

C-1



CEREMONIAL DRESS

- WORN FOR FORMAL OCCASIONS
- WORN FOR INSPECTIONS

C-2



ROUTINE TRAINING DRESS

- WORN FOR REGULAR TRAINING
- ROUTINE PARADES

C-2A



ROUTINE TRAINING DRESS (SUMMER)

- WORN FOR REGULAR SUMMER TRAINING

C-3



ROUTINE TRAINING DRESS

- INDOOR TRAINING

C-5



FIELD TRAINING DRESS

- WORN IN THE FIELD (WHEN AUTHORIZED)

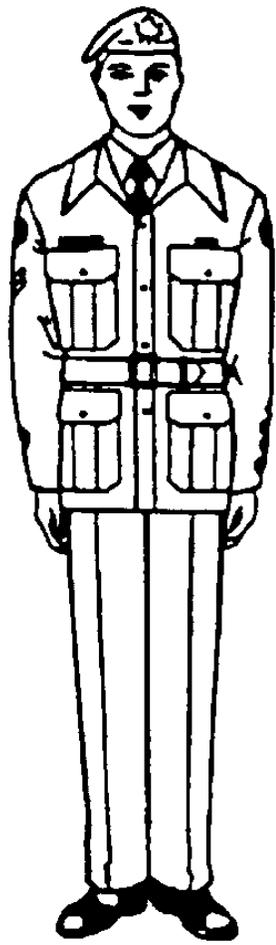
SPORTS



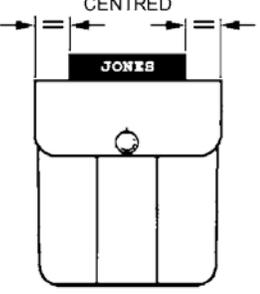
SPORTS TRAINING DRESS

- WORN DURING SPORTS ACTIVITIES

## THE ARMY CADET UNIFORM

<p><b>Beret</b></p>	<p>The Army Cadet beret shall be worn as follows:</p> <ul style="list-style-type: none"> <li>• Placed evenly on the head with the sweat-band 2.5 cm above the eyebrows;</li> <li>• The badge is centred over the left eye;</li> <li>• The crown of the beret is pulled downward to the right and rear; and drawstrings are tacked inside the gap of the sweat-band.</li> </ul>	
<p><b>Tunic</b></p>	<p>The jacket shall be worn fully buttoned except the top button. Sleeves shall be rolled pressed with no creases. Jackets may be removed in buildings and offices when authorized.</p>	
<p><b>Tunic Belt</b></p>	<p>Shall be worn so as the excess of the belt, once attached, is on the same side as the buttonhole flap. The buckle shall be adjusted so that the excess of the belt is not more than 8 cm.</p>	
<p><b>Shirt, Short Sleeve</b></p>	<p>May be worn with tie, ascot or open neck, with or without jacket. Rank slip-ons shall be worn with the short sleeve shirt.</p>	
<p><b>Tie</b></p>	<p>Shall be knotted neatly using a Windsor or four-in-hand knot and shall be kept tight. When the jacket is removed, the tie shall not be tucked into the shirt, unless for safety reasons.</p>	
<p><b>Pants</b></p>	<p>Will be pressed without starch so as to have creases down the centre of each leg. Creases shall extend from the top of the leg to the bottom. The length of the trousers should extend to the third eyelet of the ankle boot.</p>	
<p><b>Belt</b></p>	<p>The trousers/slacks shall be worn with the issued black belt.</p>	
<p><b>Boots</b></p>	<p>Shall be laced across horizontally from side to side. Boots shall not be modified by any type of metal cleats, hobnails or other metal attachments to the heel or sole. No varnish other than shoe polish can be used to shine the boots.</p>	



<b>Nametag</b>	The standard cadet name tag shall be detachable, made of black and white laminated plastic plate 6.3 cm in length and 1.2 cm in height, inscribed with white lettering 0.6 cm high, and shall indicate the surname of the cadet only.	
<b>Cadet Socks</b>	Shall be worn with boots. Cadets are encouraged to wear grey or black cotton or nylon socks underneath.	
<b>Tilley Cap</b>	Shall be worn on the head during physical activity	
<b>Sports Shirt</b>	Shall be worn tucked inside the sports shorts during physical activities.	
<b>Shorts</b>	Shall be worn at the waist, and must not allow for the underwear to be visible.	
<b>Running Shoes</b>	Shall be worn during physical activity	
<b>Parka</b>	Worn during winter and when weather conditions dictate. RCAC crest must be worn on the left breast of the all-season jacket. The liner and the exterior jacket may be worn separately or as a set. Rank slip-ons shall be worn on both. Medals, ribbons and sashes may be worn on the all-season jacket for outdoor parades.	
<b>Rank Slip-On</b>	Shall be worn with the short sleeve orders of dress and overcoats at cadet corps.	

