for improvement of publications and blank forms. Additional blank sheets may be used if more space is needed.)</i>									
TYPED NAME, GRADE OR TITLE				TELEPHONE EXCHANGE/AUTOVON, PLUS EXTENSION			SIGNATURE		

RECOMMENDED CHANGES TO PUBLICATIONS AND BLANK FORMS						Use Part II (reverse) for Repair Parts and Special Tool Lists (RPSTL) and Supply Catalogs/Supply Manuals (SC/SM).	DATE
For use of this form, see AR 25-30; the proponent agency is ODISC4.							
TO: (Forward to proponent of publication or form) (Include ZIP Code) U.S. Army TACOM Life Cycle Management Command, ATTN: AMSTA-LCL-MPP / TECH PUBS 6501 E. 11 Mile Road, Warren, MI 48397-5000						FROM: (Activity and location) (Include ZIP Code)	
PART I – ALL PUBLICATIONS (EXCEPT RPSTL AND SC/SM) AND BLANK FORMS							
PUBLICATION/FORM NUMBER				DATE		TITLE	
TM 10-227				10 June 2013		Fitting of Army Uniforms and Footwear	
ITEM NO.	PAGE NO.	PARA-GRAPH	LINE NO. *	FIGURE NO.	TABLE NO.	RECOMMENDED CHANGES AND REASON <i>(Provide exact wording of recommended changes, if possible).</i>	
<i>*Reference to line numbers within the paragraph or subparagraph.</i>							
TYPED NAME, GRADE OR TITLE				TELEPHONE EXCHANGE/AUTOVON, PLUS EXTENSION		SIGNATURE	

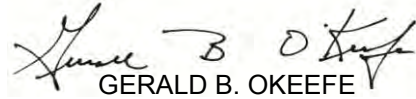
TO: <i>(Forward to proponent of publication or form) (Include ZIP Code)</i> U.S. Army TACOM Life Cycle Management Command, ATTN: AMSTA-LCL-MPP / TECH PUBS 6501 E. 11 Mile Road, Warren, MI 48397-5000				FROM: <i>(Activity and location) (Include ZIP Code)</i>				DATE	
PART II – REPAIR PARTS AND SPECIAL TOOL LISTS AND SUPPLY CATALOGS/SUPPLY MANUALS									
PUBLICATION NUMBER					DATE		TITLE		
TM 10-227					10 June 2013		Fitting of Army Uniforms and Footwear		
PAGE NO.	COLM NO.	LINE NO.	NATIONAL STOCK NUMBER	REFERENCE NO.	FIGURE NO.	ITEM NO.	TOTAL NO. OF MAJOR ITEMS SUPPORTED	RECOMMENDED ACTION	
PART III – REMARKS <i>(Any general remarks or recommendations, or suggestions for improvement of publications and blank forms. Additional blank sheets may be used if more space is needed.)</i>									
TYPED NAME, GRADE OR TITLE				TELEPHONE EXCHANGE/AUTOVON, PLUS EXTENSION			SIGNATURE		

TM 10-227

By Order of the Secretary of the Army:

RAYMOND T. ODIERNO
General, United States Army
Chief of Staff

Official:


GERALD B. O'KEEFE
Acting Administrative Assistant
to the Secretary of the Army

1314207

DISTRIBUTION:

To be distributed in accordance with initial distribution number (IDN) 340815 requirements for TM 10-227.

The Metric System and Equivalents

Linear Measure

1 centimeter = 10 millimeters = .39 inch
 1 decimeter = 10 centimeters = 3.94 inches
 1 meter = 10 decimeters = 39.37 inches
 1 dekameter = 10 meters = 32.8 feet
 1 hectometer = 10 dekameters = 328.08 feet
 1 kilometer = 10 hectometers = 3,280.8 feet

Weights

1 centigram = 10 milligrams = .15 grain
 1 decigram = 10 centigrams = 1.54 grains
 1 gram = 10 decigrams = .035 ounce
 1 dekagram = 10 grams = .35 ounce
 1 hectogram = 10 dekagrams = 3.52 ounces
 1 kilogram = 10 hectograms = 2.2 pounds
 1 quintal = 100 kilograms = 220.46 pounds
 1 metric ton = 10 quintals = 1.1 short tons

Liquid Measure

1 centiliter = 10 milliliters = .34 fl. ounce
 1 deciliter = 10 centiliters = 3.38 fl. Ounces
 1 liter = 10 deciliters = 33.81 fl. Ounces
 1 dekaliter = 10 liters = 2.64 gallons
 1 hectoliter = 10 dekaliters = 26.42 gallons
 1 kiloliter = 10 hectoliters = 264.18 gallons

Square Measure

1 sq. centimeter = 100 sq. millimeters = .155 sq. inch
 1 sq. decimeter = 100 sq. centimeters = 15.5 sq. inches
 1 sq. meter (centare) = 100 sq. decimeters = 10.76 sq. feet
 1 sq. dekameter (are) = 100 sq. meters = 1,076.4 sq. feet
 1 sq. hectometer (hectare) = 100 sq. dekameters = 2.47 acres
 1 sq. kilometer = 100 sq. hectometers = .386 sq. mile

Cubic Measure

1 cu. centimeter = 1000 cu. millimeters = .06 cu. inch
 1 cu. decimeter = 1000 cu. centimeters = 61.02 cu. inches
 1 cu. meter = 1000 cu. decimeters = 35.31 feet

Approximate Conversion Factors

<i>To change</i>	<i>To</i>	<i>Multiply by</i>	<i>To change</i>	<i>To</i>	<i>Multiply by</i>
inches	centimeters	2.540	ounce--inches	newton--meters	.007062
feet	meters	.305	centimeters	inches	.394
yards	meters	.914	meters	feet	3.280
miles	kilometers	1.609	meters	yards	1.094
square inches	square centimeters	6.451	kilometers	miles	.621
square feet	square meters	.093	square centimeters	square inches	.155
square yards	square meters	.836	square meters	square feet	10.764
square miles	square kilometers	2.590	square meters	square yards	1.196
acres	square hectometers	.405	square kilometers	square miles	.386
cubic feet	cubic meters	.028	square hectometers	acres	2.471
cubic yards	cubic meters	.765	cubic meters	cubic feet	35.315
fluid ounces	milliliters	29.573	cubic meters	cubic yards	1.308
pints	liters	.473	milliliters	fluid ounces	.034
quarts	liters	.946	liters	pints	2.113
gallons	liters	3.785	liters	quarts	1.057
ounces	grams	28.349	liters	gallons	.264
pounds	kilograms	.454	grams	ounces	.035
short tons	metric tons	.907	kilograms	pounds	2.205
pound-feet	newton--meters	1.356	metric tons	short tons	1.102
pound-inches	newton--meters	.11296			

Temperature (Exact)

°F	Fahrenheit	5/9 (after	Celsius	°C
	temperature	subtracting 32)	temperature	

