



DEPARTMENT OF THE AIR FORCE
WASHINGTON, DC

(formerly Physical Training Uniform and Improved Physical Training Uniform) which will now be referred to as Physical Training Gear. PTG is authorized for wear by Air Force military personnel (including retired personnel) and the Secretary and Under Secretary of the Air Force.

Figure 7.1. Physical Training Gear & Physical Training Gear Running Suit.





7.1.1. Installation commanders may temporarily adjust wear policy to address immediate safety or mission/operation concerns and may be more restrictive with wear policy (e.g., no hats or sunglasses during organized fitness events, no head/ear phones due to safety concerns, etc.) to support unit cohesion and present a standardized image. There is no mandated maternity PTG. Pregnant members participating in unit PT, may be authorized to wear civilian clothing in the colors of blue, black, white or grey. Commanders determine the required PTG configuration during organized PT events. ***Exception:** Squadron Commanders may authorize the wear of the morale undershirt with all PTG on Fridays. The AF Reserve and ANG commanders may authorize morale undershirt wear with all PTG during weekend drills on Friday, Saturday or Sundays.

7.1.2. Wear of the PTG is mandatory during physical fitness assessments and while participating in organized PT events as designated by the commander. In addition, if PTG items are worn during individual/personal PT, the following guidelines apply (exceptions noted):

7.1.3. *Jacket.*

7.1.3.1. PTG jacket. The jacket will be zipped at least halfway between the waistband and collar. Sleeves will end within 1-inch of the wrist.

7.1.4. *T-shirt.*

7.1.4.1. Short-sleeved PTG shirt. The short-sleeve shirt will be tucked into shorts or running pants at all times. Do not remove or cut sleeves. Short and long-sleeved form fitting undershirts, (i.e. spandex, lycra or elastic material) to include those with a mock neck may be worn and visible under the short-sleeved PTG shirt. Undershirt must

be tucked in. There is no color restriction on the form fitting undershirt; undershirt may have visible small trademark logo.

Figure 7.2. PTG Optional Items (Long Sleeve T-Shirt and Long Sleeve Sweat Shirt).





7.1.4.2. Optional long-sleeved PTG shirt. The long-sleeve shirt will be tucked into the PTG shorts or running pants at all times. Do not push up, remove, or cut sleeves. Short and long sleeved form fitting undershirts, (i.e. spandex, lycra or elastic material) to include those with a mock neck may be worn and visible (at neck only) under the long-sleeved PTG shirt. Undershirt must be tucked in. There is no color restriction on the form fitting undershirt; undershirt may have visible small trademark logo.

7.1.4.3. Optional PTG sweatshirt. The sweatshirt will extend no lower than six inches below the natural waist line. Do not push up, remove, or cut sleeves. Short and long sleeved form fitting undershirts, (i.e. spandex, lycra or elastic material) to include those with a mock neck may be worn and visible (at neck only) under the PTG sweatshirt. Undershirt must be tucked in. There is no color restriction on the form fitting undershirt; undershirt may have visible small trademark logo.

7.1.5. *Short/Running Pants.*

7.1.5.1. PTG running pants. The waistband will rest at or within two inches of the natural waistline. Both pant legs will extend below the ankles and will be zipped to within one inch of the bottom.

7.1.5.2. PTG shorts (with reflective material) and optional PTG running shorts (without reflective material). The PTG shorts waistband will rest at or within two inches of the natural waistline. The lining in the PTG shorts may be removed. Short, mid and full length form fitting sportswear (i.e. spandex, lycra or elastic)

may be worn and visible under both the PTG and optional PTG running shorts. There is no color restriction on the short, mid and full length form fitting sportswear, item may have small visible trademark logo.

7.1.6. *Footwear.*

7.1.6.1. Socks. Socks are mandatory. Socks will be white or black and may have small trademark logos.

7.1.6.2. Athletic style shoes. Athletic style shoes are mandatory. There are no restrictions on the color of the athletic shoes.

7.1.7. *Headgear.*

7.1.7.1. Installation commanders may authorize wear of an optional solid black or dark blue baseball/sport cap with the Air Force symbol or U.S. Air Force printed/embroidered on the front during organized PT; also authorized during individual PT. If authorized, caps are to be worn outdoors only.

7.1.7.2. Commanders may authorize wear of an embroidered "Excellence for/in PT" solid black or dark blue baseball/sports cap. If worn, the baseball/sport cap will have the words "Excellence for PT", "Excellence in PT" or a combination of the two, in small embroidered letters, no more than ½ inch in height. Patches, large logos and multi-patterned caps are not authorized. Additional unit or organizational issued hats are not authorized with the PTG. Headgear may be worn during individual PT, but not indoors.

7.1.7.3. Bandanas and other similar head-scarves/headgear are not authorized unless due to medical waiver condition.

7.1.8. *Undergarments.* Appropriate undergarments are required to be worn with all PTG combinations.

7.1.9. *Cold Weather Accessories.* Cold weather accessories may be worn outdoors only.

7.1.9.1. Watch Cap. If worn, will be plain, solid black, dark blue, or sage green without logos (bandanas and other similar head-scarves/headgear are not authorized unless due to medical waiver conditions).

7.1.9.2. Gloves. Gloves will be black or dark blue, small logos are authorized not to exceed 1 square inch.

7.1.9.3. Scarf. The scarf will be black or dark blue, all wool or cotton simplex, with or without napped surface, and less than 10 inches in width.

7.1.9.4. Earmuffs. Earmuffs will be solid, black or dark blue, made of any material and may wrap around either the top or rear of the head.

7.1.10. Green or black fleece is not authorized to be worn with the PTG.

Figure 7.3. PTG Jacket with PTG Short.



7.1.11. PTG items are authorized for wear with conservative civilian/personal attire during individual/personal PT or while off-duty (e.g. PT shirt with personal shorts/pants, PT jacket with personal shirt/pants/shorts, etc.). No civilian/personal items with offensive wording, graphics or photos are to be worn with the PTG items at any time.

7.1.12. Headphones and earphones (iPods, etc.) are authorized while in the fitness center or on designated running areas unless prohibited by the installation commander.

7.1.13. Female's long hair must be secured but, it may have loose ends that extend below the collar; i.e., ponytails.

7.1.14. Proper military customs and courtesies honoring the flag during reveille/retreat will apply (this means coming to full attention and rendering a proper salute when outdoors). Saluting due to rank recognition is not required when wearing the PTG.

7.1.14.1. Exceptions:

7.1.14.1.1. For accessions, PME and academic training environments (e.g. USAFA, ROTC, OTS, ASBC, SOS, BMT), commanders (or equivalent) will determine which PT events are organized. In these environments, students and staff may wear unit-specific PT gear to meet necessary training requirements (e.g. staff/student distinction, student squadron affiliation, etc.).

7.1.14.1.2. Wear policy for the PTG in a deployed environment can be further defined by the Air Force Forces commander specific to that Area of

Responsibility (AOR).