



How to Wear the Field Training Uniform

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Parts of the FTU

1. Field Tunic
2. Field Pants
3. Environmental Shirt
4. Beret
5. Wool Socks
6. Boots
7. Belt
8. Rank Slip-On



Field Tunic

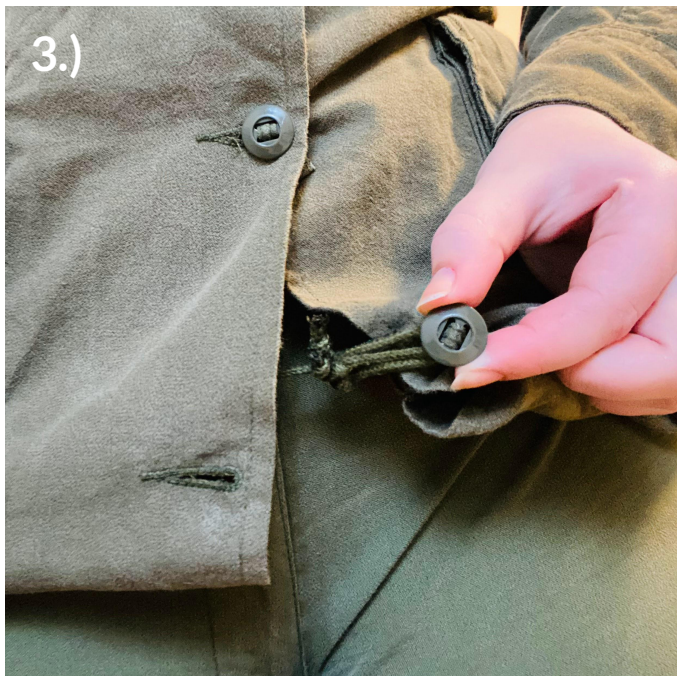
The field tunic has two sets of strings, one at the waist and one at the hips. Be sure your strings are tied snugly and are not visible! Here is a tutorial on how to tie them:



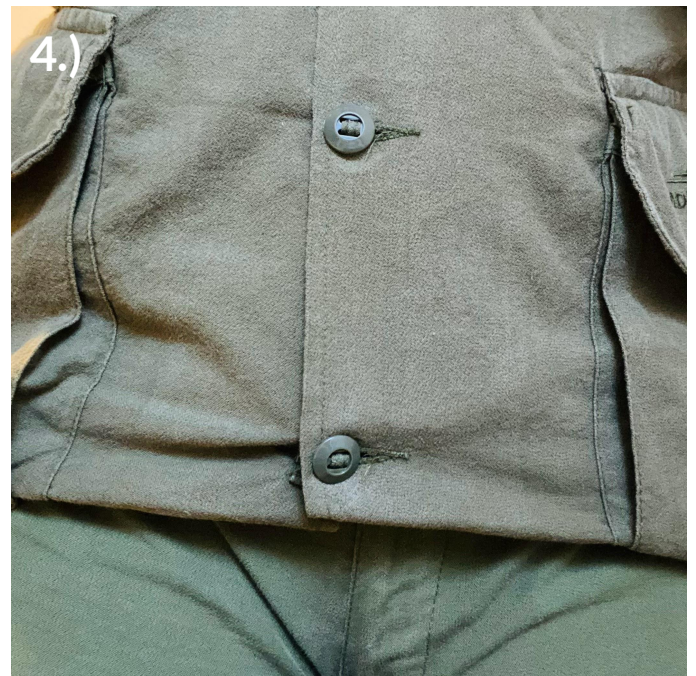
1.) Tie a standard knot



2.) Make two loops, like you would with shoelaces. Pull the loops to make them longer



3.) Twist the loops and loop them around the button



4.) Button your button and repeat steps for next strings

Field Pants + Belt

The field pants are worn with the standard cadet belt. When wearing field pants, be sure that all the pockets are buttoned up. Be sure that the excess belt comes out from the buckle to your left. The blue environmental shirt is tucked into the pants. A tutorial on blousing boots is found later on this guide.



Environmental Shirt

The dark blue environmental shirt is worn under the field tunic. This shirt can be issued by the supply officer, or can be bought on your own if you want more than one. Wash your environmental shirt every week!



Beret

The beret is worn with the badge centred over your left eye, and the sweat band above your eyebrows. Your hair should be tied/push back so that there isn't hair on your forehead. The drawstrings in the back should be tucked in and not visible. The beret is formed so that the excess fabric is pulled down towards your right ear.

There are many ways to form the beret! Some ways can include:

- Forming it while taking a warm shower
- Dunking in water and forming it
- Running it under the tap and forming it

A great way to set your formed beret in place is wearing it on your head as it dries. Some cadets choose to cut the black liner out of their beret before forming it, but it is entirely optional.



Example of a correctly formed and worn beret

Beret

If your beret has starting to gather lint over time, or the felt starts to pill, have no fear. A simple way to remove the unwanted fuzziness is with a regular shaving razor. Go over the outside felt of the beret gently and remove the lint as you go. Do this when your beret is completely dry!



Wool Socks

Grey wool socks are issued to every cadet. These long socks are to be worn with your boots, as it generally makes wearing the boots and blousing the boots more comfortable. If you do not have cadet issued wool socks, long grey or black socks work as well.



Boots

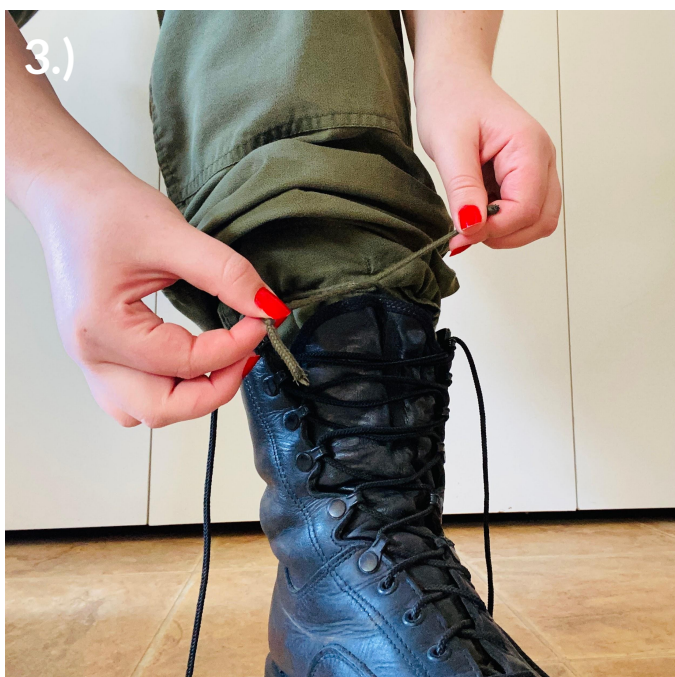
Multipurpose boots are worn with the FTU. If you have not been issued a pair yet, dark coloured hiking boots work as well. Here is how to blouse the boots:



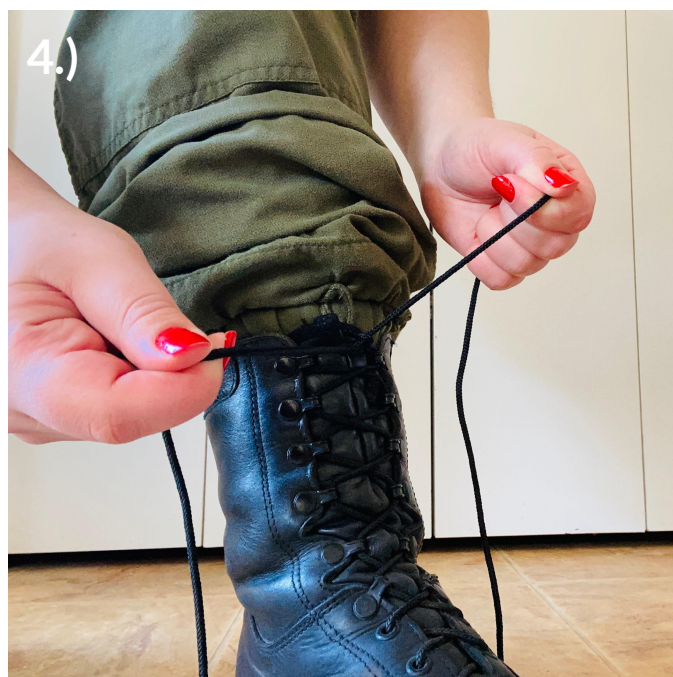
1.) Put on your boots and pull up the pant leg, separating the two layers



2.) Tuck the bottom layer into your boots, leave the top layer out



3.) Pull down the top layer and tie the green strings snugly around your leg



4.) Tuck the remaining green string in and tie your boots with a reef knot

Boots

Blousing tutorial continued...

Tuck the excess shoelaces into the boots, it should look like this:

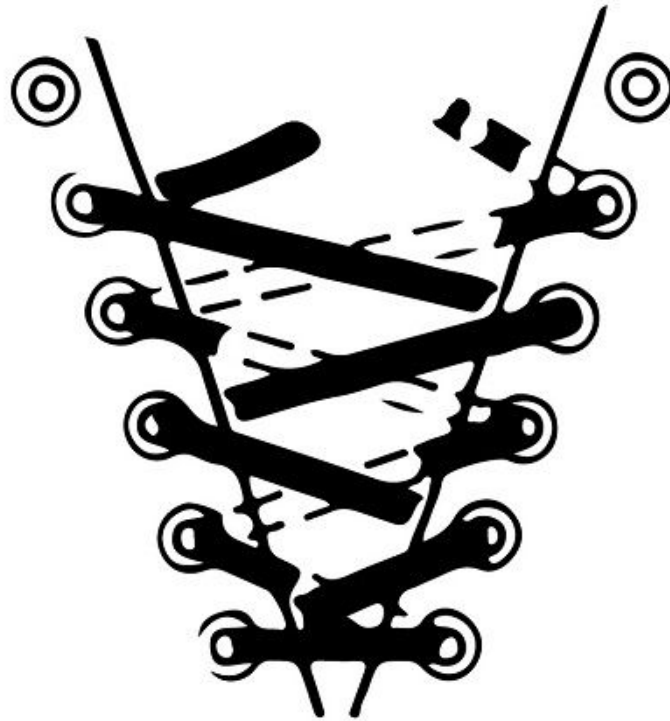


Pull your pants down over the tops of your boots. Your boots are now perfectly bloused!



Boots

Multipurpose boots are laced as such:



LEFT BOOT



RIGHT BOOT

Rank Slip-On

The rank slip on is worn on the shoulders of the dress shirt and the front of the field tunic. When it is worn correctly, it should look like this:



General FTU Tips

- Ask the senior cadets any uniform question you may be wondering about!
- When storing your FTU, hang it on a hanger to reduce wrinkles
- Always tuck in your elemental shirt
- Do not store your beret folded or crushed as it will lose its form
- Keep your boots neat and clean without mud or dust on them
- Never tie any strings too tight, as it will be uncomfortable and cut off circulation
- Do not button the top button of your field tunic

Official uniform standards can be found here:

<https://www.canada.ca/en/department-national-defence/services/cadets-junior-canadian-rangers/cjcr-policy/cjcr-dress-instructions.html>