



DEPARTMENT OF THE NAVY  
COMMANDER  
TRAINING AIR WING FIVE  
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MILTON, FLORIDA 32570-6017

IN REPLY REFER TO  
COMTRAWINGFIVEINST 1640.1  
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COMTRAWINGFIVEINST 1640.1

From: Commander, Training Air Wing FIVE

Subj: RESTRICTION BARRACKS RULES AND REGULATIONS

Ref: (a) Manual for Court-Martial (2012 Edition)  
(b) JAGINST 5800.7D

Encl: (1) Restriction Barracks Rules and Regulations Manual

1. Purpose

a. To establish rules and regulations for personnel who have been placed on restriction within the Restriction Barracks, Naval Air Station Whiting Field (NASWF).

b. To provide the necessary and appropriate environment for Navy personnel who are awarded restriction at Non-Judicial Punishment (NJP).

c. To provide a continual, comprehensive and structured program of training, work and evaluation while in a restricted status.

  
J. J. FISHER

Distribution:  
COMTRAWINGFIVEINST 5216.1S  
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List III (a)

**TRAINING AIR WING FIVE**

**RESTRICTION BARRACKS**

**RULES AND**

**REGULATIONS**

**MANUAL**

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**CHAPTER ONE - GENERAL INFORMATION****1-1. CHAIN OF COMMAND.**

a. The Restriction Barracks Duty Officer administers orders to ensure compliance with the governing rules and regulations contained herein as well as those in applicable references listed in each Chapter.

b. The Restriction Barracks chain of command shall ensure an orderly administration and operation of the facility.

c. The chain of command is outlined in Appendix A.

**1-2. HEALTH AND COMFORT INSPECTIONS.** Health and comfort inspections are necessary to control the entry of unauthorized articles into the Restricted Barracks. While in restriction, restrictees are subject to searches whenever warranted by Restriction Barracks Duty Officer.

a. Inspections. Upon assignment to restriction, restrictees shall be given a complete inspection of their person, to include an inspection of all personal gear. There is no expectation of privacy while on restriction.

b. Room Inspections. Room inspections are generalized inspections conducted on the member's living and work environment at random times to ensure the area is free of contraband. These inspections are not announced and the restrictee's presence is not necessary to conduct them. Restricttees shall not assist in any inspection and must follow the directions of staff members conducting inspection.

NOTE: Failure of a restrictee to cooperate fully will result in loss of privileges or disciplinary action.

**1-3. ROOMS.** Restricttees must ensure their room is kept neat and clean. Restricttees are to keep their room locked at all times.

a. Supplies to keep the room clean will be supplied by Training Air Wing FIVE.

**1-4. FOOD AVAILABILITY.**

a. There is no government messing and dining facilities are limited on NAS Whiting Field. Restricttees will have the option to visit the NAS Whiting Field Commissary to buy items for food preparation in their restricted barracks room.

b. Restricttees are limited to the use of on-base commercial dining facilities only. The authorized on-base facilities are; Subway and Bowling Alley snack bar.

c. The use of the South Field dining facility is strictly prohibited.

d. The use of off-base commercial dining facilities are strictly prohibited.

**1-5. EMERGENCY BILLS.** Emergency bills are provided for the protection of all personnel.

a. Any restrictee who observes an emergency situation will immediately remove themselves from danger and report it to the Restriction Barracks Duty Officer.

b. Upon hearing an alarm or announcement of an emergency, all restrictees, not involved in the emergency, will muster with the BOQ Management in their prescribed location. Personnel will remain there until further instructed.

**1-6. FIRE.** Upon sounding of the fire alarm, all restrictees will immediately muster with BOQ management in their prescribed location.

**1-7. COMMUNICATIONS.** Restrictees are not authorized to personally communicate with personnel outside the confines of the Restriction Barracks at any time.

a. Official phone calls may be made from a Training Air Wing FIVE command phone.

(1) Personal phone calls are allowed on Saturday, Sunday, and holidays from 1430-1630. Any violation, however slight, will result in the loss of this privilege and other disciplinary action as permitted under the Uniform Code of Military Justice (UCMJ) per references (a) and (b).

(2) Restrictees are encouraged to make official phone calls to lawyers or defense counsels.

(3) Incoming phone calls for restrictees will not be accepted unless it is from a lawyer on official business, a medical provider or a senior staff member. The Restriction Barracks Duty Officer may take messages and relay them to the individual concerned.

**CHAPTER TWO - ORIENTATION AND INDOCTRINATION PHASE**

**2-1. ORIENTATION AND INDOCTRINATION PHASE.**

a. This process should be completed within two calendar days of a service member being placed on restriction, but may take longer due to staff constraints.

b. The Restriction Barracks Duty Officer will explain basic rights and responsibilities to each restrictee in detail. Restricttees must study and become thoroughly familiar with these rules and regulations.

c. The rules and regulations are general guidelines and it is the responsibility of each restrictee to know them. Ignorance is not an acceptable excuse for violation of the rules.

**2-2 RULES AND REGULATIONS.**

A. No sleeping, sitting or lying in the rack or on the deck between the hours of reveille and taps is authorized unless in a Sick-in-Quarters (SIQ) status or modified medical status.

**CHAPTER THREE - MILITARY COURTESY AND BEARING****3-1. MILITARY COURTESY.**

a. Restricttees will observe military courtesies in accordance with the customs and traditions of the Armed Forces.

b. Military courtesies and discipline are required in the Restricted Barracks as in any military unit.

c. Restricttees shall refer to staff and military personnel by their appropriate rank or title and civilians will be called Mr., Mrs. or Miss.

d. Restricttees will immediately assume and maintain the position of attention when the command "Attention" or "Attention on Deck" is given. Restricttees will remain at attention until told to "Carry On". The only exception will be during quiet hours between taps and reveille.

**3-2. REPORTING.** When required or directed to report to any staff member of visiting official, restricttees will report in the following manner:

a. Come to the position of attention and state their status, name and "Reporting as ordered (rank as appropriate)". If reporting to an Officer, the word "Sir" or "Ma'am" will be used as appropriate (i.e. "Restricttee Smith reporting as ordered, Ma'am or Sir").

b. On reporting to an office, knock three times and request permission to enter, then report "Restricttee (name) reporting as ordered."

**3-3. HEAD COVERING.**

a. Restricttees shall wear the appropriate head covering at all times when outside the Restriction Barracks and will remove it when entering any building, or at any other time as directed by a staff member.

b. Restricttees will wear a head covering when reporting for either punitive or request mast, and will remain covered until directed to uncover.

**3-4. HANDS IN POCKETS.** At no time shall restricttees place their hands in their pockets.

**3-5. MOVEMENT AND TALKING.**

a. Restricttees are to remain in their berthing or work area except when authorized to be elsewhere.

b. Restricttees are to move from one area to another by the most direct route.

c. Loitering in any area is unauthorized.

**3-6. REVEILLE.**

a. Reveille shall be sounded in accordance with the daily routine.

b. Once reveille has sounded, restricttees shall get out of their bunk to commence the daily routine.

**3-7. TAPS.**

a. Taps shall be sounded in accordance with the daily routine.

b. The Navy PT Uniform will be worn during sleeping, no exceptions.

c. When directed to do so, restricttees will retire to their assigned bunk, sleep with head uncovered, and arise promptly at reveille, fire drills, or other emergencies.

d. Absolute silence will be maintained at all times.

e. Do not lay sheets/blanket out or turn into the rack until directed to do so. Sleeping at other times is prohibited unless authorized.

f. There will be no reading, talking, or writing after taps.

**CHAPTER FOUR - CONDUCT****4-1. AUTHORITY.**

a. Restricttees are subject to the authority of all staff members assigned as Restriction Barracks Duty Officer (RBDO). This includes personnel from commands within Training Air Wing FIVE, such as escorts, and commands performing official functions, or medical personnel.

b. No restricted Sailor is ever placed in a position of authority, and at no time will they assume authority or issue orders to another restricted person.

**4-2. FOUR BASIC RULES.** Throughout restriction, restricttees are required to abide by rules and regulations continued herein; however, there are four basic rules that restricttees must learn and strictly adhere to. These four rules are:

a. Do not leave without authorization or assist others in leaving without authorization.

b. Do not deal in or possess contraband.

c. Do not initiate or participate in any disorder or violence.

d. Obey all rules, regulations, and orders.

**4-3. RESTRICTEES RESPONSIBILITIES.** Restricttees have a responsibility to:

a. Know and obey the rules and regulations contained herein.

b. Recognize and respect the rights of others.

c. Conduct themselves properly at all times.

d. Use legal services honestly and fairly.

**4-4. RESTRICTEES RIGHTS.** Restricttees have a right to:

a. Receive fair, firm, and impartial treatment.

b. Be informed of all rules, regulations, and orders.

c. Exercise freedom of religion within the limitations necessary for Restriction.

d. Legal representation through correspondence or legal counsel. They may, at their own expense, retain civilian legal counsel.

**4-5. CONDUCT BETWEEN RESTRICTEES AND STAFF MEMBERS.**

a. Lawful orders by staff personnel or written regulations are not subject to argument, discussion, or bargaining. Lawful orders will be obeyed immediately and without question. If restrictees feel they may have been given an order, which is unfair, unsafe, or unlawful, they may submit a complaint via the chain of command. In the case of conflicting orders, they will obey the last order given.

b. Restricttees will never argue in any manner with staff personnel, nor use provoking, argumentative, lewd, indecent, insulting, or threatening language or gestures.

c. Restricttees must not attempt to injure, touch with any object, lay hands on, scuffle with, or brush against staff members or any other personnel.

d. Restricttees will not deceive or mislead staff personnel through actions, false statements, or in any other manner that would prevent staff personnel from knowing the true facts concerning any situation.

e. Restricttees will not lend any article, give or make promise of gifts, perform personal services, or do anything which may be construed as an attempt to bribe or reward staff personnel.

**4-6. RESTRICTEE CONDUCT.**

a. Any item not specifically authorized in these rules and regulations, or by the Legal Officer or Restriction Barracks Duty Officer in writing, is considered contraband (see Appendix C, Contraband Items).

b. Physical contact with another restricted person or staff member is prohibited. This includes fighting, wrestling, shadow boxing, skylarking, horseplay, and public display of affection. This list is not all inclusive.

c. Disorder of any kind is prohibited, this includes excessive noise, jeering at other personnel, mass orders, singing, whistling, or other activities that disrupt the good order and discipline of the Restricted Barracks.

**4-7. MOVEMENT AND CONDUCT WHILE OUTSIDE THE RESTRICTION ROOM.**

a. Unless specifically authorized to do so, restrictees will talk to no one except the members of their detail, their escort, and/or those personnel they are seeing or as directed in these rules and regulations. If approached or questioned by any other person, they will respond as follows: "Sir, Ma'am, or by rank".

b. While outside the Restricted Barracks, restrictees are authorized to go only to and from their assigned destination. If they need to go to a different place, they must report to the Restricted Barracks Duty Officer before making these changes.

c. Restricttees shall not pick up any unauthorized item while outside the Restricted Barracks.

d. Restricttees shall not go into any unauthorized areas while outside the Restricted Barracks. They shall not enter any barracks room, car, or off-base establishment that serves alcoholic beverages.

**CHAPTER FIVE - ADMINISTRATION OF DISCIPLINE**

**5-1. PUNISHMENT AWARDED.**

a. Extra Duty.

(1) Extra duty shall not conflict with regular meals, sleeping hours, attendance at scheduled religious services, interviews with authorized persons (e.g. Chaplain, Medical Officer, Legal Counsel, etc.) or regular visiting hours.

(2) Extra duty, as assigned by NJP is limited to two hours per day and shall consist of constructive and useful work.

(3) Extra duty assigned by Training Air Wing FIVE is limited to two hours per day for a maximum of 45 consecutive days, excluding Sundays and holidays, and shall consist of constructive and useful work.

**5-2. CORRECTIVE RESTRAINT OF PERSONNEL IN POST-MAST RESTRICTION.**

a. Per reference (a), UCMJ Article 15, Commanding Officers may impose restriction on military members for periods up to 60 days.

b. Per reference (b), the accused may appeal the awarding of restriction by Commanding Officer's NJP. During the appeals process, the completion of the sentence may be stayed until final results of the appeal support or amend the original orders to restriction.

**CHAPTER SIX - CHECK-IN/CHECK-OUT PROCEDURES****6-1. DELIVERY TO RESTRICTION.**

- a. Personnel assigned to the Restriction Barracks will be escorted, clean-shaven, and in the uniform of the day.
- b. Upon check-in, members must have in their possession items identified on the Uniform Requirements List, Health and Comfort Items List (appendix D), and appropriate finances.
- c. Escorts shall be in the uniform of the day and in appropriate government transportation.

**6-2. DEPARTMENT RESPONSIBILITIES.**

- a. Departments play a major role in the success of the restriction process. Consistent contact with the service member must be maintained throughout the corrective process.
- b. Department personnel shall furnish pertinent information relative to the status of the Restricted person. Ensure a point of contact is designated to provide liaison for support of pay, health, and legal issues.
- c. Maintain weekly visitations either by phone or in person during normal workday hours as coordinated through the Restricted Barracks Duty Officer.
- d. Ensure each restricted member possesses the required clothing per Chapter 1 of reference (a) and health and comfort items as outlined in Appendix D prior to arrival to the Restricted Barracks.

**6-3. CHECK-OUT PROCEDURES.**

- a. Upon checking out of the Restriction Barracks, each Sailor being returned for future naval service shall be reassigned to their parent Barracks.

**CHAPTER SEVEN - AUTHORIZED PROPERTY, UNIFORMS, AND HYGIENE**

**7-1. PERSONAL HYGIENE.**

a. Restricttees shall shower at a minimum of one shower daily, which may occur either in the morning before chow or during the evening routine.

**7-2. PERSONAL APPEARANCE INSPECTIONS.**

a. Restricttees shall be clean and well groomed and they are responsible for maintaining their own personal appearance. Staff personnel will inspect restricttees daily. If they do not meet the grooming standards, it shall be documented and a loss of privilege or disciplinary action taken. The decision of the Restriction Barracks staff member inspecting is final and not subject to argument or discussion.

**7-3. HAIRCUTS.**

a. Ensure haircuts are within uniform military regulations. Failure to comply will result in disciplinary action.

b. Restricted male personnel shall shave daily prior to muster/inspection.

c. Beards and mustaches are not authorized unless specifically authorized in writing by a Medical Officer.

d. Sideburns may not extend past the middle ear lobe.

**7-4. WEARING OF UNIFORMS.**

a. All restricttees shall wear the uniform prescribed under the regulations of the individual's service.

b. While in a restricted status, restricttees must be in a complete uniform of the day at all times except between taps, reveille and when traveling to physical training (PT). A complete uniform consists of:

- (1) Under garments
- (2) Socks
- (3) Working uniform shirt and trousers and appropriate belt
- (4) Black shoes or boots as appropriate
- (5) Cover

**7-5. INSPECTIONS.**

a. Restriction Barracks staff members will inspect restrictees for personal appearance each morning, ensuring their uniform is neat, clean and with well-blackened shoes/boots and be clean-shaven each day.

b. The uniform restrictees wear to muster/inspection is the one they will wear the rest of the day.

c. Restrictees shall not change any part of their uniform following inspection without staff approval.

d. Staff may conduct unannounced personnel inspections at any time.

**7-6. BUNKS.**

a. Restrictees shall make their bunk prior to muster each morning and remain off the bunk except for those times specified in these rules and regulations or as authorized by a Medical Officer.

b. The only clothing authorized for wear in their bunk is the Navy PT Uniform (no socks).

**7-7. AUTHORIZED PROPERTY.**

a. Upon check-in to restriction, restrictees are issued various items of government property. They must return these items in the same condition as they were issued, allowing for normal wear.

b. Health and comfort items include those items necessary to maintain personal hygiene, military appearance, and writing material. Liquids, toothpaste, etc. must be in an unbreakable container. Aerosol cans are prohibited. A complete list of approved health and comfort items and optimal items is included in Appendix F, Authorized Health and Comfort Items List.

c. A complete list of required uniform items for naval service is contained in reference (a), Chapter 1, Appendices A and B.

**7-8. UNIFORM MAINTENANCE.**

a. Restrictees shall maintain their uniforms in good condition at all times. Working uniforms must be clean, neat, and laundered regularly. Replace excessively faded or frayed uniforms, as they are unacceptable. Assigned personal time is adequate for uniform maintenance and preparation, and it is their responsibility to ensure that their uniforms are ready.

**CHAPTER EIGHT - ADMINISTRATIVE PROCEDURES**

**8-1. FORMAL REQUESTS.**

a. Submit legitimate requests concerning status, personal problems, pay, or other official reasons limiting each chit to one topic through the Restricted Barracks Duty Officer.

**8-2. REQUESTS FOR COMMANDING OFFICER'S MAST.**

a. Submit request for Commanding Officer's (CO's) Mast through the chain of command via Restriction Barracks Duty Officer.

b. CO's Request Mast should be a last resort and restrictees should use all other avenues to resolve their problem prior to submitting a request for Mast.

**8-3. MAIL.**

a. While in restriction, the address for receiving mail is as follows:

Attn: NAME  
COMTRAWING FIVE  
7480 USS Enterprise St  
Suite 205  
Milton, FL 32570

b. Restricttees may write personal letters without numerical limit and receive all incoming mail regardless of legal or disciplinary status, unless the volume of mail constitutes an interference with the orderly administration of this facility.

c. Letters to military authorities shall be sent in accordance with regulations governing official correspondence.

d. Incoming mail will be picked up daily by the Restricted Barracks Duty Officer at the Training Air Wing FIVE Administrative Office and delivered to restrictees the same day as received.

e. The RBDO may authorize restrictees to receive packages that contain items not included on the contraband list.

f. Health and comfort packages may be delivered by hand to the Restricted Barracks Duty Officer or mailed. When delivered by hand, the Restricted Barracks Duty Officer will receive the package. It will be opened by the restricted person in the presence of a staff member.

g. Restricttees shall not receive medicine, drugs, or other medications through the mail.

h. Restriction staff will forward, unopened, all mail that arrives after they are released/transferred.

**8-4. VISITATION.**

a. Official visits are those visits by attorneys, Command representatives, or others conducting official business with and for the restricted person. These visits should be scheduled in advance by appointment.

b. The following personnel are authorized for personal visits:

- (1) Spouse
- (2) Children
- (3) Parent
- (4) Brothers and Sisters

c. Visitors must provide positive proof of identification.

d. Normal days and hours are Sundays and Religious Holidays from 1000-1200. The RBDO may give approved visitation upon request for non-visiting hours.

**8-5. STATUS OF RESTRICTEES.**

a. A restricted person is classified as restricted if they were found guilty at Captain's Mast and awarded restriction. This is a post-mast condition and only the Commanding Officer, who awarded the punishment, may alter the punishment.

**8-6. MUSTERS.**

a. Restricttees will muster at all occasions specified by the Restricted Barracks Duty Officer or Legal Officer.

**CHAPTER NINE - SPECIAL PROGRAMS****9-1. RELIGIOUS PROGRAM.**

a. Chaplains function as pastors to all military personnel, conduct religious services, and offer individual counseling to any person upon request. Sufficient Chaplains are available to meet the needs of all personnel. There are three areas in which Chaplains can assist all persons regardless of their beliefs.

(1) During the reflection or evaluation of the individual's private life, doubt, guilt, fear, anxiety, etc.

(2) During times of personal adjustment, either to the military or to life itself.

(3) A Chaplain is also a willing counselor and guide during life crises, death, and personal misfortune.

**9-2. HEALTH CARE PROGRAM.**

a. Sick Call is available to all restrictees.

b. All appointments are made by restrictees themselves. They should notify the Restricted Barracks Duty Officer of any upcoming medical appointments or follow-up appointments.

c. Emergency care is available at any time.

**9-3. INCENTIVE PROGRAM.**

a. The incentive program may consist of the following:

- (1) Special visits
- (2) Movie (Holiday Only)
- (3) TV Time (Holiday Only)
- (4) Sleepers (Holiday Only)

b. Restricttees will be subject to daily inspections.

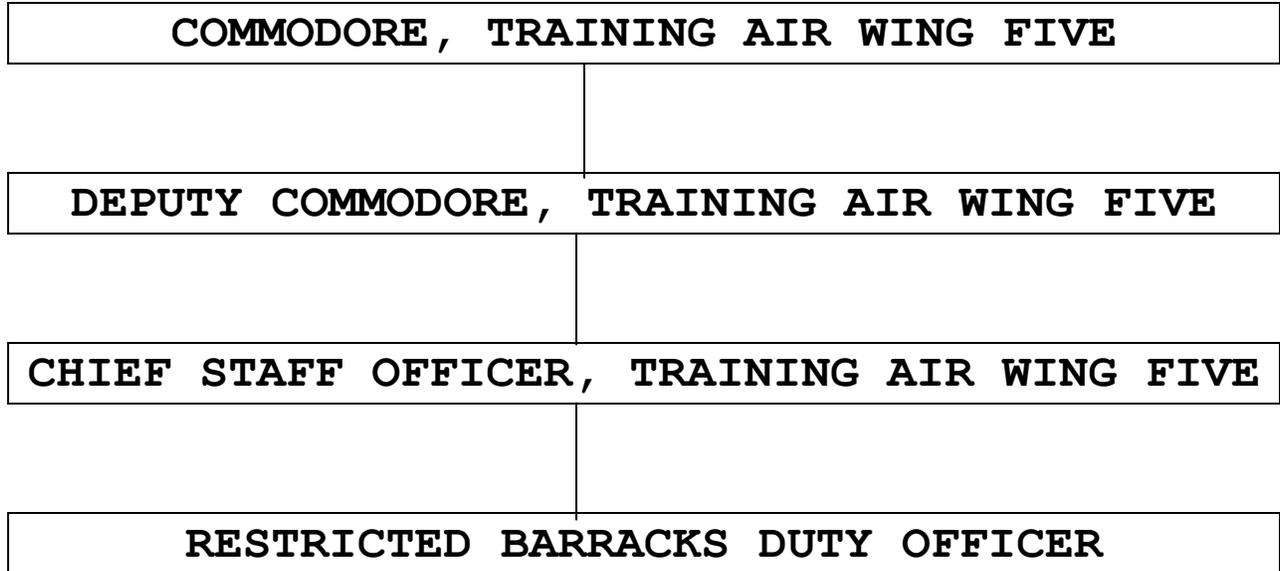
c. If restricted personnel fail to comply with the rules and regulations, some or all privileges may be revoked for a period of time as deemed appropriate by Restricted Barracks Duty Officer.

**9-4. PHYSICAL TRAINING PROGRAM.**

a. Restricttee PT is conducted three days a week with the Wing FIVE Fitness Enhancement Program. Restricttees will muster with the Wing FIVE Fitness Enhancement Program group at the main reception desk at the NAS Whiting Field Gymnasium on Monday, Wednesday, and Friday at 0730. All other PT sessions are at the restricttees on base choice.

APPENDIX A

CHAIN OF COMMAND



**APPENDIX B**

**CONTRABAND ITEMS**

The following items are contraband and not authorized.

**CONTRABAND ITEMS:**

- Cigarettes
- Civilian Clothes On Base (other than during transport to Civilian Off-Base Appointments)
- Cell Phones
- Smokeless Tobacco
- Sports Supplements
- Alcohol
- Chewing Tobacco
- Lighters
- Lighter Fluid
- Pipes
- Pipe Tobacco
- Over the Counter Medications
- Pornographic Material
- Games
- Cards
- Aerosols
- Cologne

**APPENDIX C****AUTHORIZED HEALTH AND COMFORT ITEMS LIST**

The following health and comfort items and their quantities are the maximum for personnel assigned to the Restriction Barracks.

<b>APPROVED ITEMS</b>	<b>REQUIRED AMOUNT</b>
Comb	1 each
Dental Floss*	1 package
Deodorant (stick or roll-on)	1 each
Envelopes and Stamp	Up to 30 each
Eye Glasses*	1 pair
Contacts with saline solution*	1 set
Wash Cloth	2 each
Hair Brush*	1 each
Nail Clipper	1 each
Foot Powder	1 container
Pens or Pencils (non-government)	2 each
Photographs*	5 each
Cotton Swabs*	1 box
Razors (disposable)	Up to 10
Religious Medal	1 each
Sewing Kit	1 each
Shampoo (large tube or plastic container)	1 each
Shaving Cream (non-aerosol)	1 container
Shoe Inserts (air pillow)*	3 pair
Shoe Polish	1 can
Shower Shoes	1 pair
Soap	2 bars
Soap Dish	1 each
Starch (ironing spray)*	1 can
Toothbrush	1 each
Toothbrush Case	1 each
Toothpaste (tube)	1 each
Towel (bath)	4 each
Wedding Ring (if married)*	1 each
Writing Paper (booklet)	2 each

**\* = Optional Items**

Medications - Personnel assigned to the Restriction Barracks have an appropriate amount of required medications. Check-in all medications with the Restricted Barracks Duty Officer. All medication must be an approved prescription.

**APPENDIX D**  
**RESTRICTION DAILY ROUTINE**

**MONDAY, WEDNESDAY AND FRIDAY**

0530 REVEILLE  
0530 SHOWER  
0600 BREAKFAST  
0630 SQUARE AWAY ROOM/SHIFT INTO UNIFORM OF THE DAY  
0700 MUSTER IN BARRACKS, ROOM INSPECTION  
0730 WING PT AT GYMNASIUM  
0900 SHOWER  
0930 PROFESSIONAL STUDIES  
1130 LUNCH  
1230 MUSTER IN BARRACKS, ROOM INSPECTION  
1300 LAUNDRY (As Needed)  
1500 CDO ESCORT TO COMMISSARY/NEX (As Needed)  
1700 DINNER  
1800 MUSTER IN BARRACKS, ROOM INSPECTION  
2100 MUSTER IN BARRACKS  
2130 TAPS

**TUESDAY AND THURSDAY**

0530 REVEILLE  
0530 SHOWER  
0600 BREAKFAST  
0630 SQUARE AWAY ROOM/SHIFT INTO UNIFORM OF THE DAY  
0700 MUSTER IN BARRACKS, ROOM INSPECTION  
0730 PT AT GYMNASIUM  
0830 SHOWER  
0900 PROFESSIONAL STUDIES  
1130 RELIGIOUS SERVICE/CHAPLAIN VISITATION  
1230 LUNCH  
1330 MUSTER IN BARRACKS, ROOM INSPECTION  
1400 PROFESSIONAL STUDIES  
1700 DINNER  
1830 MUSTER IN BARRACKS, ROOM INSPECTION  
2100 MUSTER IN BARRACKS  
2130 TAPS

**SATURDAY ROUTINE**

0900 REVEILLE  
 0930 SHOWER  
 1000 BREAKFAST  
 1030 SQUARE AWAY ROOM/SHIFT INTO UNIFORM OF THE DAY  
 1100 MUSTER IN BARRACKS, ROOM INSPECTION  
 1130 PT (Optional)  
 1230 SHOWER  
 1300 LUNCH  
 1400 MUSTER IN BARRACKS/DELIVERY OF CELL PHONE  
 1430 PHONE CALLS/VISITING HOUR  
 1530 PROFESSIONAL STUDIES  
 1700 DINNER/RETRIEVAL OF CELL PHONE  
 1800 MUSTER IN BARRACKS  
 2200 TAPS

**SUNDAY AND HOLIDAY ROUTINE**

0900 REVEILLE  
 0930 SHOWER  
 1000 BREAKFAST  
 1030 SQUARE AWAY ROOM/SHIFT INTO UNIFORM OF THE DAY  
 1100 MUSTER IN BARRACKS, ROOM INSPECTION  
 1130 PT (Optional)  
 1230 SHOWER  
 1300 LUNCH  
 1400 MUSTER IN BARRACKS/DELIVERY OF CELL PHONE  
 1430 PHONE CALLS/VISITING HOUR  
 1530 PROFESSIONAL STUDIES  
 1700 DINNER/RETRIEVAL OF CELL PHONE  
 1800 MUSTER IN BARRACKS  
 2200 TAPS