

## How to Take Care of Your Uniform

Cadets are personally responsible for the care and custody of all items that are issued to them.

Cadets should only wear their uniform

- On training or to and from training
- Attending military Ceremony's
- With the CO's permission

### White Top

The white top is worn so the rim of the cap is one finger above the eyebrow with the front seam centered directly over the nose.

- Should be cleaned with an old tooth brush and toothpaste or magic erasers using cold water only
- Ensure to take off the cap tally so that you do not get any toothpaste on it



### Cap Tally

- The cap tally should be centered on the front of the seam of the white top
- The bow is on the port side (not more than 7.5 cm and not less than 5 cm across)

### Chin Stay

Even if you don't wear the chin stay on a regular bases, it should still be sewn in.

- The chin stay should be sewn in the inside of the cap and tight enough so the cap is secure (No gap between chin stay and chin)
- The chin stay is only worn:
  - When wearing webbing (except CPO2 and above) ie. Guard and Band
  - A windy Day

### Ball cap

The ball cap shall be free of lint with no threads sticking out

- Use a lint brush to clean the ball cap

### Gunshirt

Wash in warm water in white's and dry on normal

- There are 3 creases on the gunshirt and they shall always be done even if wearing the tunic
- Sleeves are pressed with a crease along the upper edge of each sleeve
- A vertical crease down the front of the gunshirt
- Use starch for extra crispness
- Free of wrinkles



## Sea Training Uniform Shirt

Wash in cold water and dry on normal

- There are 2 creases on the shirt
- Sleeves are pressed with a crease along the upper edge of each sleeve
- Free of wrinkles
- Sleeves will be rolled along the cuff until it is 2.5 cm (3 fingers) above the elbow
- Will be worn with rank slip-ons and name tag above the right breast pocket



## Lanyard

Wash with detergent and water or diluted bleach and hang to dry with a weight on the end so that it dries straight.

- The lanyard is to be worn under the collar of the tunic (not under the shoulder straps)
- The knot at the first fastened button (second button of the tunic)
- The end of the lanyard tucked into the left breast pocket with the slack of the lanyard hanging at the second fastened button (third button of the tunic),



\*\*\***Tunic and trousers** are items of clothing that require ironing, please remember that you are ironing a wool product and that it is easily burned, please keep the heat levels at a medium setting so as to not burn your tunic and pants leaving a shiny residue. Use a pressing cloth (thin towel or pillow case) when ironing, to prevent shine.

## Tunic

Wash in cold water only and dry on normal

- Sleeves shall be roll pressed with no creases
- No creases are to be ironed into the tunic
- All pockets should be pressed so that no corners stick up



- The jacket shall be worn with all the buttons done up except the first button from the top
- The cloth belt is to be pulled taut with the buckle centered, and the excess of the belt on the left side



## **Trousers**

Wash in cold water only and dry on normal

- Front crease on each leg goes all the way up to the first belt loop next to the zipper
- Back crease on each leg goes all the way up to the back centered belt loop
- The creases are to go all the way up the front and back
- Make sure not to get train tracks (when you have more than one line)
- Wet your pants (with a spray bottle filled with water) when ironing to make sharp creases

## **Black Belt**

- The belt is to be worn on the trousers at all times
- Should be brass to brass. The end of the belt is to come right to the end of the buckle. You should move the buckle to achieve this.

## **Boots**

- Shall be laced horizontally from side to side (not criss-cross)
- Boots are tied with a reef knot and the ends are to be tucked inside the boot
- Boots shall not be modified with any metal on the bottom of the heels



## **To polish**

You need a kiwi cloth and black shoe polish

- Remove dust and dirt from boot with a soft damp cloth.
- Use an old toothbrush to remove dirt from catwalks.
- Use a toothbrush, with polish, to blacken the catwalks.
- Apply a moderate amount of polish to the area of the boot you will polish first.



- Use a polishing cloth or other soft cloth wrapped around your index finger and dampened with cool water.
- You should work on one section at a time. Apply the polish in a circular motion. Start with larger circles to cover the area with polish. Use smaller circles as the polish works into the boot. Continue with the circular motion until you can no longer see the circles formed by the polish.
- You will have to continue applying coats of polish in this way until the boots have a high gloss.
- Be patient, good boots take time.
- No varnish other than shoe polish will be used to shine the boots



### **Socks**

- Grey wool socks
- If you are allergic to wool, white sports socks can be worn under the grey wool socks, or a suitable replacement may be used

### **Webbing**

Worn by guard and band members and Chiefs while on duty

#### **White Belt**

- To be worn snug around the waist on top of the black tunic belt

#### **Gaitors**

- Gaitors shall be worn with the scalloped edges down, buckles to the outside, tab ends to the back and tucked into retaining loops
- May be washed in the machine with a small amount of bleach. Hang to dry. Do not try to whiten with shoe polish as they will yellow and crack

## Badges

### Corps Crest

- The corps crest is to be sewn with white thread
- Is centered 3 cm above the right breast pocket

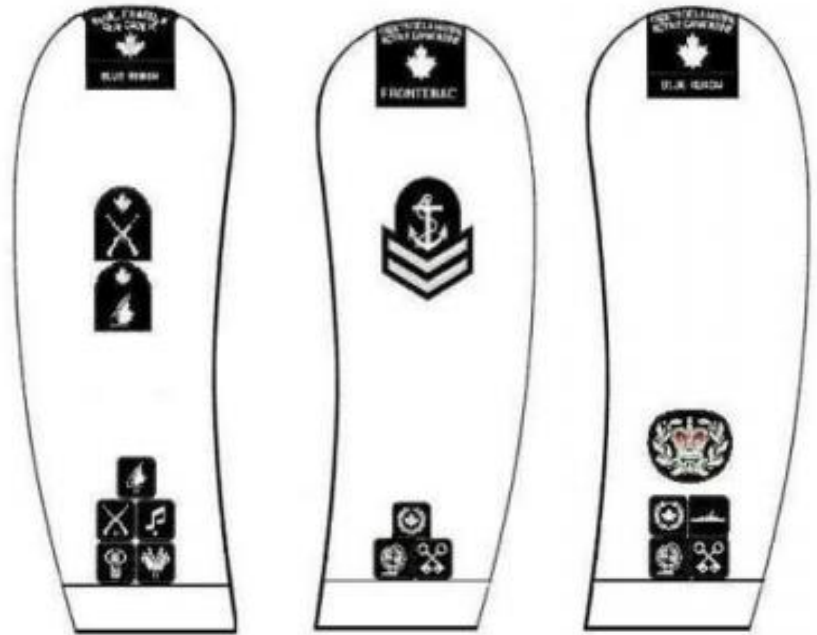
### Royal Canadian Sea Cadet Shoulder

#### Badge

- Shall be worn on the shoulder of each arm as close as possible to the shoulder seam

### Campbeltown Title Badge

- Shall be worn immediately below and in contact with Royal Canadian Sea Cadet Shoulder Badge

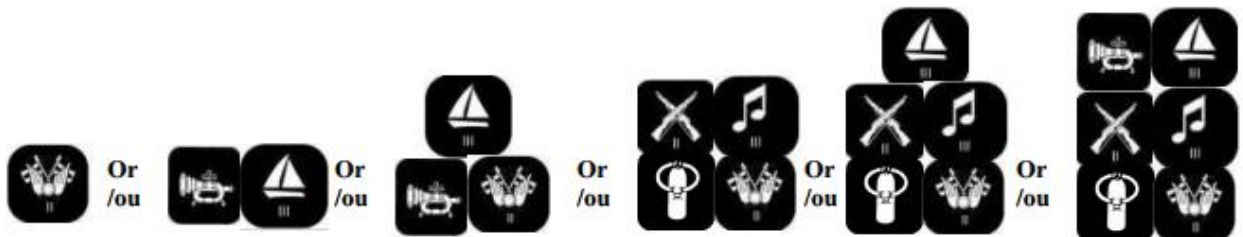


### Qualification (i.e. trade group)

- To be worn on the upper right sleeve of the tunic centered between the elbow and shoulder seam

### Proficiency Badges (i.e. sail, marksmanship)

- Are to be worn on the lower right tunic sleeve centered with the cuff
- The Proficiency badges will be worn 2 wide and up to 3 high



### Appointment Badges

- To be worn on the lower left tunic sleeve centered with the cuff
- The Appointment badges will be worn 2 wide and up to 2 high



## Other Badges / Medals

- Duke of Edinburgh Award Badges shall be worn centered on the right breast pocket of the jacket.
- Medals are worn centered above the right breast pocket of the tunic, touching the top of the pocket.

## Rank Badges

### Able Seaman to Petty Officer Second Class

- Is to be worn on the upper left arm in the center of the elbow and shoulder seam
- The center of the badge is that of the whole badge including anchors and crowns where applicable

### Petty Officer First Class to Chief Petty Officer First Cass

- Worn on the lower left sleeve, centered between the bottom cuff and the point of the elbow

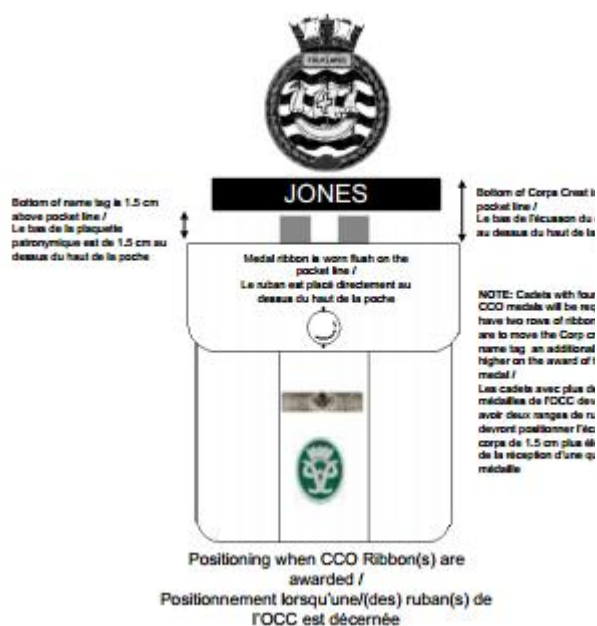
## Slip-ons

- To be worn on seasonal cadet jacket and Training Dress (Sea) Shirt

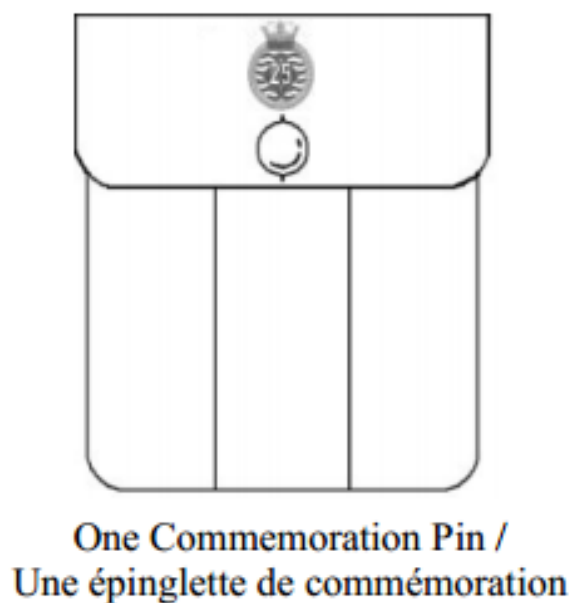
## Rank Badges on Gunshirts

- White rank badges can be worn on the gunshirt
- Gunshirt rank badges shall be centered in the middle of the left sleeve between the top shoulder and the bottom shoulder

Right breast pocket

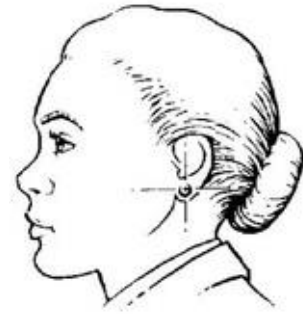


Left breast pocket



## Jewellery

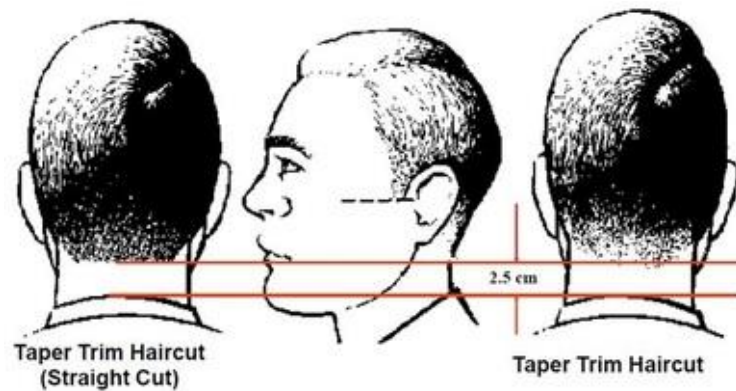
- All cadets are allowed to wear a wristwatch, a Medical Alert bracelet, and a maximum of two rings.
- Necklaces will not be worn in uniform.
- Female cadets can also wear a single pair of plain gold or silver stud earrings or small diamonds, centered in each earlobe.



## Hair

### Males

- Neatly groomed.
- Taper-trimmed at the back, sides, and above the ears.
- Not more than 1.5 cm in length (when you remove the headdress, it cannot fall below the top of the eyebrows).
- Not greater than 4 cm in bulk at the top of the head.
- Styled so that it doesn't present a bizarre or exaggerated appearance (including colour).
- Kept free from the neck to a distance of 2.5 cm above the tunic collar.
- Sideburns, moustaches and beards can be worn, but must meet the Sea Cadet dress regulations.



### Females

- Hair must be neatly groomed and not extend below the bottom collar of the tunic.
- Exaggerated, bizarre, or unusual hair colours are not permitted.
- Make-up worn must be limited.

