

# Getting Dressed by the Numbers



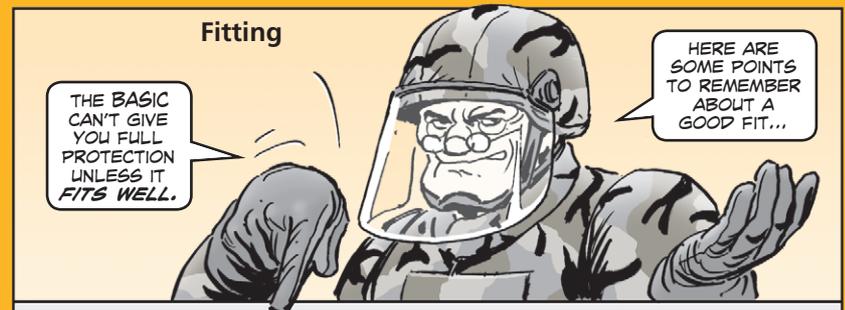
**YOUR MISSION:**  
CLEAR A MINE FIELD.



**YOUR PROTECTION:**  
THE BODY ARMOR SET, INDIVIDUAL COUNTERMINE (BASIC).

IF YOU'RE NEW TO THE BASIC, OR JUST NEED A REFRESHER, BEFORE YOU DO ANYTHING ELSE, TAKE THESE STEPS...

- Learn to put on its components in the correct order.
- Make sure the BASIC fits right.



## Fitting

THE BASIC CAN'T GIVE YOU FULL PROTECTION UNLESS IT FITS WELL.

HERE ARE SOME POINTS TO REMEMBER ABOUT A GOOD FIT...

- The BASIC vest cover comes with a collar in the same size. But if you need to, you can choose from different vest and collar sizes to get the best fit. There are no sizing guidelines for the collar. Choose the one that fits you best.



BASIC vest...



...and collar come in the same size

- For a vest cover that fits well, use a tape measure to measure the wearer's chest circumference at the fullest part of the chest.



THEN CHOOSE FROM THESE SIZES...

Chest Circumference in Inches	Vest Cover/ Collar Size
Less than 36	Small
36-42	Medium
Greater than 42	Large

- Upper and lower arm protectors come in the same size. But if you need to, you can choose from different upper and lower sizes to get the best fit.
- For upper and lower arm protectors that fit well, use a tape measure to measure the wearer's sleeve length. Make sure his arms are hanging at his sides and slightly bent. Measure along the outside seam of the Army combat uniform (ACU) from the shoulder joint to the wrist.



THEN CHOOSE FROM THESE SIZES...

Sleeve in Inches	Arm Protector Size
Less than 22	Small
22-24	Medium
Greater than 24	Large

- The face shield, chest plate, groin plate, groin plate carrier and spider boots are one-size-fits-all. Every other component requires sizing to get a good fit.

- The helmet cover, trousers, vest, collar and upper and lower arm protectors all come in three sizes.

- The BASIC fits over your uniform. The helmet cover fits over the PASGT helmet and the advanced combat helmet (ACH). The vest and collar fit over the fragmentation protective vest body armor or the interceptor body armor (IBA) base vest. Arm protectors and trousers fit over BDUs. And overboots (which are sized) or spider boots fit over your standard issue combat boots.

- Many of the fastening tabs, straps and bands on the BASIC come with hook-and-pile fasteners.
- WP 0008 of TM 10-8470-203-10, *Body Armor Set, Individual Countermine (BASIC)*, has more on fitting.

Face shield is a one-size-fits-all



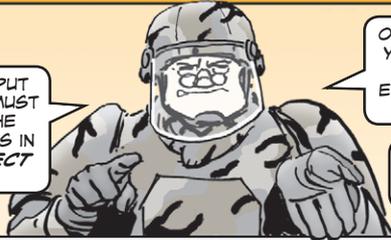
Helmet cover comes in three sizes



### Putting On the BASIC

THE BASIC IS A BULKY SUIT.

WHEN YOU PUT IT ON, YOU MUST PUT ON THE COMPONENTS IN THE CORRECT ORDER.



OTHERWISE, YOU WON'T GET THE ENTIRE SUIT ON.

FOLLOW THESE STEPS...

1. Start by putting the helmet cover over the PASGT helmet or the ACH. Attach the face shield to the helmet. Set the helmet and shield aside for now. Put them on only after you've put on the rest of the BASIC. That will help you avoid heat stress.

2. Put on the overboots or spider boots and buckle them. It's easier to put them on if you're not wearing any other BASIC component.

3. Put on the trousers. Wear them high on the waist so that the bottom of the vest will hang three to four inches below the top of the trousers. The trousers should be loose enough so that you can move freely. Walk, turn, bend and squat. If the trousers are too tight, adjust the leg straps.

Start by putting cover over helmet...



...then attach face shield

Trousers must be long enough to fully cover the ankle and overboot or spider boot. But they shouldn't be so long that they drag on the ground while walking or standing.

4. Put on your fragmentation protective vest body armor or the IBA base vest with soft ballistic inserts.

If you put on the IBA vest, don't wear the IBA's collar and throat protector. If you wear them with the BASIC gear, they'll ride too high and you won't be able to turn your head. Also don't wear the IBA's groin protector or small arms protective inserts (SAPI). The BASIC has a groin plate, a groin plate carrier and a chest plate.

5. Attach the upper arm protectors to the BASIC's vest using the vest's straps and buckles. Strap the lower arm protectors to the upper arm protectors.

6. Connect the BASIC vest cover halves using the shoulder tabs. Put the vest on.

7. Put the chest plate in the vest's front pocket. Put the groin plate in the groin plate carrier. Make sure you fasten the hook-and-pile fasteners. Attach the groin plate carrier to the front bottom of the vest using the snaps and the hook-and-pile fastener.

8. Connect the vest halves using the side tabs.

9. Wrap both belly bands around your middle and secure them. The bands hold the vest tight to your torso.

10. Strap the upper and lower arm protectors around your arms.

11. Wrap the collar around your neck. Make sure the hook-and-pile fastener is on the right side of the neck.

12. Put on the helmet and fasten the chin strap. Adjust the face shield by pressing the release hinge.

Ask a buddy to look over your BASIC. Make sure that:

- There are no unnecessary gaps in the armor.
- All components are fastened tight.
- The vest is centered on your torso. One side should not be higher than the other.

Make sure you can move freely: turn, bend, stoop and kneel. Swing your arms as though you're working a mine detector.

Wear trousers high on the waist for added protection



Vest plate slides up into vest's front pocket



Collar's hook-and-pile fastener should be to your right



FOR THE REST OF THE STORY ABOUT PUTTING ON THE BASIC, SEE WP 0008 OF TM 10-8470-203-10.

FOR REPLACEMENT AND REPAIR PARTS, SEE THE COMPONENTS OF END ITEM LIST AND THE SPARE PARTS LIST IN TM 10-8470-203-10.

