



UNITED STATES MARINE CORPS
MARINE CORPS INSTALLATIONS NATIONAL CAPITAL REGION
MARINE CORPS BASE QUANTICO
3250 CATLIN AVENUE
QUANTICO VIRGINIA 22134 5001

MCINCR-MCBQO 1020.1K CH 2
B 10
MAR 12 2024

MARINE CORPS INSTALLATIONS NATIONAL CAPITAL REGION – MARINE CORPS
BASE QUANTICO ORDER 1020.1K CHANGE 2

From: Commander, Marine Corps Installations National Capital Region – Marine Corps Base
Quantico

To: Distribution List

Subj: UNIFORM REGULATIONS

Encl: (a) MCINCR-MCBQO 1020.1K CH 2 Cover page
(b) MCICNR-MCBQO 1020.1K CH 2 page 2

1. Situation. The installation Commander has directed changes to the routine schedule of the wearing of the service uniform from the first Friday of every month to the last Friday of every month.

2. Mission. MCINCR-MCBQO 1020.1K updated with most current changes per the references.

3. Execution. Changes to the subject Order are as follow:

a. Replace cover page with enclosure (1). Specific changes are adding CH 2 in the SSIC block and subject Order.

b. Replace page 2 with enclosure (2). Specific change is page 2, paragraph 4.b.(2), is revised as follows: In the first sentence, replace the words “the first” with the word “the last”. In the last sentence, replace “the first Friday of the Month” with “the last Friday of the Month”.

4. Administration and Logistics. File this transmittal page in front of the MCINCR-MCBQO CH 1 of this Order.

5. Command and Signal

a. Command. This Order is applicable to all personnel aboard Marine Corps Base Quantico.

b. Signal. This change is effective the date signed.


MICHAEL L. BROOKS



UNITED STATES MARINE CORPS
MARINE CORPS INSTALLATIONS NATIONAL CAPITAL REGION
MARINE CORPS BASE QUANTICO
3250 CATLIN AVENUE
QUANTICO VIRGINIA 22134 5001

MCINCR-MCBQO 1020.1K CH 2
B 10

MARINE CORPS INSTALLATIONS NATIONAL CAPITAL REGION – MARINE CORPS
BASE QUANTICO ORDER 1020.1K CHANGE 2

From: Commander, Marine Corps Installations National Capital Region – Marine Corps Base
Quantico

To: Distribution List

Subj: UNIFORM REGULATIONS

Ref: (a) MCO P1020.34H
(b) MCBO 3570.1A
(c) CMC ltr1020 MCUB dtd 14 Aug 07
(d) ALMAR 035/07
(e) ALMAR 028/19
(f) MCBO 5560.2E
(g) MCO 5100.19F
(h) MARADMIN 078/14
(i) MARADMIN 011/16
(j) ALMAR 013/20

Encl: (1) Marine Corps Base Quantico (MCBQ) Physical Training (PT) Attire

1. Situation. To promulgate instructions per references (a) through (j) for the proper wearing of the military uniform and civilian clothing by Service members and civilian personnel aboard MCINCR-MCBQ.

2. Cancellation. MCBO 1020.1J

3. Mission. Commanding Officers, directors, heads of tenant activities will ensure compliance with the references and this Order for the wear of uniforms and civilian attire.

4. Execution

a. Commander's Intent and Concept of Operations

(1) Commander's Intent. To ensure all personnel are aware of the proper wear of uniform and civilian clothing while assigned to and aboard MCINCR-MCBQ.

(2) Concept of Operations

DISTRIBUTION STATEMENT A: Approved for public release; distribution is unlimited.

ENCLOSURE (1)

(a) Ensure all personnel possess the full requirement of prescribed articles of uniform clothing and maintain such uniforms together with uniform accoutrements in a neat and serviceable condition.

(b) Ensure personnel of other services, attached to this activity, wear uniforms corresponding to the requirements of this Order on all occasions.

b. Coordinating Instructions

(1) MCINCR-MCBQ Personnel. The authorized uniform of the day for Marines stationed at MCINCR-MCBQ is the woodland Marine pattern (MARPAT) uniform. Sleeves will be in a rolled up for the summer season, which consists of the next duty day following Daylight Savings Time (March through November). Sleeves will be rolled down to accommodate winter weather from the next duty day following Daylight Savings Time (November through March). It is at the MCINCR-MCBQ Commander's discretion whether these dates are to be adjusted for purposes of inclement weather.

(2) The appropriate seasonal service uniform is to be worn the last Friday of each month. During the winter months, Marines will wear the service "B" uniform; during summer months, the service "C" uniform. Unit commanders may authorize wear of the woodland MARPAT uniform on Fridays for service members who are in a tactical/field environment, performing duties where the utility (working) uniform is more appropriate or inclement weather. Navy personnel assigned to MCINCR-MCBQ will wear the Navy Working Uniform Monday through Friday and the Navy Service Uniform on the last Friday of each month.

(3) Commanders' Discretion. Commanders, directors, and heads of tenant activities may designate a different uniform of the day for an event or function should they deem it appropriate. If official business requires service members to go off base during normal working hours, they are to wear the appropriate service "B" or "C" uniform or proper civilian attire.

(4) Uniform Designations and Restrictions. All officers, Staff Noncommissioned Officers, and Noncommissioned Officers are charged with the responsibility of strict enforcement of the provisions of reference (a) and this Order. The following designations and restrictions are applicable:

(a) Dress Uniforms. The appropriate seasonal dress uniform may be designated for wear by commanders for appropriate functions and occasions. Dress uniforms and accessories, when prescribed, will be worn in strict compliance with reference (a).

(b) Utility Uniforms

1. Activity heads/supervisors may authorize the removal of the utility blouse during all heat flag (WBGT Index Readings) conditions, as outlined in reference (b). This authority is limited to controlled work areas and will require a clean green undershirt neatly tucked into the trousers. The standard green undershirt will be worn when the utility coat is removed.

ENCLOSURE (2)



UNITED STATES MARINE CORPS
MARINE CORPS INSTALLATIONS NATIONAL CAPITAL REGION
MARINE CORPS BASE QUANTICO
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MCINCR-MCBQO 1020.1K Ch 1
B 10
29 Sep 22

MARINE CORPS INSTALLATIONS NATIONAL CAPITAL REGION - MARINE CORPS BASE
QUANTICO ORDER 1020.1K CHANGE 1

From: Commander, Marine Corps Installations National Capital Region-
Marine Corps Base Quantico

To: Distribution A

Subj: UNIFORM REGULATIONS

Ref: (j) ALMAR 013/20

Encl: (1) MCINCR-MCBQO 1020.1K Ch 1 Cover page
(2) MCINCR-MCBQO 1020.1K Ch 1 page 2

1. Situation. The installation Commander has directed changes to the routine schedule of the wearing of the service uniform from every Friday to the first Friday of every month. Reference (j) cancels ALMARS 054/06 and 038/16. Per reference (f), only personnel assigned to Marine Corps elements that work or conduct official business at the Pentagon reservation are required to wear the seasonal Service "B" or Service "C" for the uniform of the day.

2. Mission. MCINCR-MCBQO 1020.1K updated with most current changes per the references.

3. Execution. Changes to the subject Order are as follows:

a. Replace cover page with enclosure (1). Specific changes are adding Ch 1 in the SSIC block and Subject Order. Add Ref: (j) ALMAR 013/20.

b. Replace Page 2 with enclosure (2). Specific change is page 2, paragraph 4b(2) is revised as follows: In the first sentence, replace the word "every" with the words "the first." In the last sentence, replace "Fridays" with "the first Friday of the month."

4. Administration and Logistics. None.

5. Command and Signal

a. Command. This Order is applicable to all personnel aboard Marine Corps Base Quantico.

b. Signal. This Order is effective the date signed.


MICHAEL L. BROOKS



UNITED STATES MARINE CORPS
MARINE CORPS INSTALLATIONS NATIONAL CAPITAL REGION
MARINE CORPS BASE QUANTICO
3250 CATLIN AVENUE
QUANTICO VIRGINIA 22134 5001

MCINCR-MCBQO 1020.1K Ch 1
B 10
29 Sep 22

MARINE CORPS INSTALLATIONS NATIONAL CAPITAL REGION-MARINE CORPS BASE QUANTICO
ORDER 1020.1K CHANGE 1

From: Commander
To: Distribution List

Subj: UNIFORM REGULATIONS

Ref: (a) MCO P1020.34H
(b) MCBO 3570.1A
(c) CMC ltr1020 MCUB dtd 14 Aug 07
(d) ALMAR 035/07
(e) ALMAR 028/19
(f) MCBO 5560.2E
(g) MCO 5100.19F
(h) MARADMIN 078/14
(i) MARADMIN 011/16
(j) ALMAR 013/20

Encl: (1) Marine Corps Base Quantico (MCBQ) Physical Training (PT) Attire

1. Situation. To promulgate instructions per references (a) through (i) for the proper wearing of the military uniform and civilian clothing by Service members and civilian personnel aboard MCINCR-MCBQ.

2. Cancellation. MCBO 1020.1J

3. Mission. Commanding Officers, directors, heads of tenant activities will ensure compliance with the references and this Order for the wear of uniforms and civilian attire.

4. Execution

a. Commander's Intent and Concept of Operations

(1) Commander's Intent. To ensure all personnel are aware of the proper wear of uniform and civilian clothing while assigned to and aboard MCINCR-MCBQ.

(2) Concept of Operations

(a) Ensure all personnel possess the full requirement of prescribed articles of uniform clothing and maintain such uniforms together with uniform accoutrements in a neat and serviceable condition.

(b) Ensure personnel of other services, attached to this activity, wear uniforms corresponding to the requirements of this Order on all occasions.

b. Coordinating Instructions

DISTRIBUTION STATEMENT A: Approved for public release; distribution is unlimited.

ENCLOSURE (1)

(1) MCINCR-MCBQ Personnel. The authorized uniform of the day for Marines stationed at MCINCR-MCBQ is the woodland Marine pattern (MARPAT) uniform. Sleeves will be in a rolled up for the summer season, which consists of the next duty day following Daylight Savings Time (March through November). Sleeves will be rolled down to accommodate winter weather from the next duty day following Daylight Savings Time (November through March). It is at the MCINCR-MCBQ Commander's discretion whether these dates are to be adjusted for purposes of inclement weather.

(2) The appropriate seasonal service uniform is to be worn the first Friday of each month. During the winter months, Marines will wear the service "B" uniform; during summer months, the service "C" uniform. Unit commanders may authorize wear of the woodland MARPAT uniform on Fridays for service members who are in a tactical/field environment, performing duties where the utility (working) uniform is more appropriate or inclement weather. Navy personnel assigned to MCINCR-MCBQ will wear the Navy Working Uniform Monday through Thursday and the Navy Service Uniform on the first Friday of the month.

(3) Commanders' Discretion. Commanders, directors, and heads of tenant activities may designate a different uniform of the day for an event or function should they deem it appropriate. If official business requires service members to go off base during normal working hours, they are to wear the appropriate service "B" or "C" uniform or proper civilian attire.

(4) Uniform Designations and Restrictions. All Officers, Staff Noncommissioned Officers, and Noncommissioned Officers are charged with the responsibility of strict enforcement of the provisions of reference (a) and this Order. The following designations and restrictions are applicable:

(a) Dress Uniforms. The appropriate seasonal dress uniform may be designated for wear by commanders for appropriate functions and occasions. Dress uniforms and accessories, when prescribed, will be worn in strict compliance with reference (a).

(b) Utility Uniforms

1. Activity heads/supervisors may authorize the removal of the utility blouse during all heat flag (WBGT Index Readings) conditions, as outlined in reference (b). This authority is limited to controlled work areas and will require a clean green undershirt neatly tucked into the trousers. The standard green undershirt will be worn when the utility coat is removed.

2. Per reference (c), wear of the utility uniform is authorized for Marines anywhere in the town of Quantico and the National Museum of the Marine Corps at anytime.

3. Utilities may be worn in the Commissary Store and Marine Corps Exchange (MCX).

4. The utility uniform may be worn in the Officer, Staff, and Enlisted Clubs at any time.



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MCINCR-MCBQO 1020.1K
B 10
3 May 21

MARINE CORPS INSTALLATIONS NATIONAL CAPITAL REGION-MARINE CORPS BASE QUANTICO
ORDER 1020.1K

From: Commander
To: Distribution List

Subj: UNIFORM REGULATIONS

Ref: (a) MCO P1020.34H
(b) MCBO 3570.1A
(c) CMC ltr1020 MCUB dtd 14 Aug 07
(d) ALMAR 035/07
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Encl: (1) Marine Corps Base Quantico (MCBQ) Physical Training (PT) Attire

1. Situation. To promulgate instructions per references (a) through (i) for the proper wearing of the military uniform and civilian clothing by Service members and civilian personnel aboard MCINCR-MCBQ.

2. Cancellation. MCBO 1020.1J

3. Mission. Commanding Officers, directors, heads of tenant activities will ensure compliance with the references and this Order for the wear of uniforms and civilian attire.

4. Execution

a. Commander's Intent and Concept of Operations

(1) Commander's Intent. To ensure all personnel are aware of the proper wear of uniform and civilian clothing while assigned to and aboard MCINCR-MCBQ.

(2) Concept of Operations

(a) Ensure all personnel possess the full requirement of prescribed articles of uniform clothing and maintain such uniforms together with uniform accoutrements in a neat and serviceable condition.

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(1) MCINCR-MCBQ Personnel. The authorized uniform of the day for Marines stationed at MCINCR-MCBQ is the woodland Marine pattern (MARPAT) uniform. Sleeves will be in a rolled up for the summer season, which consists of the next duty day following Daylight Savings Time (March through November). Sleeves will be rolled down to accommodate winter weather from the next duty day following Daylight Savings Time (November through March). It is at the MCINCR-MCBQ Commander's discretion whether these dates are to be adjusted for purposes of inclement weather.

(2) The appropriate seasonal service uniform is to be worn every Friday of each month. During the winter months, Marines will wear the service "B" uniform; during summer months, the service "C" uniform. Unit commanders may authorize wear of the woodland MARPAT uniform on Fridays for service members who are in a tactical/field environment, performing duties where the utility (working) uniform is more appropriate or inclement weather. Navy personnel assigned to MCINCR-MCBQ will wear the Navy Working Uniform Monday through Thursday and the Navy Service Uniform on Fridays.

(3) Commanders' Discretion. Commanders, directors, and heads of tenant activities may designate a different uniform of the day for an event or function should they deem it appropriate. If official business requires service members to go off base during normal working hours, they are to wear the appropriate service "B" or "C" uniform or proper civilian attire.

(4) Uniform Designations and Restrictions. All officers, staff noncommissioned officers, and noncommissioned officers are charged with the responsibility of strict enforcement of the provisions of reference (a) and this Order. The following designations and restrictions are applicable:

(a) Dress Uniforms. The appropriate seasonal dress uniform may be designated for wear by commanders for appropriate functions and occasions. Dress uniforms and accessories, when prescribed, will be worn in strict compliance with reference (a).

(b) Utility Uniforms

1. Activity heads/supervisors may authorize the removal of the utility blouse during all heat flag (WBGT Index Readings) conditions, as outlined in reference (b). This authority is limited to controlled work areas and will require a clean green undershirt neatly tucked into the trousers. The standard green undershirt will be worn when the utility coat is removed.

2. Per reference (c), wear of the utility uniform is authorized for Marines anywhere in the town of Quantico and the National Museum of the Marine Corps at anytime.

3. Utilities may be worn in the Commissary Store and Marine Corps Exchange (MCX).

4. The utility uniform may be worn in the Officer, Staff, and Enlisted Clubs at any time.

5. The utility uniform is a working uniform. Wear of the utility uniform is authorized while commuting to and from work. Per reference (d), Marines are not authorized en-route stops while off-base unless it is a bona fide emergency (e.g., medical emergency, vehicle breakdown, or vehicle accident). The utility uniform may be worn off-base when using drive-thru services such as ATMs, fast food restaurants, or dry cleaners when the Marine will not exit the vehicle.

6. The utility uniform must be clean and present a neat appearance.

7. Marines stationed aboard MCINCR-MCBQ must abide by reference (f) when conducting business in the National Capital region (i.e., Arlington, Alexandria, Crystal City and Washington, DC areas). The utility uniform will not be worn:

- a. While on leave or liberty status off-base.
- b. On any form of public transportation, to include commuter slug lines.
- c. At any DoD-leased, civilian facilities, such as those in Crystal City, Virginia and Pentagon.

(c) Coveralls. Government-issued coveralls will only be worn while performing appropriate tasks and will not be worn away from the job site. Coveralls are not authorized in any mess hall, club or branch of the MCX. Appropriate rank insignia will be worn on coveralls per reference (a) in the same manner as the utility uniform. The utility cover or coyote watch cap, as prescribed by the supervisor, will be worn with coveralls.

(d) Safety Boots. Safety boots are organizational property and as such are subject to the same restrictions as the coveralls, except that, when worn with the utility uniform, safety boots are subject to the same restrictions as utilities. When safety boots are worn with utilities or coveralls, the trousers will not be bloused, unless the safety boots are the same style as combat boots. Safety boots are not authorized as replacement for combat boots, a required uniform article.

(e) Extended Cold Weather Clothing System (ECWCS) Parka and Trousers. Per reference (a), Marines are authorized to wear the ECWCS parka and trousers with the utility uniform at their option on all occasions, except when specifically prohibited by the commander for reasons of uniformity.

1. The wearing of the ECWCS parka and trousers with the service uniform is not authorized.

2. The ECWCS parka and trousers may be worn during cold or inclement weather with the utility uniform, to include emergency stops.

3. Organizationally issued ECWCS items may not be worn with civilian attire.

4. ECWCS parka: one insignia will be worn centered on the zipper flap in the space provided.

(f) Watch Cap. In cold weather Marines may wear the watch cap (organizational issued) for training or when the preponderance of activities is outdoors at the local Commander's discretion, while in the utility uniform or PT attire. The watch cap is authorized for wear while in appropriate civilian attire.

(g) Flight Jackets/Flight Suits

1. The flight suit will be worn with flight boots, green/black cushion-sole socks, green crew-neck undershirt, garrison cap, black leather nametags, and no more than two unit/squadron (CNO/CMC approved) patches. The flight suit is authorized for aircrew members outside the working/squadron areas subject to the same regulations that apply to the utility uniform.

2. Flight jackets will be worn in strict compliance with the following:

a. Marines who have been issued and are required to maintain an authorized flight jacket are permitted to wear the jacket with the service "B" or "C" uniforms, in addition to flight suits. When worn, the jacket will be zipped closed about one-half or more.

b. Off-installation stops such as those described in paragraph 4b(3)(b)5 are permitted.

c. The flight jacket is not authorized for wear on leave and liberty.

d. When worn with the service uniform only one unit/squadron (CNO/CMC approved) patch may be worn; on the right front of the jacket, level with the name tag on the left side.

e. The flight jacket will not be worn with the utility uniform.

(h) Food Service Clothing. Food service Marines are authorized to wear food service clothing while performing duties in mess halls or bakery facilities. Articles of food service clothing may be worn to and from places of work, living spaces, and the 7-Day Store. All other wear of this clothing is prohibited.

(i) Attire for Investigators. Investigators assigned to the Criminal Investigation Division may be authorized by the Commanding Officer, Security Battalion, to wear civilian attire. This authorization should extend only when considered to be in the best interest of the command.

(j) Ribbons. When the blue dress "C"/"D" or service "B"/"C" uniforms are worn, the wearing of ribbons on khaki shirts is at the individual's option unless the commander prescribes that ribbons be worn. If ribbons are worn on these uniforms, either all ribbons, or personal U.S. decorations with U.S. unit awards and the Good Conduct Medal, may be worn at the individual's option.

3 May 21

(k) Uniform for Special Events. The uniform for parades, ceremonies, athletic events, organizational events, and other special activities will be prescribed by the letter of instruction for each event.

(l) Service Sweater. The service sweater with epaulettes is the only authorized sweater for wear as per reference (a), and may be worn with the utility uniform, beneath the utility coat, and with the service "B" and "C" uniforms. The sweater may be worn with the service uniform for leave and liberty and commuting to and from work. The service sweater without epaulettes may only be worn (without rank insignia) underneath the utility uniform.

(m) Women's Slacks. Unless prescribed by the Commander the wearing of slacks in any service or dress uniform is at the option of the individual Marine.

1. The wear of the service slacks as a uniform of the day is at the option of the individual. On specific occasions when uniformity is required (i.e., formation, ceremonies, inspections, parades, or social events), commanders may direct whether the skirt or slacks will be worn.

2. Slacks with the service uniform are authorized for wear on leave, liberty, and for travel via government/commercial means.

(n) Umbrellas. All Marines are authorized to use/carry an all-black, plain, standard or collapsible umbrella at their option during inclement weather with the service and dress uniforms. Umbrellas may not be used/carried in formation nor will they be carried with the utility uniform per reference (e).

(o) Tanker Jacket. Wear of the tanker jacket is permitted with the blue dress "C" and "D" uniforms, the service "B" and "C" uniforms, or the service uniform with sweater. When worn with an appropriate uniform, the jacket will be zipped closed about one-half or more. The tanker jacket is authorized for wear on leave, liberty, and for travel via government/commercial means. The jacket will not be worn with the all-weather coat or utility uniforms. It will not be worn for inspections, ceremonial formations, or parades. The jacket is authorized for wear, without insignia, with civilian clothing.

(p) Protective Motorcycle Clothing. Marines are authorized to wear a motorcycle-riding jacket and or vest over the uniform while on the motorcycle. It is the responsibility of the rider to procure and wear the personal protective equipment as prescribed in reference (f). The jacket must be removed as soon as the Marine dismounts the motorcycle. The jacket must not contain graphics or text considered inappropriate with the image of the Marine Corps.

(q) Marine Corps Running Suit. Marines may wear the Marine Corps Running Suit in addition to existing PT gear, with the exception of the USMC sweat suit. Reflective belt or vest will be worn with the Marine Corps Running Suit while conducting PT along MCINCR-MCBQ roadways as per paragraph 4.(e).1. The running suit is unauthorized for wear during leave and liberty with the exception of when conducting PT. The running suit jacket is authorized for leave and liberty wear as an outer garment; however, at all

times the running suit jacket must be zipped at least halfway to the top of the zipper.

(4) Civilian Clothing Regulations

(a) The wearing of appropriate civilian clothing while on leave, liberty, or in an off-duty status is authorized. Appropriate civilian attire is clothing that is neat, clean, and commensurate with good taste. Marines will ensure that their civilian dress and personal appearance are conservative and commensurate with the high standards traditionally associated with the Marine Corps. No eccentricities of dress will be permitted. The wearing of earrings by male Marines assigned to this Command in uniform or civilian attire, under any circumstances, is prohibited. Males of other branches of service will comply with their respective regulations pertaining to body piercings. Clothing with printing, insignia or pictures that are sexually or violently offensive; obscene or suggestive in nature; promote illegal activities; depict derogatory social, religious, racial or ethnic messages; or present an impression contrary to the good order and discipline of the armed forces and the Marine Corps is prohibited.

(b) The following uniform items are authorized for wear with civilian attire:

1. Male Marines may wear gold cufflinks, studs, tie bar, mourning band, footwear, gloves, undergarments, black bow-tie, green wool scarf, general purpose trunks, all-weather coat, service sweater, running suit jacket, and the tanker jacket (without rank insignia of grade).

2. Female Marines may wear the white shirt without insignia of grade, footwear, gloves, handbag, clutch purse, mourning band, green wool scarf, general purpose trunks, the all-weather coat, service sweater, running suit jacket, and the tanker jacket (without rank insignia).

(c) Appropriate civilian attire for wear in public buildings/facilities at MCINCR-MCBQ will be as follows:

1. Family Members and Guests. Military family members and guests are expected to maintain the same general standards of conduct, dress, and behavior as Marines. It is incumbent upon all persons living on or entering this base to obey all regulations concerning their admission and demeanor.

2. Responsibilities of Sponsors and Hosts. Sponsors and hosts of nonmilitary personnel are reminded of their responsibilities for the proper indoctrination, supervision, and control of nonmilitary personnel on MCBQ, as well as for their family members.

3. Appropriate Civilian Attire. Civilian attire that is neat, clean, and commensurate with good taste is prescribed for wear in public buildings/facilities at MCINCR-MCBQ.

4. Headgear. Headgear in civilian attire will be removed when entering a government building/facilities at MCINCR-MCBQ. Headgear refers to Ball caps, beanies, hooded hoodies.

3 May 21

5. Footwear. Except when swimwear is worn as prescribed elsewhere in this Order, footwear must be worn. Open-toed sandals may be worn with or without socks. However, thongs (shower shoes) are not considered appropriate for wear in public.

6. Bathing Suits. Swimwear will be worn only in the vicinity of swimming areas (except when commuting to and from swimming areas).

7. Attire for Clubs. General officers, hosting commanders and division directors may, for special occasions, establish more or less formal dress requirements than those outlined above. At such times, attire will be commensurate with good taste.

8. Nonadherence to Standards of Dress. Personnel not adhering to the standards of dress specified herein will not be admitted to or served at any facilities. Commanding officers, directors and activity heads will ensure dress code compliance to this Order.

(d) Attire for the Conduct of PT. PT attire will not be worn in the exchange, commissary, any Marine Corps exchange (MCX) store or Marine Corps Community Services (MCCS) establishments/facilities. PT attire must be neat, clean, conservative in appearance, and reflect a professional image. All persons authorized to conduct PT aboard MCINCR-MCBQ including, but not limited to, service members, family members, retirees, and DOD employees must wear:

1. Personnel shall wear a reflective belt or vest when conducting physical training on or near roadways from one hour prior to sunset and one hour after sunrise or during periods of reduced visibility (rain, fog, snow). This includes all aspects of unit physical training events. Everyone participating must wear a reflective belt or a vest, not just the road guards. This policy is also applicable to all bicycle riders.

2. Unit runs (four or more individuals) aboard the base will only be conducted in military PT gear. Civilian PT gear may be worn while playing organized sports for PT, which will not require running in formation; examples are softball, football, etc.

3. Per reference (g), the use of listening devices is authorized while on a running/walking track, sidewalk, off-road, trail or path, or on closed roads. Headphones are not authorized while running alongside Russell Road, Fuller Road, and/or within three (3) feet of any street, roadway, avenue, or parking lot. This policy is also applicable to all bicycle riders.

4. When PTing a shirt or top garment must be worn at all times. The shirt or top garment must completely cover the midsection of the body. The shirt should be worn so that neither skin nor undergarments are visible between the shirt and shorts/pants. Tank tops and sleeveless shirts are authorized. However, tank tops and sleeveless shirts may neither be excessively loose or cut so as to expose the pectoral or abdominal muscles, nor may the neck line be cut so as to expose the upper pectoral muscles.

5. Shorts or pants must completely cover the gluteus maximus muscles in their entirety. Spandex-type gym attire is authorized provided that the fit of such attire is not indecent or in poor taste.

6. Inappropriate Clothing. The following examples of inappropriate clothing apply to all persons conducting PT aboard MCINCR-MCBQ. These examples of inappropriate clothing are not all inclusive, but they represent dress which is considered to be not in keeping with the spirit and intent of this Order and therefore not permitted.

a. Clothing with printing, insignia or pictures which are sexually or violently offensive, obscene or suggestive in nature; promote illegal activities; depict derogatory social, religious, racial or ethnic messages; or present an impression contrary to the good order and discipline of the armed forces and MCINCR-MCBQ.

b. Strapless shirts, halter tops, or tank tops that expose more than one-third of an individual's back measured from the base of the neck to the top of the hip bone.

c. Head gear when worn indoors with the exception of sweatbands, medical head gear, or religious head gear used in conjunction with the conduct of PT.

d. Clothing intended for wear as undergarments that are exposed or worn as an outer garment.

e. Clothing that is see-through.

7. Headphones/Listening devices. Headphones/Listening devices are authorized to be worn with Boots and Utilities ("Boots and Utes") while in the gym.

8. Failure to Wear Appropriate PT clothing. If questionable attire is worn to PT, the individual will not be permitted to continue PT until they change into appropriate attire. Repeated policy violations can result in disciplinary action or disbarment from MCINCR-MCBQ.

(5) Casual Platoon

(a) Casuals are subject to the Uniform Code of Military Justice, and must adhere to all current Marine Corps rules and regulations.

(b) Commanding Officer, Security Battalion will establish uniform regulations for casual members.

5. Administration and Logistics Ensure this Order is posted on all bulletin boards.

6. Command and Signal

a. Command. This Order is applicable to all Service members, civilian employees, family members, and visitors aboard MCINCR-MCBQ.

b. Signal. This Order is effective the date signed.


W. C. BENTLEY III

DISTRIBUTION: A

MARINE CORPS BASE QUANTICO
PHYSICAL TRAINING (PT) ATTIRE
MCINCR-MCBQO 1020.1K

These Rules Apply to ALL PERSONS Participating in Physical Training or
Fitness Events Aboard MCINCR-MCBQ

- Shirts and bottom garments must be worn.
- Shirts must completely cover the midsection. Skin or undergarments should not be visible between the shirt and shorts/pants.
- Tank top type shirts are allowed but must be cut so that no portion of the pectoral or abdominal muscles are visible.
- Shorts must provide full coverage of the buttocks.
- Spandex type clothing is allowed provided that the fit is not indecent or in poor taste.

NOT ALLOWED

- Halter tops or strapless tops.
- Clothing which is sexually or violently offensive, obscene or suggestive, promotes illegal activities, or depicts derogatory messages.
- Wearing a sports bra as an outer garment is prohibited.
- Clothing that is see-through or revealing.
- Head gear worn indoors.

PT OUTDOORS

- Without exception, runners aboard MCINCR-MCBQ must wear a reflective belt or vest before sunrise and one hour prior to sunset.
- Headphones are not authorized while running alongside Russell Road, Fuller Road, and/or within three (3) feet of any street, roadway, avenue, or parking lot. This policy is also applicable to all bicycle riders.
- Shirts are required to be worn.

FAILURE TO WEAR APPROPRIATE PT ATTIRE

INDIVIDUALS WEARING INAPPROPRIATE CLOTHING WILL NOT BE PERMITTED TO CONTINUE
PT UNTIL CHANGING INTO APPROPRIATE ATTIRE.
OFFENDERS ARE SUBJECT TO DISCIPLINARY ACTION, ADMINISTRATIVE ACTION, AND/OR
DISBARMENT FROM MCINCR-MCBQ.