

group are *not* authorized (**Exception:** Traditional metal POW/MIA/KIA bracelets, which come in colors besides silver, bronze, or gold, remain authorized).

6.3.1.3. Watches. Must be conservative and *only* one can be worn around the wrist while in uniform, PT, or civilian attire in an official capacity. Conservative examples (*not* all inclusive) are solid color black, brown, silver or gold. Prohibited examples are diamond-covered, neon, bright colors, bands that exceed 1-inch width and novelty (i.e. cartoon character) watches.

6.3.1.4. Rings. Airmen may wear a total of no more than three rings; wedding sets count as one ring when worn as a set. Rings will be worn at the base of the finger, and will not be worn on the thumb.

6.3.1.5. Necklaces. Will not be visible at any time. If worn, will be concealed under a collar or undershirt.

6.3.2. *Eyeglasses/Sunglasses/Contact Lenses.* Will be worn in the manner for which they are made. Eyeglasses and sunglasses will not be worn around the neck or on top/back of head or exposed hanging on the uniform.

6.3.2.1. Eyeglasses and sunglasses may have conservative ornamentation on non-prescription sunglasses or eyeglasses, frames may be black or brown material or gold or silver wire. Brand name glasses may be worn with small logo on frames or lenses. Logo must be same color as frames or lenses. Conservative wrap-around sunglasses may be worn. Conservative, clear, slightly tinted or photosensitive lenses are authorized. Faddish styles and mirrored lenses are prohibited. Sunglasses (to include darkened photosensitive lenses) are *not* authorized in formation. **Exception:** Sunglasses are not authorized in formation, unless for medical reasons, e.g., PRK/lasik surgery and when authorized by a commander or commandant on the advice of a medical official.

6.3.2.2. Contact Lenses. Contact lenses will be natural looking in shape and design. They will be clear in color and not change the color of the Airman's natural eye color.

6.3.3. *Handheld Electronic Devices.* Handheld electronic devices are small electronic equipment such as cellular phones (personal or official), MP3 or similar players, radio, or hands-free devices (e.g. Bluetooth). Handheld electronic devices will be plain black, silver, dark blue, or gray. Holster and other storage devices used to carry handheld electronic devices will be plain black, silver, dark blue, or gray. One handheld electronic device may be attached to a belt/waistband on either side, clipped to a purse, or carried in the left hand.

6.3.3.1. Wear/use of an earpiece, any blue tooth technology or headphones, while in uniform, indoors or outdoors, is prohibited, unless specifically authorized for the execution of official duties. (**Exception:** Headphones and earphones (iPods, MP3 type players, etc.) are authorized during air travel and/or while wearing the physical training uniform (PTU) during individual or personal PT in the fitness center or on designated running areas unless prohibited by the installation commander). Use of a hands-free device is authorized while in uniform operating a motor vehicle if local policy permits.

6.3.3.2. While walking in uniform use of personal electronic media devices, including ear pieces, speaker phones or text messaging is limited to emergencies or when official notifications are necessary. Military customs and courtesies take precedence.