



THE
PREVENTIVE
MAINTENANCE
MONTHLY

SERGEANT'S TIME TRAINING SUPPORT

How to Clean Your Uniform: ACUs & Boots An Easy Outline for Sergeant's Time Training

(Note to Sergeants: Here's an easy training outline you can follow any time your unit has a free minute. A problem & solution format is provided below, with visuals if you scroll down. Use this outline or add more info as you see fit. Make it yours & make it matter! –PS Magazine)

Problem: You want to look sharp, so you take your Army Combat Uniforms (ACUs) to the dry cleaners and spend a small fortune having them pressed each week. Isn't there a better way?

Solution: Yes, the better way to look sharp is to clean your ACUs following the steps below. ACUs are designed to **NOT** need dry cleaning or professional pressing. Here's all you need to know for cleaning your ACUs:

1. To launder your ACU, remove all patches and close all hook-and-loop fasteners. Turn the uniform inside-out.
2. Machine wash in cold water on the permanent press cycle using a mild detergent that doesn't contain bleach, whiteners, brighteners or softeners.
3. Rinse completely, but don't wring or twist the clothing.
4. Hang to dry (avoid direct sunlight to prevent fading) or machine dry on low to medium.
5. Do not dry clean, starch, use chlorine bleach or have the ACU commercially pressed.

Problem: You're in the sporting goods section a local department store and you find a can of waterproofing silicone spray for hunting boots. Wouldn't this stuff be great on Army combat boots?

Solution: No! Your hot weather and temperate weather Army combat boots are **already** water-resistant. Any kind of waterproofing spray will clog the pores in the leather, which traps heat and moisture, turning your boots into a sauna! Here are some other do's and don't's:

1. Don't use polish or spit-shine; that also clogs pores. These are no-shine boots designed to breathe. Boots that breathe keep your feet drier and cooler.
2. Don't use alcohol or oil-based cleaners; they can damage boots.
3. Clean the boots with a stiff nylon brush.
4. Rinse them lightly in warm water, then air dry.
5. Don't expose the boots to excessive heat like hair dryers, stoves or heating vents.

Clothing...

Cleaning Head to Toe

I'VE GOT ALL THIS
STUFF TO TURN IN!
WHERE DO I GO?

HOLD ON, SOLDIER!
BEFORE YOU CAN
TURN IN CLOTHING
AND GEAR...



...IT HAS TO BE
CLEAN AND IN
GOOD SHAPE.



SO FROM HEAD TO
TOE, HERE'S EVERYTHING
YOU NEED TO KNOW
ABOUT **CLEANING AND
CARING FOR YOUR
CLOTHING AND GEAR!**



Boots

YOUR HOT WEATHER AND TEMPERATE WEATHER ARMY COMBAT BOOTS ARE **ALREADY** WATER-RESISTANT.

SO DON'T WATERPROOF THEM.

THAT JUST CLOGS THE PORES IN THE LEATHER. HEAT AND MOISTURE GET TRAPPED INSIDE, TURNING YOUR BOOTS INTO A SALINA.

CLEAN THESE BOOTS WITH A STIFF NYLON BRUSH. RINSE THEM LIGHTLY IN WARM WATER, THEN AIR DRY THEM.

THE **SAME** THING GOES FOR POLISHING AND SPIT-SHINING.

DON'T DO IT!

THAT ALSO CLOGS PORES. THESE ARE NO-SHINE BOOTS DESIGNED TO BREATHE. BOOTS THAT BREATHE MEAN YOUR FEET STAY DRIER AND COOLER.

DON'T EXPOSE THE BOOTS TO EXCESSIVE HEAT LIKE HAIR DRYERS, STOVES OR HEATING VENTS TO DRY.

AND NO ALCOHOL OR OIL-BASED CLEANERS! THEY CAN DAMAGE BOOTS.



Army Combat Uniform (ACU)

TO LAUNDRY YOUR ACU, REMOVE ALL PATCHES FROM THE COAT.

CLOSE ALL HOOK-AND-LOOP FASTENERS.

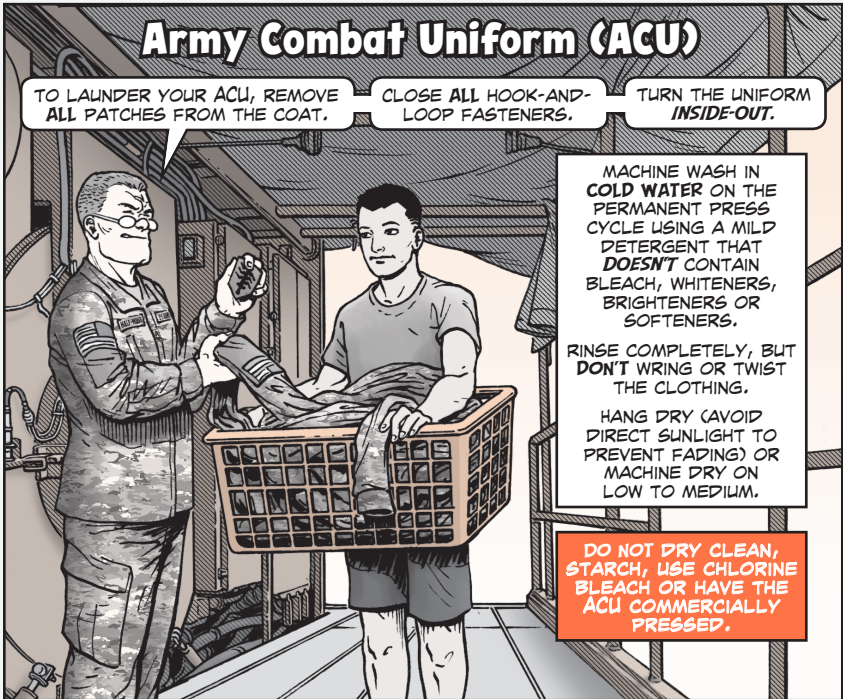
TURN THE UNIFORM **INSIDE-OUT**.

MACHINE WASH IN **COLD WATER** ON THE PERMANENT PRESS CYCLE USING A MILD DETERGENT THAT **DOESN'T** CONTAIN BLEACH, WHITENERS, BRIGHTENERS OR SOFTENERS.

RINSE COMPLETELY, BUT **DON'T** WRING OR TWIST THE CLOTHING.

HANG DRY (AVOID DIRECT SUNLIGHT TO PREVENT FADING) OR MACHINE DRY ON LOW TO MEDIUM.

DO NOT DRY CLEAN, STARCH, USE CHLORINE BLEACH OR HAVE THE ACU COMMERCIALY PRESSED.



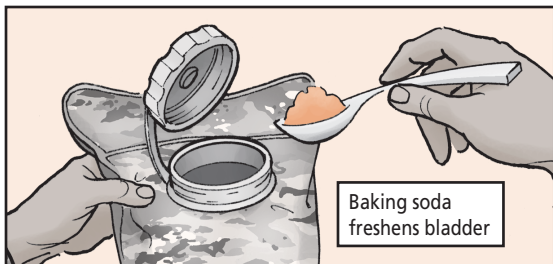
Hydration Systems



IF YOU DON'T REGULARLY CLEAN YOUR HYDRATION SYSTEM, IT CAN BECOME STIFF AND UNCOMFORTABLE TO WEAR AND, EVEN WORSE, MAKE THE WATER TASTE **TERRIBLE!**

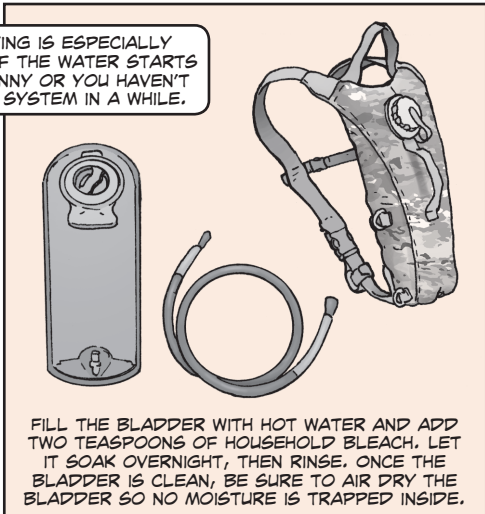
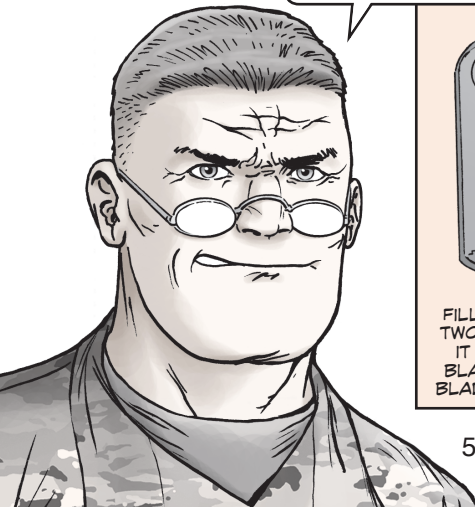
➔ HAND WASH THE CARRIER IN COLD WATER WITH A MILD DETERGENT. DON'T USE CHLORINE BLEACH, CLEANING FLUIDS OR SOLVENTS. ⬅

IF POSSIBLE, REMOVE THE BLADDER FROM THE CARRIER. FILL IT WITH WARM WATER AND ADD TWO TEASPOONS OF BAKING SODA TO A FULL BLADDER OF WATER. WITH A SOFT BRUSH, SCRUB THE BLADDER (ESPECIALLY THE INSIDE), THE DRINKING TUBE AND THE BITE VALVE. LET IT SOAK FOR 30 MINUTES, THEN RINSE.



DISINFECT THE BLADDER OCCASIONALLY.

DISINFECTING IS ESPECIALLY IMPORTANT IF THE WATER STARTS TASTING FUNNY OR YOU HAVEN'T USED YOUR SYSTEM IN A WHILE.



Interceptor Body Armor (IBA)

FIRST CHECK OUT THE CONDITION OF THE IBA FOLLOWING THE INSTRUCTIONS IN TM 10-8470-208-10. THEN DISASSEMBLE AND CLEAN THE IBA LIKE IT SAYS IN THE -10.

INSPECT THE OUTER TACTICAL VEST'S CLOTH CARRIERS FOR:

- cuts, rips, tears, holes or burns
- loose stitching
- broken or missing buckles, snaps or hook-and-loop fasteners



CHECK THE SOFT BALLISTIC PANELS FOR THE SAME THING, BUT ALSO LOOK FOR BUNCHING OR LUMPS THAT CAN'T BE FLATTENED.

SMALL ARMS PROTECTIVE INSERTS SHOULD BE INSPECTED BEFORE EACH USE TO ENSURE THERE ARE **NO SURFACE CRACKS** THAT COULD HURT THEIR PERFORMANCE.

IF YOU SPOT ANY PROBLEMS, ASK FOR A NEW IBA. DAMAGED PANELS AND INSERTS CAN'T PROTECT AS WELL.

TO **CLEAN** THE IBA, USE A CLOTH OR SOFT BRUSH TO SWEEP AWAY LOOSE DIRT FROM THE CARRIERS AND THE HOOK-AND-LOOP FASTENERS.

Use a soft brush to clean IBA



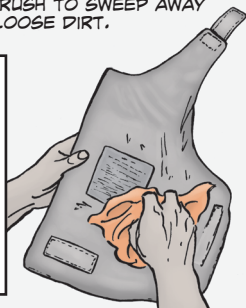
REMOVE THE BALLISTIC PANELS AND INSERTS BEFORE WASHING.

WET THE CARRIERS WITH COLD OR LUKEWARM WATER AND HAND WASH THEM WITH MILD DETERGENT AND A SOFT BRUSH. RINSE THOROUGHLY IN CLEAN, LUKEWARM WATER.

HANG THE CLOTH CARRIERS TO DRY (AVOID DIRECT SUNLIGHT TO PREVENT FADING). **NEVER** MACHINE DRY THEM OR HANG THEM NEAR A HEATER OR OPEN FLAME.

TO CLEAN THE SOFT BALLISTIC PANELS AND INSERTS, USE A MOISTENED CLOTH OR SOFT BRUSH TO SWEEP AWAY LOOSE DIRT.

DON'T DUNK THE PANELS AND INSERTS IN WATER. WATER CAN **DAMAGE** THE LAYERS OF FIBERS INSIDE. THEY DEGRADE AND CAN'T PROTECT.



DON'T BLEACH, IRON, TAPE, MACHINE WASH OR DRY BALLISTIC PANELS. IF THE PANELS AND INSERTS GET WET, LET THEM AIR DRY FLAT. **NEVER** DRY THEM NEAR A HEATER OR OPEN FLAME.

Advanced Combat Helmet (ACH)

FIRST MAKE SURE THE HELMET IS IN GOOD SHAPE FOLLOWING THE INSTRUCTIONS IN TM 10-8470-204-10.

LOOK OVER THE HELMET FOR GOUGES, CRACKS OR SCRAPES.

IS THE CHIN STRAP HARDWARE WORN, CRACKED, LOOSE OR MISSING?

INSPECT THE CHIN STRAP WEBBING FOR CUTS, TEARS OR RIPPED STITCHING. LOOK FOR DAMAGED PADS.

IF THE OUTER FABRIC IS TORN AND THE INNER FOAM EXPOSED, REPLACE THE PAD.

REPAIR PARTS FOR THE ACH ARE FOUND IN TM 10-8470-204-10.

TO CLEAN YOUR ACH, ALL YOU NEED IS A CLOTH OR A SOFT BRISTLE BRUSH AND MILD LAUNDRY DETERGENT. REMOVE THE CHIN STRAP WEBBING AND TAKE OUT THE SUSPENSION PADS FROM THE HELMET SHELL. TAKE OFF THE HELMET COVER.

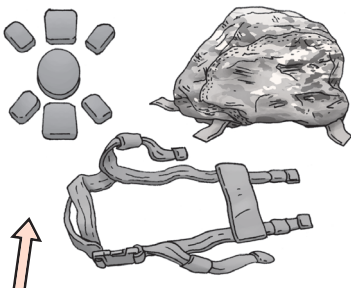
MACHINE WASH THE CHIN STRAP, PADS AND HELMET COVER ON THE GENTLE CYCLE WITH COLD WATER AND DETERGENT. OR YOU CAN SCRUB THEM BY HAND. FREQUENT WASHING HELPS PREVENT ODOR.

RINSE THEM THOROUGHLY WITH CLEAN WATER AND LET THEM AIR DRY, BUT NOT IN DIRECT SUNLIGHT. **DON'T MACHINE DRY.** THAT CAN SHRINK THE FABRIC OR DAMAGE THE PADS.

WASH THE SHELL THE SAME WAY.

Machine or hand wash chin strap, cover and pads

RINSE IT WITH **CLEAN WATER** AND LET IT AIR DRY (NOT IN DIRECT SUNLIGHT). USE A **TOOTHBRUSH** TO CLEAN DIRT AND DEBRIS FROM THE HOOK DISKS ON THE INSIDE OF THE SHELL. KEEPING THE HOOKS AND LOOPS CLEAN HELPS THE PADS STICK.



Need More Info?

TM 10-8400-201-23&P, GENERAL REPAIR PROCEDURES FOR CLOTHING,

HAS INFO ON ACUs, CAPS AND HATS, COLD WEATHER CLOTHING, WET WEATHER PARKAS AND TROUSERS AND MUCH MORE.

TM 10-8400-203-23&P, GENERAL REPAIR PROCEDURES FOR INDIVIDUAL EQUIPMENT,

COVERS EVERYTHING FROM SLEEPING BAGS, DUFFEL BAGS, RUCKS AND FRAMES, SKI EQUIPMENT AND MOUNTAINEERING GEAR.

TM 10-8400-205-23&P, GENERAL REPAIR PROCEDURES FOR PROTECTIVE EQUIPMENT,

COVERS HELMETS AND BODY ARMOR.

THE TMS CITED IN THIS ARTICLE ARE AVAILABLE ONLINE AT:
<https://iiv.logsa.army.mil/etm/app/#/etm/home>

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