

**DIV PAM 600-11**  
**THE ARCTIC ANGEL STANDARD**



**“Arctic Tough!”**

**March 2025**

**HEADQUARTERS, 11TH AIRBORNE DIVISION**



A military helicopter, likely a Sikorsky UH-60 Black Hawk, is shown in flight over a rugged, snow-covered mountain range. The helicopter is viewed from a low angle, looking up at its rotor blades and tail. The sky is a clear, pale blue. The overall scene conveys a sense of high-altitude, cold-weather operations.

## VISION

Leveraging the strength of our people, America's Arctic Angels are ready to deploy, fight and win decisively against any adversary, anytime and anywhere in a joint, multi-domain environment across the spectrum of conflict and operations. Our units are led by agile and adaptive leaders of character who master the fundamentals, seek continuous growth and execute the commander's intent through disciplined initiative as part of a cohesive team of committed professionals.

## MISSION

11<sup>th</sup> Airborne Division executes expeditionary operations Worldwide, conducts multi-domain operations in the Indo-Pacific theater and in the Arctic, and on order decisively defeats any adversary in extreme cold weather, mountainous, and high latitude, environments through large-scale combat operations.

# Arctic Angels Standing Orders

**A**ngels have grit and are physically tough.

**R**ealistic training, morale, stamina: the foundations of an Arctic Warrior.

**C**old weather requires a plan A, B, and C to survive the cold.

**T**rusted leadership prevents cold weather injuries!

**I**nclement conditions give the defender a 10:1 advantage; force them out to win.

**C**ombat-ready, small, mobile units that can move in difficult terrain will defeat less mobile, larger formations holding terrain.

**A**rctic patrol bases must be established fast and broken down faster.

**N**ever compromise your security!

**G**raceful, stealthy movement over snow is mastered by tough, repetitive training.

**E**quipment maintenance is vital to surviving in the Arctic.

**L**earned lessons in the cold are acquired by harnessing tough repetitive training.

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## **1 Purpose**

The purpose of [DIV PAM 600-11](#) is to inform all 11th Airborne Division Soldiers on basic standards of appearance, conduct, military courtesy, and pertinent information unique to the 11th Airborne Division. Reference the [Command Policy Letters](#) and [Publications](#) online at <https://armyetaas.sharepoint-mil.us/sites/USARPAC-11ad-cmdgrp>.

## **2 Responsibilities**

Commanders are responsible to ensure Soldiers under their command present a neat and soldierly appearance, adhere to 11th Airborne Division policies, and maintain good order and discipline. Noncommissioned officers are responsible for the conduct, discipline, and appearance of subordinate Soldiers in their charge. Each Soldier has the duty to understand Division and Army policies, exercise discipline, and always take pride in his or her appearance. All Soldiers and leaders have the responsibility to correct behavior inconsistent with Division and Army standards.

## **3 General**

All 11th Airborne Division Soldiers will project a professional military image and display pride and knowledge of the division. There must be no doubt that they live by a common standard and are responsible to military order and discipline.

### **3.1 The 11th Airborne Division Mission**

11th Airborne Division executes expeditionary operations Worldwide, conducts multi-domain operations in the Indo-Pacific theater and in the Arctic, and on order decisively defeats any adversary in extreme cold weather, mountainous, and high latitude, environments through largescale combat operations.

### **3.2 The 11th Airborne Division History**

The 11th Airborne Division first activated on 25 February 1943 at Camp Mackall, North Carolina under the command of MG Joseph Swing consisted of the 511th Parachute Infantry Regiment (PIR), the 187th and 188th Glider Infantry Regiments (GIR), and supporting troops. Initially held in reserve during the beginning of WWII, the Army used the Division to prove the feasibility of large-scale airborne operations thus cementing the future of division-sized airborne forces. Even before conducting large-scale airborne operations there was a debate on the best way to employ airborne forces. General Dwight D. Eisenhower and LTG Lesley J. McNair shared doubts in the practicality of large airborne and glider formations. The Army Chief of Staff, General George C. Marshall thought otherwise and persuaded General Eisenhower to form a review board to judge the viability of large-scale airborne operations, essentially deciding the fate of division-sized airborne formations. LTG McNair ordered MG Swing to form a committee and prepare an exercise.

The exercise, known as the Knollwood Maneuvers, began on 7 December 1943 with the 11th Airborne Division serving as the attacking force. LTG McNair observed the operation. Four groups of C-47 transports and Waco CG-4A Gliders airlifted the Division to thirteen different objectives. The airborne troops seized Knollwood Army Auxiliary Airfield and secured a landing area before dawn, then launched a ground attack against a reinforced infantry regiment, all while conducting continuous aerial re-supply missions and casualty evacuations. The exercise was judged a success; proving that large-scale airborne operations were feasible. General Eisenhower was convinced and permitted the retention of division-sized airborne forces.

The Division transferred to the Pacific Theater in May 1944 when it sailed for the island of New Guinea. After intense jungle warfare training and acclimatization, the Angels boarded naval transports bound for the island of Leyte, Republic of the Philippines. They landed unopposed at Bito Beach on 18 November 1944, where they joined the King II Operation, as the battle for Leyte Island was called. Within days, the 11th Airborne Division saw its first fighting in WWII. For three long rainy months, the Division fought to clear their operational area, destroyed Japanese forces, and protected Allied supply trains and airfields.

On 04 December 1944, the 11th Airborne Division conducted its first combat parachute jump with A Battery of the 457th Parachute Field Artillery Battalion. The drop zone was a small 150-foot by 500-foot strip nestled on the mountains in an area called Manarawat. The plan seemed impossible since all planes in the theater were devoted to re-supply missions. The answer came in the way of a lone C47 that was being employed for air-sea rescue. The plane made thirteen lifts, delivering nine door bundles and five paratroopers each lift. All personnel and equipment landed precisely on the drop zone and from that day on provided 360-degree fires for the infantry fighting in the mountains.

On the same day, the Division G3, selected staff, and a detachment of signal personnel jumped from Piper Cub aircraft on Manarawat to establish the Division forward command post. A fleet of 11 Piper Cubs delivered one jumper per lift until a company of the 187th GIR and a platoon of the 127th Engineer Battalion were delivered to secure the command post, hospital, and supply dumps: thus freeing up the 511th PIR for its mission of penetrating the mountains.

During the fighting on Leyte, the Division began using Piper Cub airplanes to deliver small equipment bundles and individual paratroopers to forward fighting units. Some argue that the Division's first combat jump was conducted by COL Norman E. Tipton, the 511<sup>th</sup> PIR Executive Officer, when he jumped from a Cub into a narrow clearing to assume command of the Regiment. Many individuals jumped from Cub airplanes in the following months, mainly to deliver intelligence, supplies, and leaders to forward positions during the Leyte campaign.

On 17 December, units of the 511 PIR broke through the Japanese defenses, arriving at the western shores of Leyte. By the end of December, the Angels were credited with destroying two enemy divisions. During this intense fighting, PVT Elmer E. Fryar earned a posthumous Medal of Honor while repelling a Japanese attack. In addition, there were 96 Silver Stars, 6 Soldier's Medals, 423 Bronze Stars, and 90 Air medals bestowed upon the Angels. After completing its mission, the Division assumed a defensive posture before being pulled from the front lines.

On 22 January 1945, the Angels were put on alert for an attack on Luzon. The 187th and 188th GIR inserted by amphibious assault into Nasgubu Beach on 31 January while the 511th PIR staged in southern Mindoro for an airborne assault onto Tagaytay Ridge. On 3 February 1945, as the glider regiments fought their way inland towards Manila, the Division conducted its second combat drop. The Air Corps could only commit 48 C-47s for the assault, only a third of what was required to drop the regimental combat team in one lift. Therefore, the drop was made in three echelons with two on 3 February and one on 4 February.

The 511th PIR's airborne assault was successful and they re-united with the 187th and 188th GIRs, enabling the entire Division to descend upon the famed Japanese defensive line that protected the southern edge of Manila known as the "Genko Line." Just beyond and centered on

the defensive line was Nichols Field, an airfield the Japanese heavily defended. To the east on the high ground was Fort McKinley, a pre-war U.S. Army post occupied by Japanese forces. Fierce fighting ensued as Allied Forces destroyed the Japanese defenders. On 17 February the Division had taken Nichols Field and Fort McKinley, dismantling the infamous Genko Line. During this fighting, actions taken by PVT Manual "Toots" Perez Jr. earned him a posthumously awarded Medal of Honor. By 21 February, Allied Forces had cleared Japanese forces from the city. Skirmishes continued through 3 March as Allied Forces neutralized any organized Japanese resistance. The Division received the Presidential Unit Citation for its destruction of the Genko Line and its part in the liberation of Manila.

The Japanese held large numbers of civilian prisoners in internment camps on Luzon. The largest was at Los Baños. As widespread fighting quelled around Manila, MG Swing committed forces to a rescue. On 23 February 1945, the Division made a daring raid by land, sea, and air, behind enemy lines to rescue the 2,147 internees. The Divisional Reconnaissance Platoon and a group of guerrilla fighters were inserted by canoe and secured the drop zone the night prior. They initiated the raid while one company from the 511th PIR conducted the Division's third airborne assault into a nearby drop zone to eliminate Japanese forces in the area and secure the camp. Fifty-four amphibious tracked vehicles delivered two more companies of paratroopers to secure a beachhead then continued forward to the camp to transport the internees.

Concurrently, a re-enforced infantry battalion, two heavy artillery battalions, and a tank destroyer battalion advanced along the roadway to interdict any Japanese counterattack. They took the heaviest casualties along the highway while repelling the Japanese trying to advance into the camp. The well-orchestrated raid was a complete success. Before the end of the raid, the 11th Airborne Division had a new mission, continue eliminating enemy strongholds across southern Luzon.

The Division's next mission was to reduce Japanese defenses between Laguna de Bay and Lake Taal, opening supply routes to the port of Batangas. They then cleared south to reduce enemy defenses between Mount Macolad and Mount Malepunyo. Heavy fighting in mountainous terrain battered the Division, but on 1 May 1945 the Division secured the last major enemy stronghold in southern Luzon on Mount Malepunyo. After the fall of Malepunyo, there was no longer any organized concentration of Japanese forces to permit an establishment of a front line.

The Angels conducted their last full scale combat operation of WWII on the northern shore town of Aparri. The last of the organized Japanese forces on the island of Luzon were in the far north. This was the Division's fourth airborne assault, and the first-time gliders were used against the enemy in the Pacific Theater. The specialized task force jumped into the Camalaniugan Airfield and advanced southward with the task of destroying pockets of enemy resistance to contain and defeat the remaining enemy forces.

On 23 June 1945, they jumped into fierce winds onto a hazardous drop zone, sustaining many casualties before assembling and beginning their advance. After three days of fighting, they had eliminated most of the remaining pockets of enemy and isolated the rest. Although Japanese forces continued their resistance into September, the enveloping maneuver ended Japanese control of Luzon and the Philippines. Following the Luzon Campaign, the Angels had earned two Medals of Honor, nine Distinguished Service Crosses, one Distinguished Service Medal, 10 Legions of Merit, 362 Silver Stars, 1,216 Bronze Stars, 15 Soldier's Medals, 27 Air Medals, and 884 Purple Hearts in 204 days of combat.



General Douglas MacArthur planned to use the 11th Airborne Division to begin an invasion of Japan. Following the surrender of Japan and the end of hostilities in the Pacific Theater, the Division led American forces in the occupation of Japan. The Division staff received this order on 11 August 1945 and the Division shipped to Okinawa, Japan. On 30 August, the headquarters and the Division moved to Yokohama where it evacuated Japanese civilian and military personnel to build a larger U.S. garrison. Several weeks later the Division moved to other camps in northern Japan where the Division remained until recalled to the United States in May 1949.

The Angels remained in the United States at Camp Campbell, Kentucky as a reserve training formation until it replaced the 5th Infantry Division in Augsburg and Munich, Germany in 1956. Germany remained the home of the Division until it reorganized and reflagged as the 24th Infantry Division on 30 Jun 1958. Five years later, on 01 February 1963, the Army reorganized the Division into the 11th Air Assault Division (Test) at Fort Benning, Georgia. The Angels once again proofed concepts that would change the implementation of specialized large-scale formations. This time the Division would conduct studies to develop the concept of helicopter assaults and air mobility.

The original air assault badge was worn by members of the Division who displayed proficiency in combat assault operations, aircraft safety procedures, external sling load rigging and inspection, and had completed three 60-foot and three 120-foot qualifying rappels from a helicopter. The Division tested helicopters in exercises ranging from scouting, screening, command and control maneuvers, aerial resupply, and large-scale battalion and brigade air assaults. At the conclusion of testing, the 1st Cavalry Division moved from Korea to Fort Benning. On 3 July 1965, the 11th Air Assault Division (Test) was inactivated and re-flagged the 1st Cavalry Division (Airmobile); three weeks later receiving orders to Vietnam.

On 5 May 2022, the Army announced it would re-designate the United States Army Alaska (USARAK) as the 11th Airborne Division (Arctic) and USARAK. On 06 June 2022, the 11th Airborne Division (Arctic) re-activated with its headquarters at Joint Base Elmendorf- Richardson, Alaska. The Division's mission enables multi-domain operations in the Indo-Pacific Theater and asserting national dominance in extreme cold weather and high-latitude environments.

### **3.3 Campaign Participation**

- World War II - Pacific Theater
  - New Guinea
  - Leyte
  - Luzon (with Arrowhead)

### 3.4 Medal of Honor Recipients



**PVT Elmer E. Fryar**

PVT Elmer Edward Fryar earned the Medal of Honor for conspicuous gallantry and intrepidity at the risk of his life beyond the call of duty on 8 December 1944, while serving in Company E, 511th PIR, 11th Airborne Division. PVT Fryar's unit met a strongly entrenched enemy position being supported by mortars and machine guns on Leyte, Philippine Islands. During the fight he was wounded but kept attacking, killing 27 enemies and driving back the heavily fortified enemy. His heroic actions and unhesitatingly giving his life for his comrade in arms exemplified the highest tradition of military service. His indomitable fighting spirit and extraordinary gallantry was pivotal to the success of the battalion and the subsequent defeat of the enemy.



**PFC Manuel "Toots" Perez Jr.**

PFC Manuel Perez Jr. earned the Medal of Honor for conspicuous gallantry and intrepidity in action above and beyond the call of duty on 13 February 1945, while serving with Company A, 511th PIR, 11th Airborne Division. PFC Perez was the lead scout for Company A, which had destroyed 11 of 12 pillboxes in a strongly fortified sector defending the approach to enemy-held Fort William McKinley on Luzon, Philippine Islands. Through his courageous determination and heroic disregard of grave danger, he made possible the successful advance of his unit toward a valuable objective and provided a lasting inspiration for his comrades. PFC Perez was killed a month later on 14 March 1945, outside of Santo Tomas, while assaulting a bunker.

For full biographies and Medal of Honor citations, visit the 511<sup>th</sup> PIR Association website at <https://www.511pir.com/enlisted-biographies>.

## Decorations

- Presidential Unit Citation: streamer embroidered MANILA
- Philippine Republic Presidential Unit Citation: streamer embroidered 17 October 1944 to 4 July 1945

## 3.5 Shoulder Sleeve Insignia

On a blue shield, a red disc charged with a white Arabic number "11", and edged with a halo in white, between two white wings elevated and displayed. Attached immediately above the shield a blue arc tab with the inscription "AIRBORNE" in white capital letters. Attached above the airborne tab a blue arc tab with the inscription "ARCTIC". The red, white, and blue refer to the national colors. The wings represent the airborne mission and the "11" refers to the numerical designation of the Division.

The shoulder sleeve insignia was originally approved for the 11th Airborne Division on 4 January 1943. The airborne tab was rescinded on 29 January 1947. The airborne tab was restored on 23 December 1948. The insignia was re-designated for the 11th Air Assault Division (Test) with the airborne tab being replaced by the air assault tab on 19 February 1963. On 06 June 2022, the insignia was reissued for the 11th Airborne Division with the airborne tab restored. The insignia adopted the Arctic tab, which was previously authorized for wear with the former USARAK shoulder sleeve insignia. This was the first time an Army unit was authorized two-unit designation tabs with its shoulder sleeve insignia.



**Figure 1: 11th Airborne Division Shoulder Sleeve Insignia**

### 3.6 Distinctive Unit Insignia



Figure 2: 11th Airborne Division Distinctive Unit Insignia

### 3.7 Motto

#### **Arctic Tough!**

"Arctic Tough" encapsulates the spirit of this Division: our will power as a team, our respect for the harsh elements, and doing the hard right. To make our Soldiers tactically dominant in this environment, we must learn what it takes to survive. Our investment in CWIC I, II, and III leads to confidence in our equipment, training proficiency, and ultimately our respect for the elements. The Arctic requires grit; an Arctic Tough Soldier understands their limitations and knows how to overcome them. Most importantly, Arctic Tough means doing the hard right over the easy wrong. Checking on your Soldiers, enforcing the standards, and creating cohesive teams takes effort but it is vital to our continued success. This is what makes us the best and toughest Soldiers in the U.S. Army. Arctic Angels, Arctic Tough!

### 3.8 Salutations

- GREETING - "Arctic Angels"
- RESPONSE - "Arctic Tough"

### 3.9 Organizational Day

On 06 June, the most recent re-activation date of the 11th Airborne Division.

### **3.10 The Official March of the 11th Airborne Division**

While the 11th Airborne Division constituted in 1943 and served in WWII with distinction, no one composed a division song until 1949 when the Angels returned from occupational duty in Japan. Commanders held a contest to encourage the composition of songs and marches to become anthems of the division. Of the submissions, none was as well received as the marching ballad titled *Down from Heaven*. Colonel Byron L. Paige wrote the original song and Sergeant George Whissen arranged the music. In 1950, the song was selected as one of four finalists to become official marching songs for the Angels. Subsequently, the ballad *Down from Heaven* was officially designated the 11th Airborne Division March.

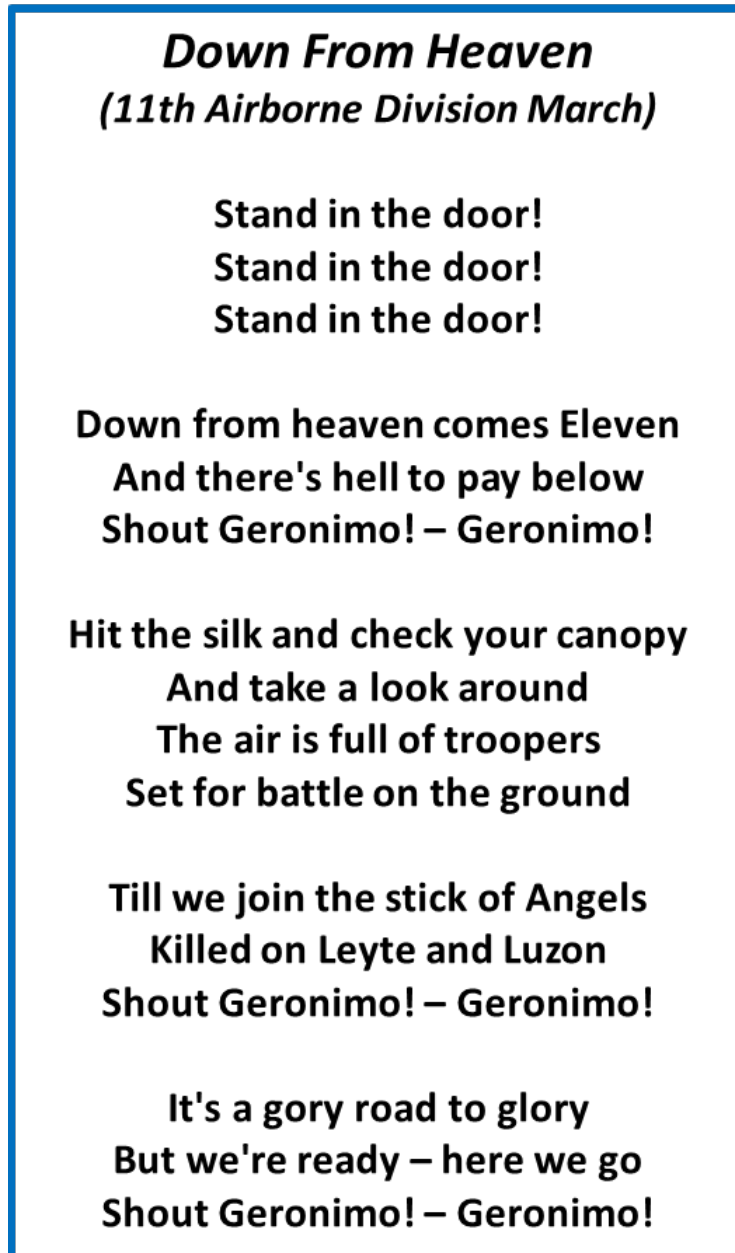


Figure 3: The 11th Airborne Division March

### 3.11 The Golden Triangle

The Golden Triangle is a leadership framework emphasizing the relationship between three critical entities in an Arctic Angel's life and readiness. This concept highlights the importance of balance, communication, and connection among these three components to ensure mission readiness, Soldier well-being, and family stability.



### 4 Physical Readiness Training (PRT)

Units will use our unique environment to develop and master the skills to thrive in Arctic conditions, extreme cold weather, and rugged mountainous terrain.

(a) Arctic themed PRT should occur weekly throughout the winter months and be a recurring event in unit training plans. Over snow movement with snowshoes, cross country skiing, and Ahkio sled drags are key components of winter PRT events.

(b) All Soldiers will conduct physical training as part of a unit, no lower than the squad/section level, including Soldiers with profile. Every Soldier will conduct physical training each duty day of the week. On normal duty days, the primary time for PRT is **0630 to 0745**. Unit Commanders may adjust PRT hours during the duty day as the mission dictates.

(c) At temperatures (including wind chill) of 10°F to -10°F, units will conduct normal PRT, but have the option of conducting preparation drill, warm-up, and cool-down indoors. At temperatures (including wind chill) of -10°F to -25°F, units must conduct preparation drills, warm-up, and cool-down indoors before and after conducting PRT outdoors. If the temperature is below **-25°F the uniform will be the Arctic Field PT Uniform**, and units will not spend more than four minutes outdoors before or after PRT.

(d) Each battalion-level unit will have a special conditioning PRT program. The purpose is to recondition Soldiers who fail to meet unit fitness goals, fail the ACFT, who are enrolled in the Army Body Composition Program, or who are recovering from injury or illness in order to safely and efficiently return them to duty at an equal or higher physical fitness level. It is the command team's responsibility to run the program in accordance with FM 7-22, Chapter 6.

(e) Pregnancy and Post-Partum Physical Training (P3T) programs will be conducted by all units and supervised by 1/11 IBCT at Fort Wainwright and 2/11 IBCT (ABN) at JB Elmendorf- Richardson for all pregnant and post-partum Soldiers at their respective installations.

## 4.1 Running and Foot Marching on Roadways

Soldiers running or conducting foot marches on roads must be aware of danger and exercise caution. Preventive measures will be taken to ensure the safety of everyone involved. See the [FWA Run Routes.pdf](#) and [JBER-Richardson Run Routes.pdf](#) for diagrams of established PRT routes.

(a) A formation is an assembled group of military personnel under the supervision of a leader and in two or more squad columns. Units conducting individual foot marches are not defined as formations. Four or more lane roads or roads where the speed limit exceeds 35 MPH are off limits to formations.

(b) Individual runners, foot marchers, and walkers will use approved hard surface running routes or utilize off-road areas such as sidewalks, firebreaks, unimproved roads, and road shoulders. Individual runners and marchers will not utilize the hard surface of roads except to cross at right angles only as necessary. If there are no off-road routes available, individual runners may then run on the side of the unimproved roads or road shoulders facing oncoming traffic. Any Soldier or group of Soldiers conducting PRT on an unimproved road or road shoulder open to vehicle traffic will use a headlamp during periods of limited visibility.

(c) Unit formations conducting PRT on roads without static road guards will utilize front and rear road guards wearing reflective belts or vests. Road guards will use flashlights or headlamps during periods of limited visibility. Road guards must position far enough to the front and rear of the formation to influence traffic appropriately. No group above squad level will run in the housing area. Cadence calling is not allowed in the housing areas.

## 5 Duty Uniforms

The Army is a service where discipline is judged, in part, by the way a Soldier wears a prescribed uniform, as well as the individual's personal conduct. Soldiers must project a military image, which leaves no doubt they live by a common set of military values and are guided by military order and discipline. All military uniforms will be worn and fitted in accordance with AR 670-1 and DA PAM 670-1. All military personnel have the general military authority to correct service members who are improperly wearing the uniform regardless of rank or duty position.

**(a) The organizational headgear of all 11<sup>th</sup> Airborne Division Headquarters personnel (HHBn) stationed at JBER and 2/11 IBCT is the maroon beret. The PC is the organizational headgear of all other units assigned to the 11<sup>th</sup> Airborne Division. The PC is authorized for wear by airborne personnel and 11<sup>th</sup> Airborne Division Headquarters personnel during field duty and work details, to include motor pools and airborne operations.**

(b) The maroon beret is an organizational issued item worn by all Soldiers assigned to airborne units and the 11<sup>th</sup> Airborne Headquarters personnel (JBER) with the Army Service Uniform (ASU) and Army Green Service Uniform (AGSU). Soldiers in non-airborne units wear the black beret with the ASU (black berets are not worn with the AGSU). The black beret may be worn by non-airborne units with the ACU on special occasions determined by the unit commander.

(c) The garrison cap with glider patch is worn by non-airborne units with the AGSU.

(d) The all-leather combat boot, more commonly called the Jump Boot, is traditionally worn with the ASU and the AGSU by all personnel in the 11<sup>th</sup> Airborne Division.

(e) The colored Shoulder Sleeve Insignia (SSI) will be worn with the ACU for all unit ceremonies. **The colored Shoulder Sleeve Insignia- Military Operations in Hostile Conditions (SSI-MOHC) otherwise known as the combat patch is not authorized for wear.**

(f) Soldiers on the Division flag detail will wear the prescribed uniform in accordance with AR 670-1 and the seasonal uniform standards. The uniform for Reveille on duty days is the APFU and the uniform for Retreat is the duty uniform. **If not wearing the cold weather seasonal uniform the prescribed headgear will be the black or maroon beret.**

(g) Leaders will determine appropriate PPE for every situation. **Reflective belts** will be worn during hours of low visibility with the duty uniform, field uniform, and APFU as dictated by unit commanders based off mission and seasonal conditions. When prescribed, the reflective belt is worn diagonally from the wearer's **right** shoulder to **left** hip. **Traction devices** will be worn in icy conditions, especially in motor pools and when working around vehicles and heavy equipment.

(h) Instructor t-shirts and black caps are authorized for wear by Northern Warfare Training Center (NWTC) instructors and Unit's Retention NCOs. NCO Academy Instructors, Reception Detachment Cadre, and special unit physical fitness program instructors are authorized to wear instructor t-shirts. Instructor t-shirts are authorized as outerwear in the NCO academy, NWTC training area, Reception Detachment footprint, and on or off the installation while conducting specially assigned duties. Instructor t-shirts may be worn anywhere on the installation when worn under the ACU or IHWCU coat (PX, Commissary, AAFES Express, Starbucks etc.).

## 5.1 Field Uniform

The **Arctic Angel Standard** is the standard for all Soldiers operating in the field or tactical environment. Commanders are authorized to modify the Arctic Angel Standard based on METT-TC.

- ACU, IHWCU, ECWCS/CTAPS
- Advanced Combat Helmet (ACH), Enhanced Combat Helmet (ECH), or Integrated Head Protection System (IHPS) as issued
- Eye protection, authorized protective eyewear list (APEL)
- FLC/TAPS (or IOTV with pouches attached)
- Individual First Aid Kit (IFAK).
- Hydration System (camelback, canteens, Nalgene bottle)
- Gloves (full fingered)
- Individual assigned weapon

Additional Arctic Angel Standard equipment added by Unit Commander as mission and risk assessment dictates.

- Improved Outer Tactical Vest (IOTV) or issued plate carrier with Modular Lightweight Load Carrying Equipment System (M.O.L.L.E.) components
- Knee and/or elbow pads
- Goggles
- Over-white camouflage
- Traction devices
- Hand warmers
- Mechanic/crew overalls/Nomex® suit
- Fuel Handling/C-wire Gloves



- Protective mask
- Snowshoes and/or skis

Due to diverse climatic conditions and unique mission requirements, subordinate commanders will specify additional items to the Arctic Angel Standard for field exercises in both summer and winter. Unit commander will use the guidelines listed as an on-hand requirement and designate the uniform exercising risk mitigation in accordance with the Command Safety Program (CG Policy Memorandum 0-11).

(a) All personnel conducting training in field training areas and ranges will wear the **Arctic Angel Standard**. Soldiers operating or riding in any tactical vehicle will wear an ACH/ECH/IHPS and a fastened seat belt where applicable during operation.

(b) The ACH, ECH, and IHPS is worn with the chinstrap fastened. Structural modifications are not authorized. Soldiers will configure and mark their helmets in accordance with Brigade SOPs.

(c) The neck gaiter and issued scarves may be worn with field uniforms as a neck warmer or as a dust mask with the ACU, IHWCU or ECWCS/CTAPS. However, non- military issued scarves (i.e. shemagh or keffiyeh) are not authorized for wear as part of any uniform at any time.

(d) The unit Commander will determine when skin camouflage is worn based on mission requirements and temperature forecasting. Do not wear skin camouflage when temperatures are forecasted to be below 32°F. Face camouflage will not be worn with over-white camouflage. Face camouflage will not be worn with the beret and must be removed prior to visiting on and off post facilities.

(e) The balaclava, fleece cap (black or coyote brown in color), neck gaiter, and RFI issued headgear are authorized cold weather items for wear under the ACH during field conditions. The balaclava or fleece cap may be worn in a tactical operation center (TOC), motor pool, or on the flight line. The fleece cap is worn with the physical fitness uniform (black only) or the combat uniform (black or coyote brown), as prescribed by the Commander in accordance with DA PAM 670-1.

(f) The Individual First Aid Kit (IFAK) to include CAT-A Tourniquet will be worn on the left side of the FLC, TAPS, or body armor. This will be common to all for uniform location placement and quick identification of medical equipment. IFAK wear is non- negotiable and must be on your equipment when conducting training.

(g) Combat shirts and pants are authorized for wear only when conducting tactical operations in a field environment. Additionally, combat shirts are only authorized when body armor is also prescribed. Neither item will be worn as part of the standard duty uniform. While authorized for wear, these items are discouraged for purchase.

(h) The subdued or infrared reflective (IR) U.S. Flag is worn on the right shoulder on the ACU/IHWCU coat or ECWCS/CTAPS during field training and is the only authorized location on the uniform. Motivational patches, flags, tabs, or other items affixed to the body armor, load carrying equipment, or helmet are not authorized.

(i) Commercial body armor, plate carriers, or helmets are not authorized for wear. These commercial off-the shelf items can contain substandard materials, substandard assembly and

may be non-compliant to Department of Defense protection ratings.

(j) Pouches, other pouch type attachments, and belts should be approved through your company chain of command to ensure compliance with the unit standard operating procedures before you purchase them. These items will be in OCP, Multicam® or Tan 499 (Brown) color.

## 5.2 Winter Uniform

(a) Soldiers will wear the winter uniform from **October to April** (generally) or when the temperature is **32°F or below**. Commanders and 1SGs (or higher) will make the final determination on the cold weather uniform posture based on weather and mission factors. First-line supervisors will continually assess Soldier comfort and safety; they are the decision authority for cold weather uniform adjustments as conditions change. The winter uniform is based on the Extended Cold Weather Clothing System (ECWCS) Gen II/III and the Cold Temperature and Arctic Protective System (CTAPS). ECWCS Gen III and CTAPS are multi-layer systems designed to be used in different combinations for adjusting to varying environmental conditions. Wear is adjusted based on the garrison or field training environment. More detailed information on the wear of the ECWCS Gen III is found in Appendix C of ATP 3-90.97 (Mountain Warfare and Cold Weather Operations) and TM 10-8415-236-10 (ECWCS GEN III) found on the Northern Warfare Training Center SharePoint page at <https://armyeitaas.sharepoint-mil.us/sites/USARPAC-11ad-asc-nwtc>.

(b) While in **garrison**, the minimum winter uniform for all Soldiers is the balaclava or fleece cap, the Generation II/III ECWCS Level 5 jacket or CTAPS equivalent, gloves, and Army issued or approved cold weather boots. The time of year to begin wearing the winter uniform is conditions based and will be determined at the BDE level. Soldiers will wear the fleece cap snugly on the head; Soldiers will not roll the cap but can have one-fold. These items are worn over or in lieu of the ACU. Soldiers are authorized to upgrade protection levels for individual comfort or safety. Headgear and gloves are removed indoors.

(c) While in a **field training environment** or in an outdoor setting for extended time, the Generation II/III ECWCS and CTAPS are worn **without** the ACU. Generation II/III ECWCS and CTAPS are designed as a system of three basic layers.

(1) Base Layer (also known as Inner or Wicking layer): The base layer(s) are those adjacent to your body. They should be comfortably loose. The main purpose of these garments is to wick excess moisture away from your body.

(2) Insulation Layer: The insulation layer(s) are the intermediate layer(s). Insulation layers provide volume to enable you to trap warm air between your body and the outer garments. This layer also wicks moisture away from the body. These layers should be comfortably loose to trap a sufficient volume of air. Examples of insulation layers are Mid-weight Shirt and Drawers (aka. waffle top and bottom) and High-Loft Fleece Jacket or CTAPS equivalents.

(3) Outer Shell (protective) Layer: The outer shell layer(s) are the external layers that protect you from the elements in your environment. A main function is to keep dry. In addition, they provide additional volume for trapping warm air. These layers should also be comfortably loose. Examples of outer shell layers are the GORE-TEX® Jacket, Gen III level 4, 5, 6, and 7 jackets and trousers, or CTAPS equivalents.

(d) Soldiers wearing the layered system may remove their outer shell jacket inside buildings and shelters while wearing their insulation or base layers; however, their outer shell trousers will remain on. Jacket style insulation layers such as the High-Loft Fleece Jacket and CTAPS equivalent

will **not** be worn as outer wear when outdoors.

(e) When the temperature falls below 32°F, all Soldiers will wear the fleece cap and gloves. When the temperature drops below 10°F, all Soldiers will wear the balaclava. Soldiers will keep the balaclava, arctic mittens, intermediate cold weather gloves, and traction devices readily available once temperatures persistently fall below 32°F. Additional information is found on the Northern Warfare Training Center SharePoint page at <https://armyeitaas.sharepoint-mil.us/sites/USARPAC-11ad-asc-nwtc>

(f) Soldiers will wear Army-issued or commercially available gloves of similar design. Soldiers will have trigger finger mittens or arctic mittens readily available when required by the commander. Make every effort to carry mittens inside the outer jacket when not worn so they are warm and dry when needed. Mitten sets will not be worn snapped behind the back when conducting tactical field operations. See Section 5.4(f) for the wear of arctic mittens with the APFU.

(g) Neck gaiters and issued wool scarves are authorized for wear with any level of Generation II/III ECWCS or CTAPS. Issued fleece caps and commercially available black gloves are locally authorized for wear with the ASU and AGSU when the temperature drops below 32°F.

(h) The FREE (Fire Retardant Environment Ensemble) is a multi-layered clothing system for cold and wet weather that provides flame resistant properties designed for use by air/mounted crew members and fuel handling Soldiers in maneuver, combat support, and combat sustainment support roles. FREE components will not melt or drip when exposed to heat or flames and provide enhanced protection and injury reduction through their flame-resistant capabilities. FREE is authorized for wear by Soldiers in approved MOS. It is worn in accordance with DA PAM 670-1 Chapter 6, Section II.

- (1) FREE components are worn in layers. The base layers provide warmth under the Fire Retardant ACU (FRACU), Improved Combat Vehicle Crewman (ICVC), or Army Aircrew Combat Uniform (A2CU). The Intermediate Weather Outer Layer (IWOL) can be worn as stand-alone garments, over the duty uniform, or in conjunction with the Extreme Weather Outer Layer in extreme cold or wet conditions.
- (2) For full description and instructions for wear reference TM 10-8415-237-10 (Operator Manual for Fire Retardant Environmental Ensemble).

(i) Commanders are authorized to modify personnel hygiene intervals when the temperature is **persistently below 10°F** to reduce risk of cold weather injuries:

(1) In garrison, Commanders may authorize Soldiers to delay facial hair shaving until after Physical Readiness Training on a standard duty day. Soldiers are not authorized to return to duty with more than 24 hours of facial hair growth. [For example, a Soldier may report to PRT at 0630 without having shaved since 0800 the day prior. Conversely, a Soldier will **NOT** report to PRT on Monday morning without having shaved since 0800 on Friday.]

(2) In a field training environment, Commanders are authorized to suspend facial hair shaving for the duration of the field training event. [Leaders will continually assess CWI risk and not use this as a blanket authorization to grow beards.]

(l) Soldiers will shave upon returning to a garrison environment. Soldiers returning

from a field training environment will not enter any on-post or off-post establishment in uniform with more than 24 hours of facial hair growth.

(II) Soldiers will not grow facial hair prior to field training.

(III) Soldiers will shave before assuming any official duty.

(IV) These guidelines do not apply to Soldiers who have been granted religious or medical exemptions to grow and maintain facial hair. Soldiers will follow the orders prescribed by their medical profile or religious accommodation exemptions.

(j) The **Arctic Angel Winter Survival Packing List** is prescribed for all Soldiers in the field training environment (including airborne operations) generally from October to April. These items are carried in the Soldier's pack or worn in conjunction with the worn winter uniform. It will contain at a **minimum** the following items:

- Cold weather sleep system
- ECWCS Level 2, Level 7 Parka (or CTAPS equivalent)
- ECW Boots (Vapor Barrier Type)
- CW Gloves
- Arctic Mittens
- Balaclava

### 5.3 Mixed Uniforms

CTA 50-900 issued ECWCS and MOLLE items may be issued in the universal camouflage pattern (UCP) if on-hand stocks of OCP items are depleted. These items are authorized for wear in conjunction with OCP items in garrison and field environments. Soldiers will exchange UCP items for OCP items as stocks are replenished.

### 5.4 Army Physical Fitness Uniform (APFU)

The APFU must be clean, serviceable, and worn in accordance with AR 670-1 and DA PAM 670-1 at all times. Certain considerations for the wear of the APFU while assigned to the 11th Airborne Division and/or in arctic conditions are listed below.

(a) Reflective Belts will be worn with the APFU outdoors during hours of limited visibility. Officers and Warrant Officers will wear the color blue, Non-commissioned Officers will wear the color gold, and junior enlisted Soldiers will wear the color fluorescent yellow. The belt will be worn around the waist when wearing APFU shorts and shirt, and from the right shoulder to the left hip when wearing the APFU jacket. The belt must be visible from the front and rear and not concealed by clothing or equipment. Leaders will ensure Soldiers wear a headlamp during hours of low visibility if conducting PRT along roads **open to vehicle traffic**.

(b) Unit distinctive t-shirts and sweatshirts are authorized for wear every day of the week during PRT hours. **The Company/Troop/Battery is the lowest echelon for unit distinctive shirts for PRT.** CDRs may authorize Hooded Sweatshirts; however, the hood and pockets may not be used during training. No Soldier will be required to purchase a unit distinctive shirt. The 11th Airborne Division encourages the wear of unit PT shirts to promote unit pride and esprit de corps.

(c) The APFU can be designated as a duty uniform outside of PRT hours by the Unit

Commander. The APFU may be worn in the DFAC, AAFES Express, Commissary, and Base Exchange as long as it is clean, not saturated in sweat, and serviceable. The APFU will not be worn when operating military vehicles.

(d) During the winter months, generally from October through April, all subordinate commands (brigades, tenant units, and separates) will reference the local temperature and use the PRT Uniform Chart prior to beginning PRT. Temperature variations between 10°F and 20°F are possible, depending on the time of day and training location. Leaders must ensure each Soldier is prepared to train under the coldest or warmest temperature for the given time period. See **Figure 4** for seasonal guidelines.

(e) If the Soldier wears cold weather base or insulation layers, they must be underneath the APFU items.

(f) When arctic mittens are carried during PRT, they should be snapped behind the back, so they do not interfere with drills and exercises.

(g) Commercially bought running shoes that have a GORETEX® or similar waterproof layer are highly recommended.

(h) The issued balaclava, fleece cap (black) or combination of both can be the prescribed headgear during PRT. The (coyote) fleece cap is not authorized for wear with the APFU. The neck gaiter is also authorized for wear with the APFU when wearing the fleece cap. If the temperature is below **-20°F**, the balaclava must stay down and over the nose until the unit moves indoors.

(i) Slip-on traction devices will be worn on running shoes when conditions are icy. Unit leaders will ensure their Soldiers have traction devices on hand, and traction devices will be secured to the PT belt when not in use during the winter months.

(j) Headphones are authorized for use during PRT in the APFU when indoors (gyms, day rooms, unit fitness areas, etc.) or in controlled outdoor locations such as Beaver Fit gyms, and other containerized PRT systems IAW Army Directive 2016-20. Headphones will be conservative and discreet. Ear pads will not exceed 1-1/2 inches in diameter at their widest point. Soldiers may also wear a solid black armband for electronic devices in the gym or fitness centers. Headphones and Bluetooth® speakers are strictly prohibited in formations and while running, walking, and foot marching. Soldiers may not wear headphones while taking the physical fitness test of record.

| <b>Seasonal PRT Uniform Guideline</b>             |  |  |   |  |   |  |
|---|--|--|---|--|---|--|
| <b>Temperature (°F)<br/>(Includes Wind Chill)</b> | <b>APFU<br/>Shirt,<br/>Shorts,<br/>running<br/>shoes</b> | <b>APFU<br/>Jacket &amp;<br/>Pants</b> | <b>APFU<br/>Gloves &amp;<br/>Fleece Cap</b> | <b>Balaclava,<br/>Wool<br/>Socks,<br/>TF Mittens/OR® gloves,<br/>ECWCS Lvl 1 Bottoms</b> | <b>Balaclava,<br/>Wool<br/>Socks,<br/>TF Mittens/OR® gloves,<br/>ECWCS Lvl 1<br/>Top&amp;Bottom,<br/>Arctic Mittens (Carried)</b> | <b>Arctic Field PT Uniform<br/>Balaclava,<br/>ECWCS Lvl 1 Top&amp;Bottom,<br/>ECWCS Lvl 5 Top&amp;Bottom,<br/>Wool Socks,<br/>Extreme CW Boots,<br/>TF Mittens/OR® gloves,<br/>Arctic Mittens,<br/>(ECWCS Lvl 2/3 as needed)</b> |
| <b>Above 44°</b>                                  | <b>X</b>   |  |   |  |   |  |
| <b>44° to 33°</b>                                 | <b>X</b>   | <b>X</b>                               |   |  |   |  |
| <b>32° to 10°</b>                                 | <b>X</b>   | <b>X</b>                               | <b>X</b>                                    |  |   |  |
| <b>10° to -10°</b>                                | <b>X</b>   | <b>X</b>                               |   | <b>X</b>   |   |  |
| <b>-10° to -25°</b>                               | <b>X</b>   | <b>X</b>                               |   |  | <b>X</b>  |  |
| <b>Below -25°</b>                                 |  |  |   |  |   | <b>X</b>   |

**Figure 4: Seasonal PRT Uniform Guideline**

## 6 Off-Duty Appearance and Off-Post Wear of Uniforms

Soldiers are associated and identified with the Army in and out of uniform, and when on or off duty. When off-duty, whether in uniform or in civilian attire, they will ensure that their dress and personal appearance are commensurate with the high standards traditionally associated with Army service. Therefore, off-duty appearance will not detract from the profession and will be in accordance with AR 670-1 and local policy.

(a) Articles of civilian apparel that depict extremist, indecent, sexist, or racist material that are prejudicial to good order and discipline are prohibited from wear on or off the installation. Wearing articles of civilian apparel in a fashion to expose undergarments is also unauthorized on the installation.

(b) The ACU/IHWCU is authorized for wear off the installation between 0500 and 2100 on normal duty days or when official duty is required (staff duty officer, staff duty NCO, Unit Courtesy Patrols, etc.) with the following stipulations:

(1) Soiled uniforms will not be worn to the military mall, Base Exchange, Commissary, AAFES Express, or in any off-post establishment. Soldiers with soiled uniforms whether from field operations or other duties are expected to go directly home. Only for emergencies or essential circumstances should a soiled uniform be worn in an off-post area (i.e. refueling, emergency auto repair, picking up dependents from school/childcare, etc.). Any uniform item worn exclusively for field operating environments such as combat shirts and battle pants will not be worn elsewhere.

(2) The ACU, IHWCU, or ECWCS/CTAPS is the only authorized uniform for wear off the installation while conducting official business, unless the official duty specifically requires the ASU, AGSU, or Mess Dress Uniform such as a casualty notification, funeral attendance, Army Band events, Military Balls, or events where protocol would require it.

(3) Military uniforms will not be worn in off-post establishments that primarily serve alcohol, public rallies not sponsored by the military, political events, nightclubs, or in a manner that would bring discredit to the Division and U.S. Army.

(4) ECWCS and CTAPS clothing items are authorized for use during off-duty recreational activities such as skiing, snowshoeing, hiking, etc. or for newly assigned Soldiers with limited winter clothing. **When wearing issued cold weather clothing for these activities, Soldiers must remove all affiliating items such as U.S. Army tape, and unit patches.**

## 7 Arctic Family Time

In order to strengthen bonds within the Division, all units will allot time for Soldiers to spend time with their family, thereby strengthening the backbone of our organization.

(a) Arctic Family Time will begin at 1500 on Friday afternoons. The intent of Arctic Family Time is for all training, maintenance, and administrative functions to cease and all Soldiers released **no later than 1500**, unless the unit is conducting field operations. **Note: Arctic Family Time is not observed during shortened weeks caused by a DONSA or Federal Holiday.**

(b) Commanders will template Arctic Family Time on all unit training schedules and calendars. Commanders are authorized to schedule field training that supersedes Arctic Family Time when necessary. The Commanding General is the approval authority for all unscheduled exceptions to Arctic Family Time observance.

(c) Leaders will inspect subordinate units to ensure 100% participation with Arctic Family Time.

## 8 Military Custom and Courtesy

All Leaders and Soldiers will enforce military customs and courtesies. Deficiencies will be corrected. Make on the spot corrections by identifying yourself, stating the deficiency, and asking the service member to make the correction. All Soldiers will comply with regulations/policies and should be made aware that violating regulations, policies, or standards can be punitive in nature. Violations of specific prohibitions may result in adverse administrative action or charges under the provisions of Article 92 of the Uniform Code of Military Justice.

(a) The exchange of a salute is a visible sign of good discipline, mutual respect, and an outward sign of unit pride and esprit de corps. The 11th Airborne Division greeting is "**Arctic Angels, Sir or Ma'am!**" The response from the officer will be "**Arctic Tough!**" Regimental greetings are also authorized. Enlisted Soldiers will greet senior enlisted Soldiers with the greeting of the day. Be alert for general officers and other senior officers' vehicles, which are identified with plates depicting their rank attached to the front of the vehicle. Proper military courtesy requires rendering a salute to these officers as they pass. **Soldiers in uniform WILL NOT engage in activities that would interfere with the hand salute and greeting of the day or otherwise detract from exhibiting professional appearance while walking.** Examples include, but not limited to, walking while eating, using electronic devices (e.g., cell phone, or other wireless devices), or smoking/vaping.

(b) All mobile phone usage in uniform will be done from a stationary position. **Walking and talking on a mobile phone in uniform is prohibited**, to include usage of ear attachments (Bluetooth headsets) or with cell phone speaker. In general, the use of personal phones (and connected devices) in any situation should not disturb others.

(c) Hands-free devices are authorized while operating a vehicle (including a motorcycle or bicycle) if not prohibited by policy or law.



## 9 Closing

This guide provides you with valuable information that is unique to this Command. It outlines some of the standards expected of all Soldiers assigned or attached to the 11th Airborne Division and USARAK. This book does not provide all the answers or regulatory guidelines for Soldiers and Leaders. Follow published Army standards and command policy, and you will find your assignment and tour in Alaska a great place to Soldier and live. Leaders should ensure all Soldiers know and understand the Arctic Angel Standard. For easy access through a mobile device reference the Arctic Angel Standard QR code posted throughout the Division footprint. For additional resources and information use the U.S Army Blue Book QR code below.

## 10 U.S. Army Blue Book



Figure 5: JBER Quick Reference Guide

|  |                |                             |   |
|--|----------------|-----------------------------|---|
| CG's Hotline "Ice Line"                  | (907) 384-2677 | Hotline                     |   |
| Legal Assistance                         | (907) 384-3071 | Bldg. 600, Richardson Dr.   | <a href="https://www.jber.jb.mil/Services-Resources/Legal/">https://www.jber.jb.mil/Services-Resources/Legal/</a>   |
| Trial Defense Services                   | (907) 384-9784 | Bldg. 600, Richardson Dr.   |   |
| Inspector General                        | (907) 384-0323 | Bldg. 600, Richardson Dr.   | <a href="https://army.deps.mil/army/cmds/USARAK/staff/ig/SitePages/Home.aspx">https://army.deps.mil/army/cmds/USARAK/staff/ig/SitePages/Home.aspx</a>   |
| American Red Cross                       | (907) 552-5253 | JBER Joint Venture Hospital | <a href="https://www.redcross.org/local/alaska.html">https://www.redcross.org/local/alaska.html</a>   |
| Armed Services YMCA                      | 907-552-9622   | Bldg. 10449, Luke Ave.      | <a href="https://www.asymca.org/alaska-jber">https://www.asymca.org/alaska-jber</a>   |
| Education Center                         | (907) 384-0970 | Bldg. 7, Chilkoot Ave.      | <a href="https://home.army.mil/alaska/index.php/fort-richardson-jber/JBER-servicesresources/education">https://home.army.mil/alaska/index.php/fort-richardson-jber/JBER-servicesresources/education</a>           |
| Army Community Service                   | (907) 384-1517 | Bldg. 600, Richardson Dr.   | <a href="https://www.jber.jb.mil/Services-Resources/Military-Family-Readiness/">https://www.jber.jb.mil/Services-Resources/Military-Family-Readiness/</a>   |
| Financial Assistance                     | (907) 384-7687 | Bldg. 600, Richardson Dr.   |   |
| Army Emergency Relief                    | (907) 384-7478 | Bldg. 600, Richardson Dr.   |   |
| Joint Base Against Drunk Driving (JBADD) | (907) 384-RIDE | Bldg. 655, Richardson Dr.   | <a href="https://www.jber.jb.mil/Info/Fact-Sheets/Display/Article/290224/joint-base-against-drunk-driving/">https://www.jber.jb.mil/Info/Fact-Sheets/Display/Article/290224/joint-base-against-drunk-driving/</a> |
| SUDCC                                    | (907) 384-0405 | Bldg. 786, D St.            | <a href="https://www.jber.jb.mil/Services-Resources/JBER-Connect-Resources/#SUDCC">https://www.jber.jb.mil/Services-Resources/JBER-Connect-Resources/#SUDCC</a>   |
| ASAP                                     | (907) 384-1412 | Bldg. 1108, Fawn St.        | <a href="https://www.jber.jb.mil/Portals/144/Services-Resources/Resiliency-Resources/ASAP.pdf">https://www.jber.jb.mil/Portals/144/Services-Resources/Resiliency-Resources/ASAP.pdf</a>                           |
| Military One Source                      | (800) 342-9647 | Hotline                     | <a href="http://www.militaryonesource.mil/">http://www.militaryonesource.mil/</a>   |
| USO Alaska                               | (907) 552-7963 | Bldg. 7076, Chennault Ave.  | <a href="https://alaska.uso.org">https://alaska.uso.org</a>   |
| Outdoor Recreation (JBER-R)              | (907) 384-1475 | Bldg. 794, Davis HWY        | <a href="https://jberlife.com/odr/">https://jberlife.com/odr/</a>   |
| Outdoor Recreation (JBER-E)              | (907) 552-2023 | Bldg. 7301, Jerstad Ave.    | <a href="https://jberlife.com/odr/">https://jberlife.com/odr/</a>   |
| Seward Resort                            | (907) 224-5559 | 2345 Dimond Blvd, Seward    | <a href="http://www.sewardresort.com/">http://www.sewardresort.com/</a>   |
| Warrior Zone                             | (907) 384-9006 | Bldg. 655, Richardson Dr.   | <a href="https://jberlife.com/warriorzone/">https://jberlife.com/warriorzone/</a>   |
| B.O.S.S.                                 | (907) 384 9023 | Bldg. 655, Richardson Dr.   | <a href="https://www.facebook.com/JBER.BOSS.AK">https://www.facebook.com/JBER.BOSS.AK</a>   |
| Chapel Services                          | (907) 552-5762 | Bldg. 4984, Zeamer Ave.     | <a href="https://www.jber.jb.mil/Services-Resources/Chapel/">https://www.jber.jb.mil/Services-Resources/Chapel/</a>   |
| Duty Chaplain (On-call)                  | (907) 552-3000 | Hotline                     |   |
| Behavior Health Clinic                   | (907) 384-0405 | Bldg. 786, D St.            | <a href="https://www.jber.jb.mil/Services-Resources/JBER-Connect-Resources/#BHC">https://www.jber.jb.mil/Services-Resources/JBER-Connect-Resources/#BHC</a>   |
| Mental Health Clinic                     | (907) 580-2181 | 5955 Zeamer Ave.            | <a href="https://www.jber.jb.mil/Services-Resources/JBER-Connect-Resources/#MHC">https://www.jber.jb.mil/Services-Resources/JBER-Connect-Resources/#MHC</a>   |
| National Suicide Crisis Hotline          | (800) 273-8255 | Hotline                     | or text "Hello" to 741741   |
| Alaska Suicide Hotline                   | (907) 563-3200 | Hotline                     |   |
| Veteran's Crisis Hotline                 | 988 (option 1) | Hotline                     | or text "Hello" to 838255   |
| Military Family Life Counselors          | (907) 384-1534 | Bldg. 600, Richardson Dr.   |   |
| Family Advocacy Program                  | (907) 580-5858 | Bldg. 5955, Zeamer Ave.     | <a href="https://el mendorforichardson.tricare.mil/Health-Services/Other/Family-Advocacy">https://el mendorforichardson.tricare.mil/Health-Services/Other/Family-Advocacy</a>                                     |
| Domestic Violence Hotline                | (907) 947-0888 | Hotline                     |   |
| Equal Opportunity                        | (907) 384-0336 | Bldg. 1, Headquarters Loop  | <a href="https://army.deps.mil/army/cmds/USARAK/staff/g1/eo/SitePages/Home.aspx">https://army.deps.mil/army/cmds/USARAK/staff/g1/eo/SitePages/Home.aspx</a>   |
| Equal Opportunity Hotline                | (907) 384-6340 | Hotline                     |   |
| SHARP Resource Center                    | (907) 748-9016 | Bldg. 600, Richardson Dr.   | <a href="https://army.deps.mil/army/cmds/USARAK/staff/src/SitePages/Home.aspx">https://army.deps.mil/army/cmds/USARAK/staff/src/SitePages/Home.aspx</a>   |
| Sexual Assault Helpline                  | (907) 384-7272 | Hotline                     | <a href="https://www.safehelpline.org/">https://www.safehelpline.org/</a>   |

Figure 6: FWA Quick Reference Guide

|                                      |                |                           |   |
|--------------------------------------|----------------|---------------------------|---|
| CG's Hotline "Ice Line"              | (907) 384-2677 | Hotline                   |   |
| Legal Assistance                     | (907) 353-6518 | Bldg. 1562, Gaffney Rd    | <a href="https://installations.militaryonesource.mil/military-installation/fort-wainwright/legal/legal-assistance">https://installations.militaryonesource.mil/military-installation/fort-wainwright/legal/legal-assistance</a>   |
| Trial Defense Services               | (907) 353-6522 | Bldg. 1051, Gaffney Rd.   |   |
| Inspector General                    | (907) 353-6204 | Bldg. 1049, Chena Rd.     | <a href="https://army.deps.mil/army/cmds/USARAK/staff/ig/SitePages/Home.aspx">https://army.deps.mil/army/cmds/USARAK/staff/ig/SitePages/Home.aspx</a>   |
| American Red Cross                   | (907) 361-5685 | Bldg. 4076, Neely Rd.     | <a href="https://www.redcross.org/local/alaska.html">https://www.redcross.org/local/alaska.html</a>   |
| Armed Services YMCA                  | (907) 353-5962 | Bldg. 1047, Nysteen Rd.   | <a href="https://www.asymca.org/alaska-fww">https://www.asymca.org/alaska-fww</a>   |
| Education Center                     | (907) 361-7486 | Bldg. 4391, Neely Rd.     | <a href="https://home.army.mil/alaska/index.php/fortwainwright/garrison/DHR/education-center">https://home.army.mil/alaska/index.php/fortwainwright/garrison/DHR/education-center</a>   |
| Army Community Service               | (907) 353-4227 | Bldg. 3401, Santiago Ave. | <a href="https://home.army.mil/alaska/index.php/fort-wainwright/garrison/army-community-service">https://home.army.mil/alaska/index.php/fort-wainwright/garrison/army-community-service</a>   |
| Financial Assistance                 | (907) 353-7453 | Bldg. 3401, Santiago Ave. |   |
| Army Emergency Relief                | (907) 353-3459 | Bldg. 3401, Santiago Ave. |   |
| Soldier Against Drunk Driving (SADD) | (907) 353-4145 | Bldg. 1045 Gaffney Rd.    | <a href="https://wainwright.armymwr.com/directory/68742">https://wainwright.armymwr.com/directory/68742</a>   |
| SUDCC                                | (907) 361-6059 | Bldg. 4076, Neely Rd.     | <a href="https://bassett-wainwright.tricare.mil/Health-Services/Behavioral-Health/Behavioral-Health-Clinic/Substance-Abuse-Disorder-Clinic-Care">https://bassett-wainwright.tricare.mil/Health-Services/Behavioral-Health/Behavioral-Health-Clinic/Substance-Abuse-Disorder-Clinic-Care</a> |
| ASAP                                 | (907) 361-1370 | Bldg. 4055, Tamarack Rd.  | <a href="https://home.army.mil/alaska/index.php/fort-wainwright/garrison/DHR/Army-Substance-Abuse-Program">https://home.army.mil/alaska/index.php/fort-wainwright/garrison/DHR/Army-Substance-Abuse-Program</a>   |
| Military One Source                  | (800) 342-9647 | Hotline                   | <a href="http://www.militaryonesource.mil/">http://www.militaryonesource.mil/</a>   |
| USO Alaska                           | (907) 313-7670 | Bldg. 3727 Neely Rd.      | <a href="https://alaska.uso.org">https://alaska.uso.org</a>   |
| Outdoor Recreation                   | (907) 361-6349 | Bldg. 4050, Glass Dr.     | <a href="https://wainwright.armymwr.com/programs/outdoor-recreation-center">https://wainwright.armymwr.com/programs/outdoor-recreation-center</a>   |
| Seward Resort                        | (907) 224-5559 | 2345 Dimond Blvd, Seward  | <a href="http://www.sewardresort.com/">http://www.sewardresort.com/</a>   |
| Warrior Zone Community Center        | (907) 353-1087 | Bldg. 3205, Santiago Ave. | <a href="https://wainwright.armymwr.com/programs/warrior-zone">https://wainwright.armymwr.com/programs/warrior-zone</a>   |
| BOSS                                 | (907) 353-7648 | Bldg. 1045, Gaffney Rd.   | <a href="https://www.facebook.com/FortWainwrightBOSS/">https://www.facebook.com/FortWainwrightBOSS/</a>   |
| Chapel Services                      | (907) 353-2088 | Bldg. 1051, Gaffney Rd.   | <a href="https://home.army.mil/alaska/index.php/fort-wainwright/garrison/rso#qt0:1">https://home.army.mil/alaska/index.php/fort-wainwright/garrison/rso#qt0:1</a>   |
| Duty Chaplain (On-call)              | (907) 353-4180 | Hotline                   |   |
| Behavior Health Clinic (Kamish)      | (907) 353-4126 | Bldg. 3406, Alder Ave     | <a href="https://bassett-wainwright.tricare.mil/Clinics/Kamish-SCMH/Embedded-Behavioral-Health">https://bassett-wainwright.tricare.mil/Clinics/Kamish-SCMH/Embedded-Behavioral-Health</a>   |
| Behavior Health Clinic (Outpatient)  | (907) 361-6059 | Bldg. 4076, Neely Rd.     | <a href="https://bassett-wainwright.tricare.mil/Health-Services/Behavioral-Health/Behavioral-Health-Clinic/Outpatient-Behavioral-Health">https://bassett-wainwright.tricare.mil/Health-Services/Behavioral-Health/Behavioral-Health-Clinic/Outpatient-Behavioral-Health</a>                 |
| National Suicide Crisis Hotline      | (800) 273-8255 | Hotline                   | or text "Hello" to 741741   |
| Alaska Suicide Hotline               | (907) 563-3200 | Hotline                   |   |
| Veteran's Crisis Hotline             | 988 (option 1) | Hotline                   | or text "Hello" to 838255   |
| Military Family Life Counselors      | (907) 308-9413 | Bldg. 3401, Santiago Ave. |   |
| Family Advocacy Program              | (907) 361-6299 | Bldg. 4076, Neely Rd.     | <a href="https://bassett-wainwright.tricare.mil/Health-Services/Behavioral-Health/Behavioral-Health-Clinic/Family-Advocacy-Program">https://bassett-wainwright.tricare.mil/Health-Services/Behavioral-Health/Behavioral-Health-Clinic/Family-Advocacy-Program</a>                           |
| Domestic Violence Hotline            | (907) 799-9770 | Hotline                   |   |
| Equal Opportunity                    | (970) 353-9234 | Bldg. 1049, Chena Rd.     | <a href="https://army.deps.mil/army/cmds/USARAK/staff/g1/eo/SitePages/Home.aspx">https://army.deps.mil/army/cmds/USARAK/staff/g1/eo/SitePages/Home.aspx</a>   |
| Equal Opportunity Hotline            | (907) 384-6340 | Hotline                   |   |
| SHARP Resource Center                | (907) 854-4846 | Bldg. 1049, Chena Rd.     | <a href="https://army.deps.mil/army/cmds/USARAK/staff/src/SitePages/Home.aspx">https://army.deps.mil/army/cmds/USARAK/staff/src/SitePages/Home.aspx</a>   |
| Sexual Assault Helpline              | (907) 353-7272 | Hotline                   | <a href="https://www.safehelpline.org/">https://www.safehelpline.org/</a>   |

