

HEADQUARTERS AIR FORCE PERSONNEL CENTER

*For official policy guidance, refer to AFI 36-2903,
Dress and Personal Appearance of Air Force Personnel*

FEMALE PHYSICAL TRAINING UNIFORMS

PT UNIFORM WITH JACKET, PANTS

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

The jacket will be zipped at least halfway between the waistband and collar

Sleeves will end within 1 inch of the wrist



The running pants waistband will rest at or within 2 inches of the natural waistline.

Both pant legs will extend below the ankles and will be zipped to within 1 inch of the bottom

Running pant can be worn with either, short or long sleeve t-shirt and/or long sleeve sweat-shirt

Short or long sleeve t-shirt will be tucked into pants at all times

Long sleeve sweat-shirt will extend no lower than 6 inches below the natural waist line

Jacket can be worn with shorts

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

There are no restrictions on the color of the athletic shoes.

Pregnant members participating in unit PT, may be authorized to wear civilian clothing in the colors of blue, black, white or grey.

Squadron Commanders may authorize the wear of the morale undershirt with all PTUs on Fridays.

Do not mix match the current PTU running suit jacket and running suit pants with the Improved Physical Training Uniform (IPTU) jacket and pants

PTU/IPTU 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 PTU or IPTU items at any time

VISIT OUR OFFICIAL WEBSITE: <http://www.afpc.af.mil>

Last Updated: 3 October 2016

PT UNIFORM WITH JACKET, SHORTS

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

The jacket will be zipped at least halfway between the waistband and collar

Sleeves will end within 1 inch of the wrist

The running pants waistband will rest at or within 2 inches of the natural waistline.

Both pant legs will extend below the ankles and will be zipped to within 1 inch of the bottom



Running pant can be worn with either, short or long sleeve t-shirt and/or long sleeve sweat-shirt

Short or long sleeve t-shirt will be tucked into pants at all times

Long sleeve sweat-shirt will extend no lower than 6 inches below the natural waist line

Jacket can be worn with shorts

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

There are no restrictions on the color of the athletic shoes.

Pregnant members participating in unit PT, may be authorized to wear civilian clothing in the colors of blue, black, white or grey.

Squadron Commanders may authorize the wear of the morale undershirt with all PTUs on Fridays.

Do not mix match the current PTU running suit jacket and running suit pants with the Improved Physical Training Uniform (IPTU) jacket and pants

PTU/IPTU 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 PTU or IPTU items at any time

VISIT OUR OFFICIAL WEBSITE: <http://www.afpc.af.mil>

Last Updated: 3 October 2016

LONG SLEEVE PT SHIRT, SHORTS

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

T-shirt will remain tucked in at all times

Do not push up, remove or cut sleeves

The shorts waistband will rest at or within 2 inches of the natural waistline.

The lining in the shorts may be removed



Spandex, both short and full length solid black or dark blue, may be worn and visible

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

There are no restrictions on the color of the athletic shoes.

Pregnant members participating in unit PT, may be authorized to wear civilian clothing in the colors of blue, black, white or grey.

Squadron Commanders may authorize the wear of the morale undershirt with all PTUs on Fridays.

VISIT OUR OFFICIAL WEBSITE: <http://www.afpc.af.mil>

Last Updated: 21 October 2016

SHORT SLEEVE PT SHIRT, SHORTS

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

T-shirt will remain tucked in at all times

The shorts waistband will rest at or within 2 inches of the natural waistline.

The lining in the shorts may be removed

Spandex, both short and full length solid black or dark blue, may be worn and visible



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

There are no restrictions on the color of the athletic shoes.

Pregnant members participating in unit PT, may be authorized to wear civilian clothing in the colors of blue, black, white or grey.

Squadron Commanders may authorize the wear of the morale undershirt with all PTUs on Fridays.

VISIT OUR OFFICIAL WEBSITE: <http://www.afpc.af.mil>

Last Updated: 21 October 2016

PT SWEATSHIRT, SHORTS

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

T-shirt will remain tucked in at all times

Do not push up, remove or cut sleeves

The shorts waistband will rest at or within 2 inches of the natural waistline.

The lining in the shorts may be removed



Spandex, both short and full length solid black or dark blue, may be worn and visible

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

There are no restrictions on the color of the athletic shoes.

Pregnant members participating in unit PT, may be authorized to wear civilian clothing in the colors of blue, black, white or grey.

Squadron Commanders may authorize the wear of the morale undershirt with all PTUs on Fridays.

VISIT OUR OFFICIAL WEBSITE: <http://www.afpc.af.mil>

Last Updated: 21 October 2016