

## Uniforms

### **WE WEAR THE PHS UNIFORM WITH “PRIDE AND DISTINCTION”**

*“People wear their uniform every day as visible and reassuring evidence to our fellow citizens that they are on the job keeping us safe. They are the officers and enlisted people of proud and honorable services. Our country and the world need to know that.”*

- Gerald Farrell, CAPT USN (ret)

Uniform wear is considered essential. As of July 1, 2008, daily uniform wear will be required by all US-based officers. Uniform wear is important to “officership,” to visibility of the Service, and for your career. It shows respect for your country, your Service, for all who have served in uniform, and for yourself.

**Correct** uniform wear shows how much respect you have. This section is intended to inform on locations where an officer can find help on uniform wear and personal appearance.

### **Where is the official PHS page on uniforms?**

<http://www.usphs.gov/AboutUs/uniforms.aspx>

### **What are the PHS uniform regulations?**

<http://dcp.psc.gov/eccis/CCISToc.aspx?ShowTOC=Y>

Click on Uniforms button on left or Book 4 under the Table of Contents.

### **Where can I buy uniforms and components?**

#### **New Uniforms:**

Navy Exchange Uniforms Store: (for all uniforms, including BDUs):

<https://www.navy-nex.com/>

US Public Health Service Uniforms by Marlow White:

<http://www.marlowwhite.com/public-health-service-uniforms.html>

For Battle Dress Uniform (BDU):

[www.first2aid.com](http://www.first2aid.com)

Click on PRODUCTS on the left side of page Click on PHS STORE, on the middle of page Click on BDU UNIFORM COMPONENTS, on the right of page Scroll down, the third box down on left is COMPLETE, BDU UNIFORM, USPHS, WOODLAND CAMO (\$89.95) Click on that box and you can order all you need except the hat, belt and shoes. You can order these on the same site.

#### **Reconditioned Uniforms:**

Lighthouse Uniform Company:

<http://catalog.lighthouseuniform.com/phs/>

**Used Uniforms:** Some Commissioned Officer Association (COA) chapters have used uniform and insignia “shops:”

Atlanta COA Uniform Shop:

[http://www.atlantacoa.com/ACOA\\_Store.htm](http://www.atlantacoa.com/ACOA_Store.htm)

DC COA Uniform Shop:

<http://dcp.psc.gov/Uniformshop.asp>

*"The above websites are provided for informational purposes only; and do not imply endorsement by the USPHS or the Nurse Category."*

### **How do I pay for alterations?**

Alterations are included in the price of pants and skirts (and some other uniform components) ordered through the Navy Exchange. If you order them online, and get the alterations done at a Navy uniform store, they will complete the alterations free of charge (but you must show them your receipt).

### **Where can I get PHS nametags, pre-made ribbon bars etc.?**

PHS Officer's Device Supply Center:

[http://bphc.hrsa.gov/nhdp/PHS\\_Officers\\_Device\\_Supply\\_Center\\_Main\\_Page.htm](http://bphc.hrsa.gov/nhdp/PHS_Officers_Device_Supply_Center_Main_Page.htm)

Ultrathin Company: (ribbons assembled on ribbon bars, name tags, and medals):

<http://www.ultrathin.com/>

### **What are some important dates regarding uniform wear?**

October 1, 2007: Officers can wear BDU one day per week as specified by local uniform authority:

[http://dcp.psc.gov/eccis/documents/PPM07\\_013.pdf](http://dcp.psc.gov/eccis/documents/PPM07_013.pdf)

January 1, 2008: Navy sweater authorized

[http://dcp.psc.gov/eCCIS/documents/PPM07\\_014.pdf](http://dcp.psc.gov/eCCIS/documents/PPM07_014.pdf)

January 1, 2008: Beards are not authorized for male officers

[http://dcp.psc.gov/eccis/documents/PPM07\\_012.pdf](http://dcp.psc.gov/eccis/documents/PPM07_012.pdf)

March 1, 2008: Uniform Advisory Committee created

[http://dcp.psc.gov/eccis/documents/PPM08\\_013.pdf](http://dcp.psc.gov/eccis/documents/PPM08_013.pdf)

April 1, 2008: National Uniform Authority effective

[http://dcp.psc.gov/eCCIS/documents/PPM08\\_012.pdf](http://dcp.psc.gov/eCCIS/documents/PPM08_012.pdf)

July 1, 2008: Daily uniform wear required for all US-based officers

[http://dcp.psc.gov/eccis/documents/CCPM26\\_3\\_2.pdf](http://dcp.psc.gov/eccis/documents/CCPM26_3_2.pdf)

January 1, 2009: Officers no long authorized to wear the Army sweater  
[http://dcp.psc.gov/eccis/documents/POM08\\_001.pdf](http://dcp.psc.gov/eccis/documents/POM08_001.pdf)

August 1, 2009 or earlier: Service blue (“salt and paper”) uniform no longer an authorized USPHS uniform  
[http://dcp.psc.gov/eCCIS/documents/PPM07\\_015.pdf](http://dcp.psc.gov/eCCIS/documents/PPM07_015.pdf)

## Who are the Local Uniform Authorities?

[http://dcp.psc.gov/PDF\\_docs/Local%20Uniform%20Authority-update%202005.pdf](http://dcp.psc.gov/PDF_docs/Local%20Uniform%20Authority-update%202005.pdf)

## Challenges with uniform wear:

**Shoulder boards:** Avoid “dragging anchor.” Here is the correct orientation for left shoulder boards. If you wear them backwards, you are “dragging anchor.”

Your back



Your front

## Looking sharp:

Many officers have sedentary but stressful assignments. As we age, maintaining a “trim” appearance becomes more of a challenge. We should strive to reach/maintain a healthy weight as shown on the chart on the Surgeon General’s Healthy Weight Advice for Consumers:

[http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact\\_advice.htm](http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_advice.htm)

## Care and Cleaning of the Uniform

### **Q. How do you Spit Polish leather shoes?**

A. Try the technique described on this website:  
<http://www.cadetstuff.org/archives/000200.html>

### **Q. When do I need to wear a cover (hat)?**

A. General rule: If there is no structure between your head and the sky, you need to wear a cover.

### **Q. Is there one place that has general information on taking care of my uniform?**

A. This is a site for Ohio State's NROTC program. It includes their uniform regulations plus an extra element for each item called "Care and Cleaning." They recommend Brasso or equivalent for cleaning brass. Some officers like Never Dull, a cotton batting soaked with solvent. All of these products should be used in a well-ventilated area and kept away from children.  
<http://nrotc.osu.edu/regs/appdxc2.htm>

### **Q. Is there another way to clean my khaki garrison cap besides dry cleaning? That's expensive and doesn't seem to work.**

A. Some officers have had success with Woolite or pre-soaking using "Shout" or similar stain removers.