

DEPARTMENT

NEVER DO WHILE IN UNIFORM

- a. Chewing gum,
- b. Slouching,
- c. Sauntering,
- d. Hands in pockets,
- e. Smoking,
- f. Eating on the street,
- g. Walking arm in arm,
- h. Displays of affection

Shining Your Boots The Right Way The First Time.

Standards

- Your boots are to be highly shined over all the leather parts.
- Your boots must be ladder laced, as well as the laces are to be tucked in so they are not visible. If you do not know how to ladder lace, ask a senior cadet.
- The welts along with the other parts of the bottom of the boot that don't touch the ground should be blackened.

Shining Your Boots

- First, dust your boots.
- Use a toothbrush to blacken your welts and the other parts of the bottom of the boot that don't touch the ground.
- Wrap your polishing cloth around one of your index fingers and dip it in water. DO NOT SOAK THE CLOTH SO IT IS DRIPPING, JUST DAMP!!
- Dab your finger in some polish and get a dimes worth of polish (or a quarters worth if you are doing a base coat)
- Work in sections; pick one and start polishing in circles.
- Continue polishing until all the clouds in your boots are out (you might occasionally need to dab you finger in water)
- When you are done polishing your boots, put a cloth over them so they don't get dusty.
- It is usually hard at first to learn to shine your boots. Different people have different methods and you will find yours. If you are not sure of something, ask a senior cadet for help.

Hair

Male

- Hair must not touch the ears.
- Hair must be short (not higher than 4cm in bulk or longer than 15cm), and tapered at the back.
- If you have side burns, they must not extend below the middle of your ear.

Female

- Short hair must be worn neatly around the ears and collar.
- Long hair must be put up so it is not touching the collar (e.g. a bun).
- Any and all elastics, pins, and clips must be the color of your hair.
- All wisps must be put up, and any pins should not show.

Light Blue Shirt

- To be pressed flat and be free of wrinkles.
- The collar and epaulettes should be lightly starched and free of wrinkles.
- The shirt will have 2 creases, one on the top of each sleeve. Each crease will start centered at the bottom of the epaulette and run the length of the sleeve.

Belt

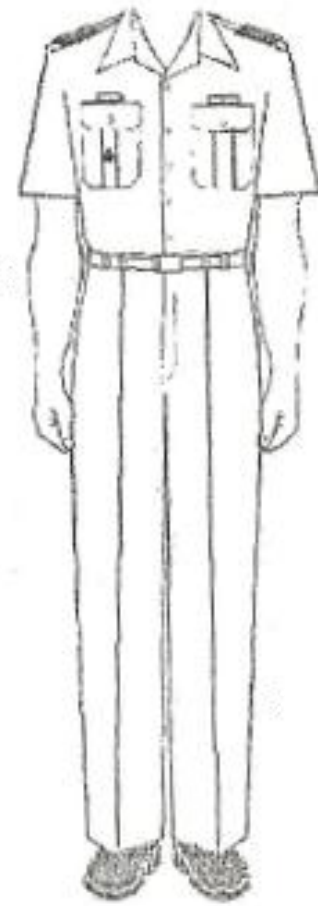
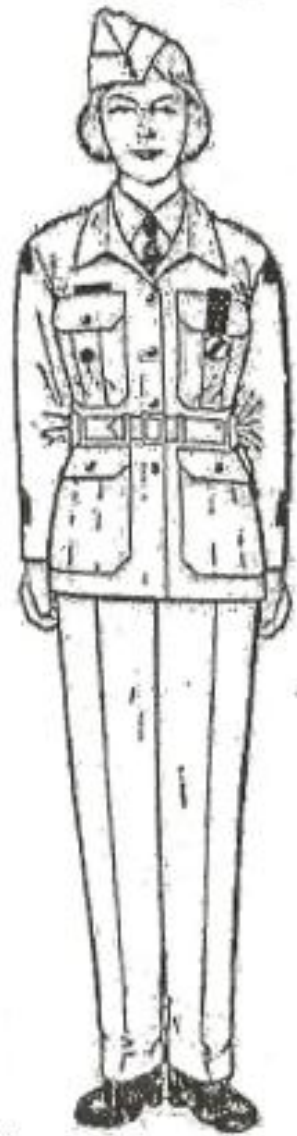
- The buckle should be polished and kept scratch free.
- Make sure you thread your belt through all the belt loops.

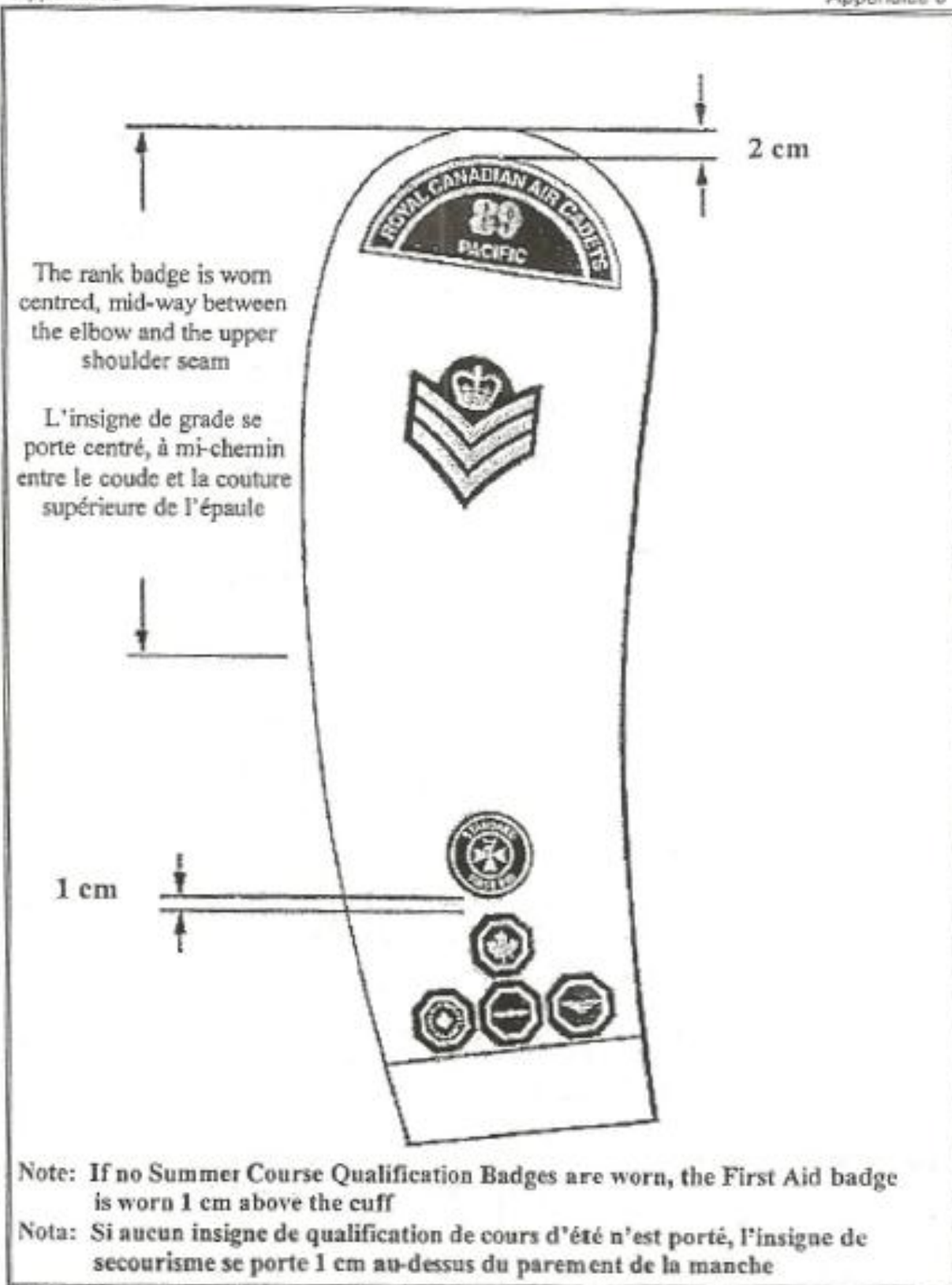
C A R E O F U N I F O R M

You are responsible for looking after your uniform. Take good care of it, and take pride in wearing it well.

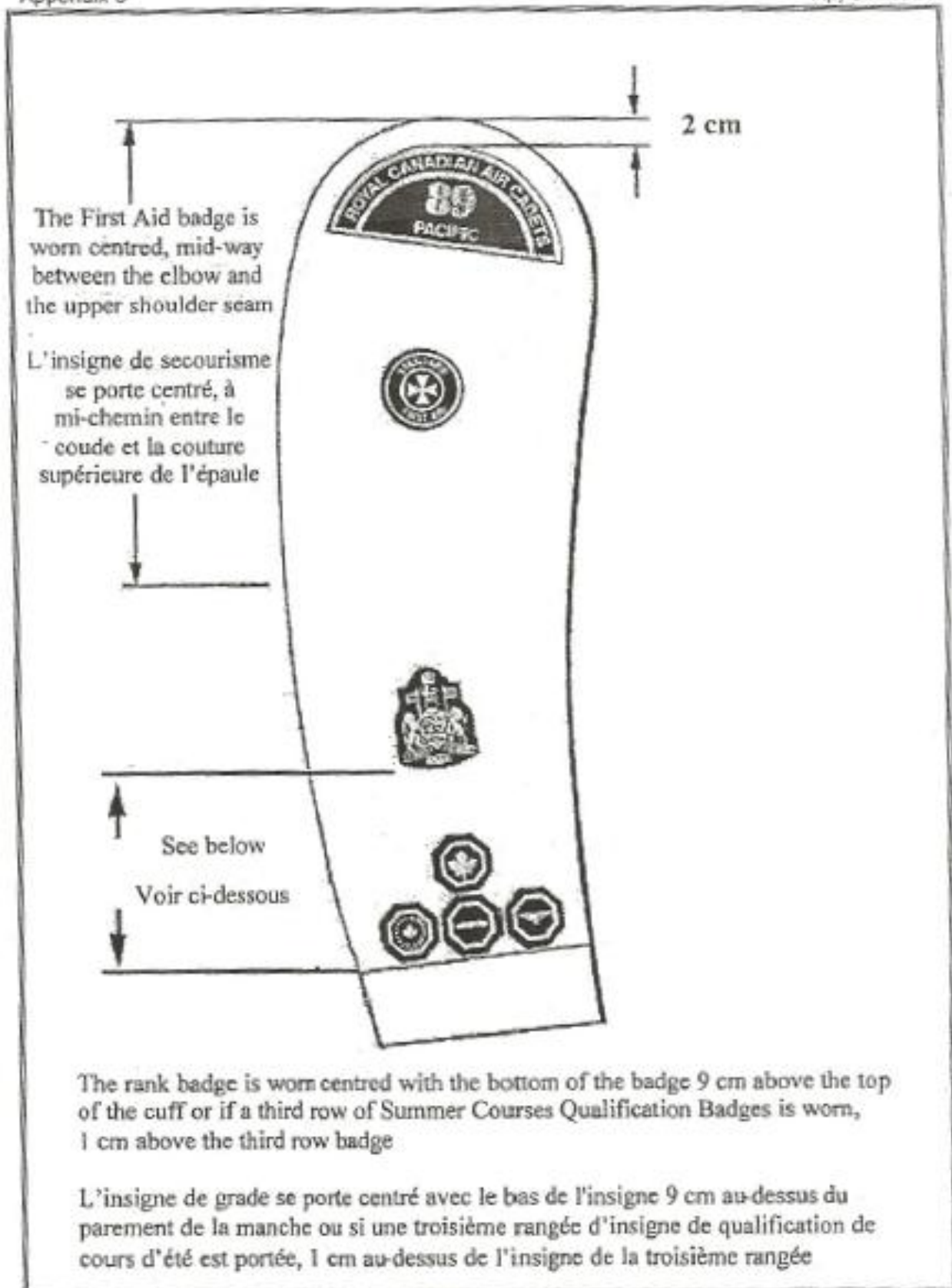
- 1) Keep uniform clean - dry cleaning is recommended.
- 2) Keep uniform repaired - i.e. buttons sewn on, seams etc.
- 3) Before you wear your uniform, iron it.
- 4) Before you wear your boots, polish them.
- 5) Make sure the uniform is lint free. Carry a pocket clothes brush.
- 6) Wear the complete uniform, never parts by themselves.
- 7) Study your Basic Training Manual, to learn where to sew on flashes.
- 8) If any part of the uniform is not fitting you, return it to Supply.

Your Uniform

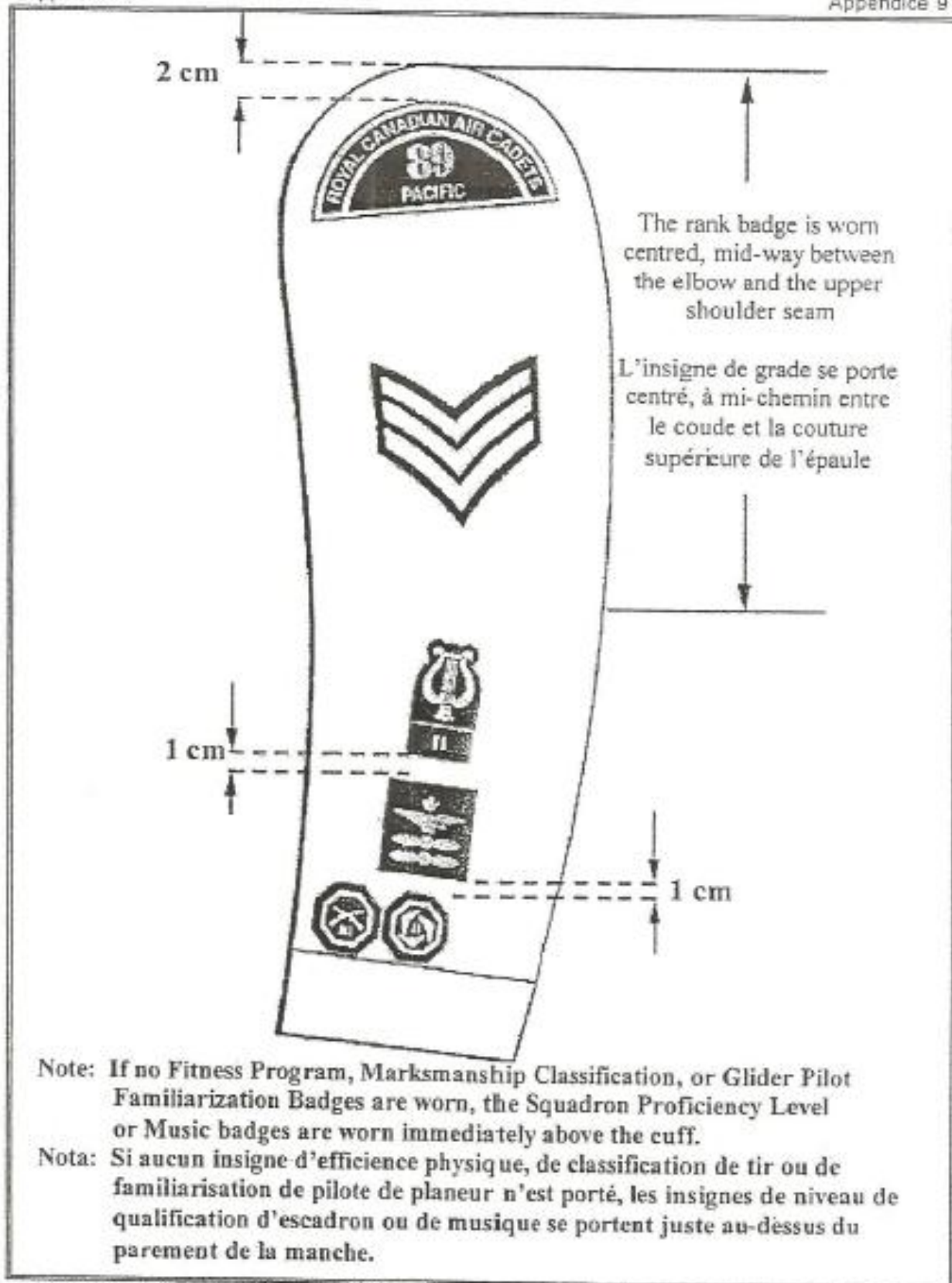




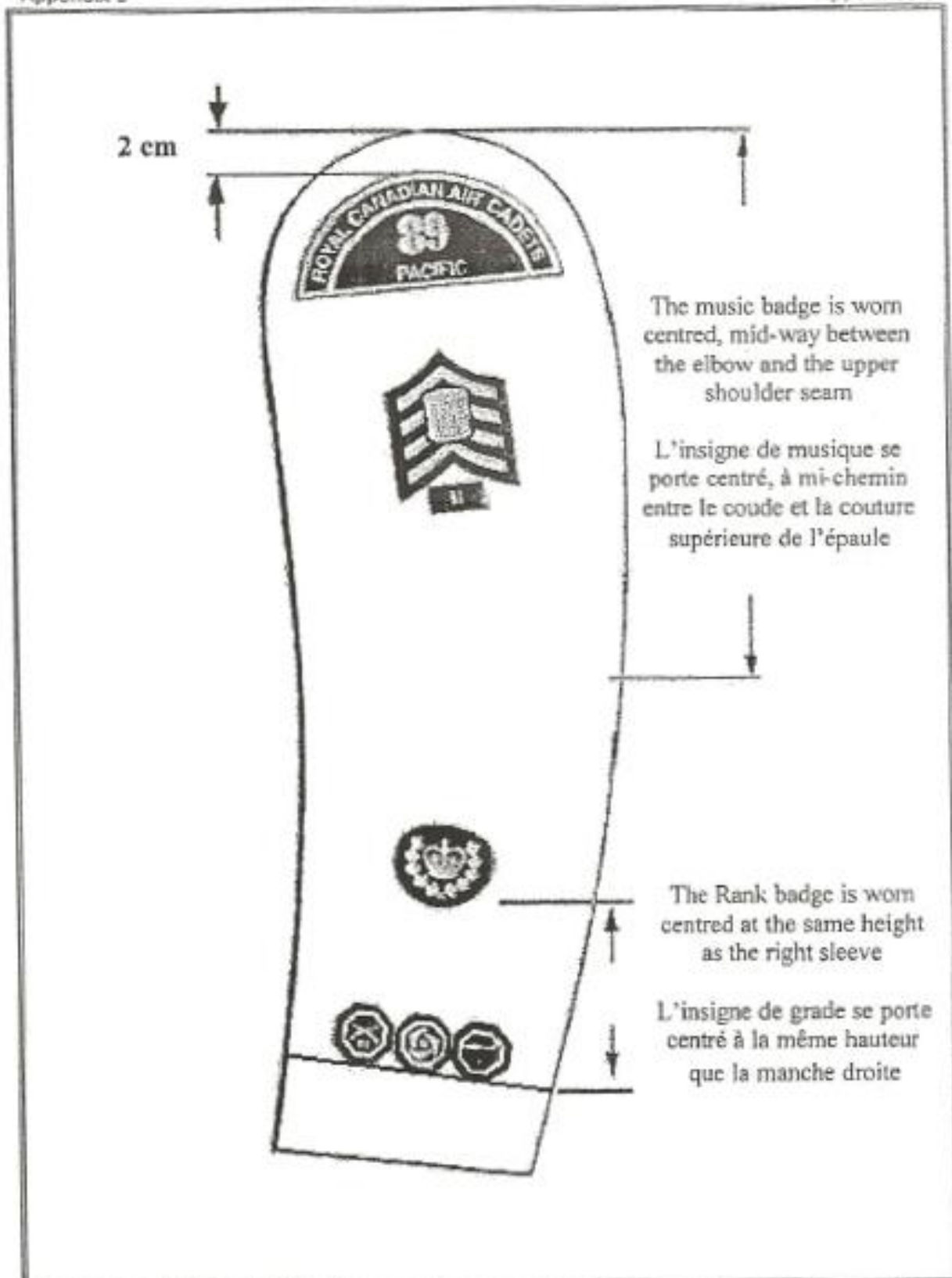
Right Sleeve (other than Warrant Officers)
Manche droite (autre que les Adjudants)



Right Sleeve (Warrant Officers)
Manche droite (Adjutants)



Left Sleeve (other than Warrant Officers)
Manche gauche (autre que les Adjudants)



Left Sleeve (Warrant Officers)
Manche gauche (Adjudants)

Socks

- Wear your issued grey wool socks whenever in uniform.
- If you find the wool socks itchy, you can wear another pair under, but make sure they are completely hidden under the wool pair.

Tie

- The black tie will be free of lint and wrinkles. If you need help with your tie, ask a senior cadet.

How to tie you tie.



1. The wide end "A" should extend about 12 inches below narrow end "B". Cross wide end "A" over narrow end "B".



2. Turn wide end "A" back underneath narrow end "B".



3. Continue by bringing wide end "A" back over in front of narrow end "B" again.



4. Pull wide end "A" up and through the loop around your neck.



5. Hold the front of the knot loosely with your index finger and bring wide end "A" down through front loop.



6. Remove finger and tighten knot carefully to collar by holding narrow end "B" and sliding the knot up.

Wedge

- The Wedge Should be worn about 2.5cm above the right eyebrow, tilted slightly to the right.
- As with the rest of your uniform, you will keep the wedge clean and lint free at all times.
- If you need help with putting on the cap brass or the buttons, ask a senior cadet.

<http://www.180mosquito.ca/uniform.htm>

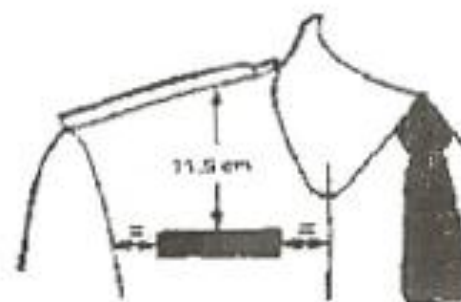
PROPER PLACEMENT OF NAMETAG



CF CADET JACKET
VÊTE DE CADET CF



SHIRT - MALE
CHEMISE - CADET



SHIRT - FEMALE
CHEMISE - CADETTE

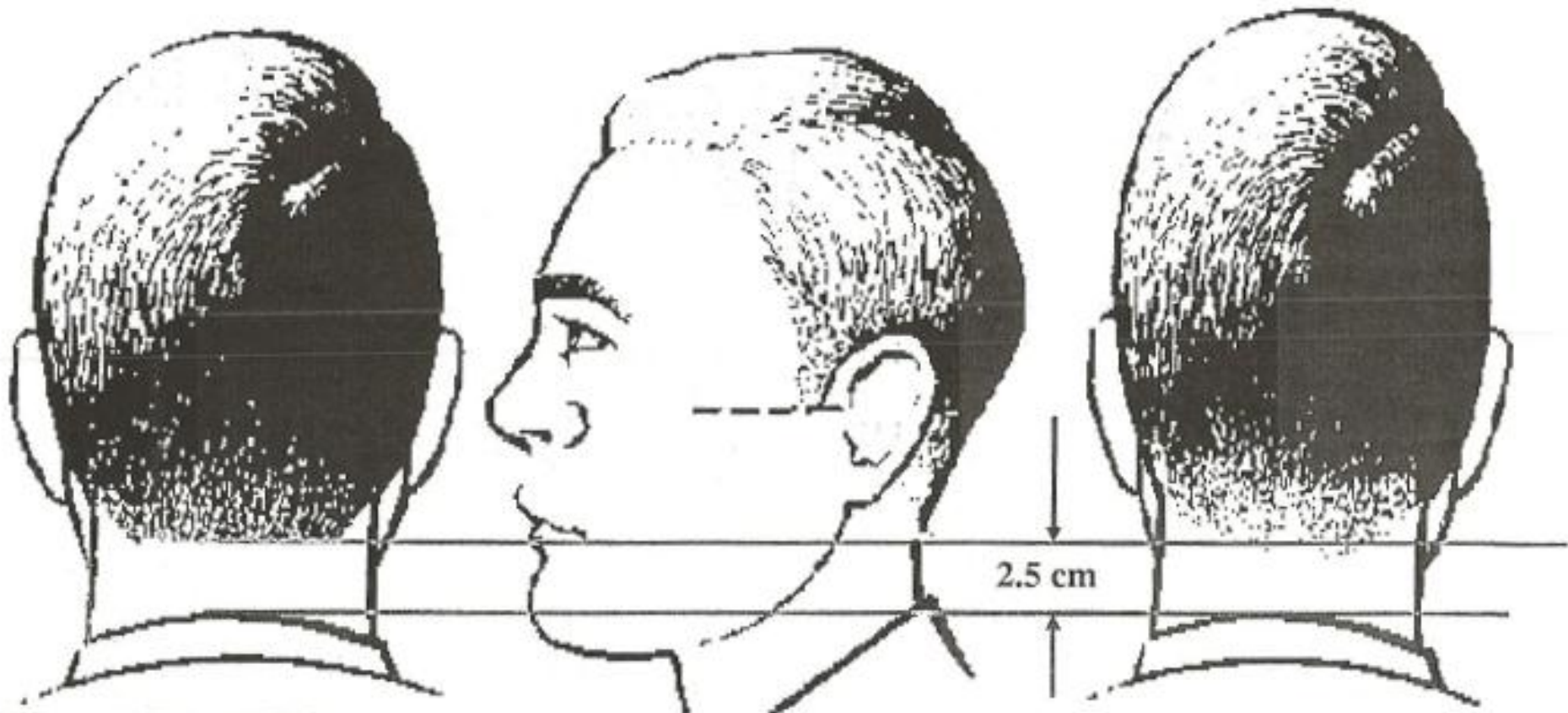
PROPER BOOT LACING

BOOTS ANKLE/SHOES



STRAIGHT-ACROSS METHOD

PROPER MALE HAIRCUTS



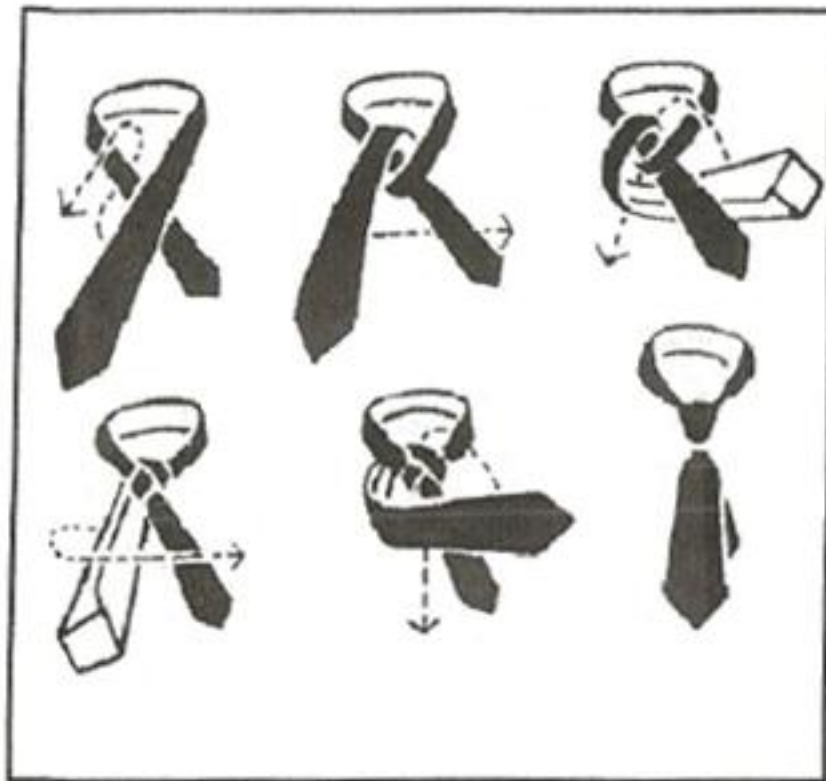
**Taper Trim Haircut
(Straight Cut)**

Taper Trim Haircut

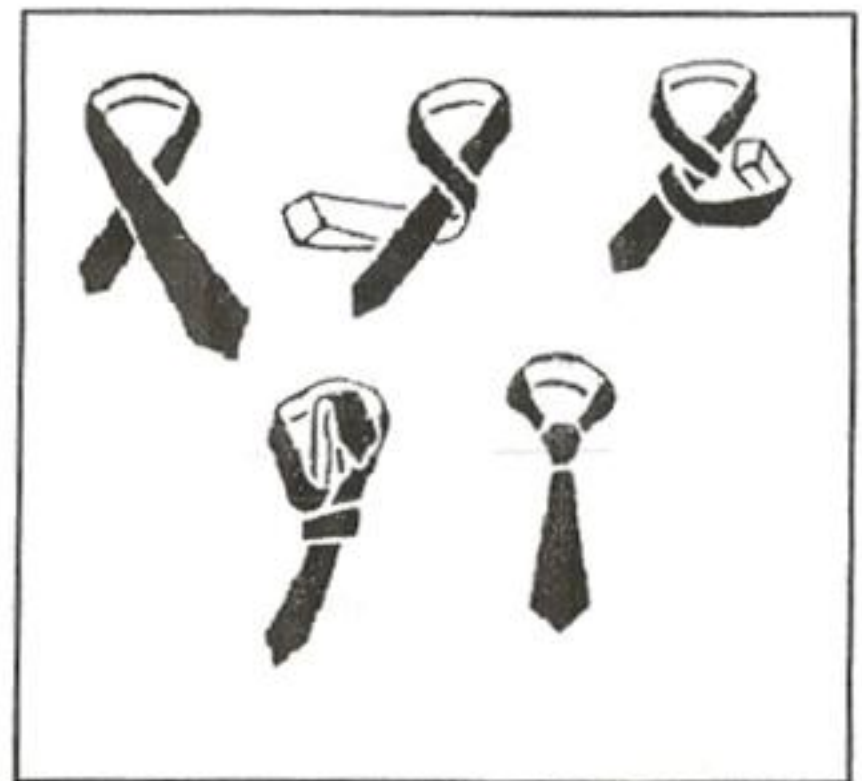


Hair - Female cadets (Braids)
Cheveux - Cadettes (Tresses)

KNOTTING OF NECK TIE



Windsor knot



Four-in-hand knot