



# With Pride & Distinction

## Junior Officer Advisory Group

### Vol. 31 Spring 2023: Physical Training Uniform

#### Do you have the new and improved PTU?

In January 2021, Commissioned Corps Headquarters (CCHQ) announced the arrival of the U.S. Public Health Service Commissioned Corps' official Physical Training Uniform (PTU). Shortly after the release of this uniform, CCHQ received a number of concerns from officers regarding the quality of this uniform. Some of the notable issues included the anchor and caduceus peeling off along with the improper placement of the anchor and caduceus on the fleece hoodie.

These issues led to an acknowledgement from the Navy Exchange Command and an announcement that efforts to improve quality control measures related to the PTU were implemented. Improved PTUs began shipping to Navy Exchange (NEX) locations in Bethesda, MD and Washington, DC in May of 2021. Officers may purchase the new and improved PTU shorts, shirt, fleece hoodie and fleece sweatpants online at [www.mynavyexchange.com](http://www.mynavyexchange.com). For officers stationed in the Washington, DC area, these items can be purchased



PTU Shirt (Front)



PTU Shirt (Back)



PTU Shorts

in-person at NEX locations in Bethesda, MD and Southeast Washington, D.C.

Officers were expected to begin utilizing the new and improved PTUs by December 31, 2021. Officers must acquire and maintain a minimum of two (2) sets of the PTU shirts and shorts. Note that the fleece hoodie and fleece sweatpants are optional but could be beneficial for officers stationed in colder regions.

Also of note, an update to Commissioned Corps Instruction (CCI) 413.01, "Special Uniform Situations", authorizes the wear of compression leggings, shorts, and shirts underneath the PTU. Before purchasing leggings, shirts, or shorts to wear with the PTU, officers are encouraged to consider the following:

1. Is the item solid dark blue or black? Any color outside of these (i.e. light blue, grey, yellow, etc.) does not comply with CC 413.01.

2. Is the items free of patterns or designs? If the item has a pattern (i.e. camo print, stripes, dots, animal print, etc.) it does not comply with CC 413.01.

For additional information and frequently asked questions on the PTU, visit

[https://dcp.psc.gov/ccmis/RedDOG/physical\\_training\\_uniform.aspx](https://dcp.psc.gov/ccmis/RedDOG/physical_training_uniform.aspx)



PTU Fleece Sweatpants



PTU Fleece Hoodie

#### Trivia

- Q.1 Which components of the PTU are required for all officers?  
Q.2 Can I wear my zebra leggings underneath the shorts when it is cold?

- A.1 Officers must acquire 2 sets of the PTU shirts and shorts.  
A.2 No, compression leggings must be solid dark blue or black.

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