



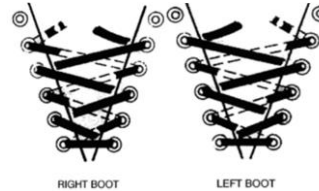
205 Collishaw Squadron RCACS

Field Training Uniform (FTU) Guide

How to properly wear and maintain your Field Training Uniform (FTU).

1. First put on wool socks, blue shirt, and pants. Tuck your shirt into your pants.
2. Belt should go on the same way you would with your dress uniform, “brass on brass”. If you have a generic black belt, use that instead so your dress belt doesn't get scratched.
3. Clean your boots before putting them on. You'll need a brush (old toothbrush) and ordinary Kiwi polish, NOT parade gloss. Put a small amount on the brush and gently brush the entire boot, including the soles and all the leather. If the boots are excessively dirty, use warm soapy water and a brush to clean them before blackening. Don't blacken the bottom of the soles, it's completely unnecessary. The boot should be blackened, but not polished (NOT SHINY). Put the boots on.
4. The bottom of your FTU pants will have 2 layers. The inner layer is tucked into your boots, but not the outer layer.

5. Tie your boots, hiding the laces the same way you would with your parade boots. Note: Do not straight lace your combat boots. See image right for lacing your boots. DO NOT wrap laces around the top of your boots.
6. Blouse your pants. There's a string at the base of the outer layer of your pants see image right. Tie that string tight (not too tight that it cuts off circulation). Tie it into a bow and pull the loops until the excess string is gone and roll it and the bottom edge of



the outer layer of the pant under itself. Pull the outer layer down to the edge of the boot.

7. How to wear the tunic properly, first button up the 2nd and 3rd button (first button is never buttoned). Then tie the waist strings. Pull them until the tunic is snug around the waist, but not too tight. Then tie the strings together See image right, just like you would with your shoes. Pull the loops until the excess string is gone and put both loops around your finger. Twist the loops until they're tight around your finger, and then slip them over the 4th button. Do the button up. The string shouldn't be showing. Do the same for the last string and loop over the 2nd to last button. Then finish up buttoning the rest and tuck the bottom edge of the tunic under itself. Ensure all pockets are done up and all buttons are done up except the very top one.



8. How to wear your beret. Ensure the strings at the back of the beret are tucked in and not hanging out. Put the beret on your head, and make sure the cap brass/badge is centered over your left eye. The beret should be sitting right above your eyebrows, with the emblem above your left eye, and should be parallel to the ground when standing straight. If it's the first time putting on your beret, ensure it is on properly. Then pull the strings at the back so it's snug around your head. Tie the strings in a reef knot to secure them. Note: DO NOT cut the strings at the back. If you ever need to resize your beret, cutting the strings will make that impossible. Note: DO NOT cut the liner out of your beret. People often say this makes it easier to form or looks better when on your head. It's unsanitary and does not make the beret easier to form. Note: if you don't have a beret, you can wear your wedge, wide brimmed tan summer hat, or you're issued blue toque. For more information contact the **Supply Officer**.



Notes:

- Make sure you're wearing the correct slip-on ranks.
- Never iron your FTUs. If they get wrinkly, just throw them in the dryer, and then hang them up. To keep the pockets flat, pull them straight down immediately after they come out of the dryer. If they still won't stay flat, you can clip binder clips on the flaps and leave them there until the tunic cools.
- Always hang up your FTUs after wearing them. This will ensure they don't get wrinkled.
- Wash your blue shirt and socks after every wear. Wash the tunic and pants at least once every 4 times you wear them or unless dirty.
- DO NOT put your beret in the washing machine or dryer. This will discolor and shrink it. If the beret needs washing, do it in the sink with warm soapy water and let it air-dry. (This is the perfect time to form your beret.)
- The FTU must be worn in full and must not be mixed with any blue uniform parts.
- Tunic may be worn with the sleeves rolled above the elbow or all the way down. When rolled, the width of the rolled sleeve shall be 4 finger widths across.