

5. Use the following guidance as the minimum standard for the conduct of PRT during extreme conditions:

**PRT UNIFORM**

Temperature (Fahrenheit)	Army APFU/IPFU shirt & shorts with running shoes and reflective belt/vest	APFU/IPFU Jacket/pants	Issued gloves, Fleece Cap or Balaclava	Trigger finger mittens, balaclava, and wool socks  (ECWCS Level 1 bottom if wearing new APFU)	ECWCS Level 1 top and bottom, trigger finger mittens, balaclava, wool socks, (with arctic mittens carried)	Arctic field uniform (ECWCS Level 1 & Level 5, balaclava, VB boots, trigger finger mittens, arctic mittens; ECWCS Levels 2,3 as required)
44 to 33 degrees	X	X				
32 to 10 degrees	X	X	X			
10 to -10 degrees	X	X		X		
-10 to -25 degrees	X	X			X	
Below -25 degrees (including wind chill)					X	X

a. At temperatures (including wind chill) of -10 to -25 degrees Fahrenheit, units will continue to conduct normal PRT. Units should conduct warm-up/stretching, conditioning and cool-down indoors. In this temperature range, the PRT uniform consists of Army PFU sweats, ECWCS Level 1 tops and bottoms, running shoes, trigger finger mittens, balaclava, wool socks, and arctic mittens (arctic mittens carried). If the balaclava is worn down during the run, it must stay down and over the nose until the unit moves indoors. If the temperature is below -20 degrees Fahrenheit, units will not spend more than four minutes outdoors before or after the run, and commanders should reduce the distance/duration of the run (recommend four miles maximum). At this temperature and lower, unit commanders will allow Soldiers to move to a warm facility during PRT if they feel there is potential for injury.