# PASGT Proper Wear and Adjustment

If the PASGT is too tight or loose:
- Adjust headband in small increments.
- Reposition headband on the web strap.
- Adjust headband clip in an area that feels tight.
- Try different shell size.

If the PASGT is too high:
- Judge at brow and ear opening.
- Adjust drawstring tab toward helmet crown.
- Try next larger shell size.

If the PASGT is too low:
- Adjust crown drawstring tab toward rim.
- Try next smaller shell size.

Parachutist helmet modifications:
- Retention strap hook-pile tape faces rear.
- Check pads for tears and compressibility.

References:
- PASGT: Natick PAM 70-2
- ACH: TM 10-8470-204-10
- https://www.peosoldier.army.mil

Proponent: U.S. Army Infantry School
Fort Benning, GA
1 June 2005

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# ACH Proper Wear and Adjustment

If the ACH is too tight:
- Rearrange side pads in a vertical, diagonal, or horizontal configuration.
- Remove front or back pads and rearrange side pads.
- Create space in the area that feels tight.
- Try next smaller pad size.
- Try next larger shell size.

If the ACH is too loose or unstable:
- Rearrange side pads in a vertical, diagonal, or horizontal configuration.
- Tighten chin strap retention system.
- Increase number of pads.
- Try next larger pad size.
- Try next smaller shell size.

If the ACH is too high:
- Judge at brow and ear. Soldier should see rim of helmet when looking up.
  - Portion of ear above ear canal is covered.
- Try next smaller sized pad set.
- Try next larger shell size.

If the ACH is too low:
- Try next larger sized pad set.
- Try next smaller shell size.

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WARNING! Risk of serious injury or death is greater with improper helmet wear.