

# How to Wear FTUs

## An Instructional Guide/Tips Booklet

How to wear Field Training Uniforms (FTU)

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# Full FTU List

- Tunic
- Trousers
- Wool Socks
- Brass Belt or Field Belt
- Olive Green T-Shirt
- Boots
- Headdress
- Slip-ons
- Boot Blousers

# Caring For Your FTUs

FTUs (Field Training Uniform) may look tough but they're not that tough. They still need proper care just like your designer clothes or uniforms. The FTUs are a very important type of uniform because of what they are capable of doing and the steps to maintain a good looking FTU and prevent rips and tears is just as important.

**Cleaning:** Cleaning is the most important step to caring for your FTUs. They can be washed and dried the same as regular clothing, in cold water with mild detergent and dried at medium heat. [50% Nylon 50% Cotton]



**Storing your FTUs:** FTUs can be stored just like normal clothes. They must be folded to prevent wrinkles. **\*\*Note: Wrinkled FTUs look REALLY bad, please fold them!**

**Rips & Tears:** Depending on where the rip or tear is, it will need to be fixed differently. Rips on the sleeves or pant legs **MUST** be fixed ASAP or returned to supply for an exchange. Holes in your pockets also need to be fixed ASAP. At the bottom of the pants, you may or may not have sand traps. (Sand traps are the extra length of pant inside the leg) If you have a hole in your sand traps, they can be removed by cutting them at the seam, or you can sew the hole together.

**Stains:** Stains should be removed ASAP using a stain remover because you don't want to look bad while wearing FTUs. FTUs are still considered to be a uniform.

**Boots:** Maintaining your boots is another important thing you must remember to do. They must be cleaned and polished just like parade boots. The way to maintain your boots is to apply shoe polish to a boot brush (best to use is kiwi shoe polish or another leather protector) then rub the polish all over the boot making sure you don't miss a spot. This is called blackening your boots. **\*\*Note: if you are using a spray to protect the leather, then apply the spray and let the boot sit overnight, and NEVER use the spray indoors.**

The holes that your laces go through will wear out but the way to fix this issue is to take a black sharpie marker and color the metal. The trench around the boot is a death trap for mud. The way to clean and blacken this part is to take an old tooth brush and apply polish to the brush and rub the polish all through the trench of the boot till it's nice and black.



The polish is being applied to the boot. This is called Blackening.



# Lacing your Boots

When lacing your boots, remember to make sure the ends of your laces are burned and the lace holes are in good shape. Any small dents on the toe of the boot should be treated with polish ASAP.

There are three ways to tie up your boots; the Reef Knot which is shown in Figure A, the Tied End Bunny Ear Knot which is shown in Figure B, and the Captain Bar shown in Figure C. Many cadets will try to do the regular bunny ear knot but this is wrong on these boots. Bunny Ear knots are to be used only when tying your running shoes.

Figure A



Figure B



Figure C



**Captain Bar:** Take your left lace and put it through the top hole on the right side. Then take your right lace and put it through the top hole on the left. Pull both ends really tight. Tuck the leftover lace deep into your boot.

**Reef Knot:** Take your left lace and cross it over the right lace then loop it under the right lace and pull tight just as you were about to tie a bunny ear knot. Then take the right lace and cross it over the left lace then loop it under the left lace and pull tight. Tuck the leftover lace deep into your boot. \*\*  
**Note:** An easy way to remember this knot is to just remember "LEFT over RIGHT, RIGHT over LEFT"

**Tied End Bunny Ear Knot:** Tie the ends of the laces with a simple knot. Then tie your boots tight with a Bunny Ear Knot (Figure A). Pull the loops so that the ends of the laces get stuck at the knot (Figure B). Tuck the leftover lace deep into your boot (Figure C).



Figure A



Figure B



Figure C



# Tunic & Trousers

**Tunic:** The Tunic has many parts to it. The main parts that you will need to know are: Sleeves, Buttons, Waist String, and the Rib High String.



Blue arrows are the  
Rib High Strings.

Red arrows are the  
Waist Strings.

**Step 1:** When you button the Tunic up you must remember to not button the bottom button and the middle button closest to the Rib High Strings yet.

**Step 2:** Tie a Bunny Ear knot just tight enough that the rib area of the Tunic is coming closer to your body.

**Step 3:** Pull the loops till the ends touch the knot. Then put your fingers through both loops and twist them tight.

**Step 4:** With the loops still twisted, put it over and around the Rib High Button and then button up that button.

**Step 5:** Do the same with the Waist Strings but when you button the button you must then tuck the bottom of the Tunic in towards you. (Figure A)



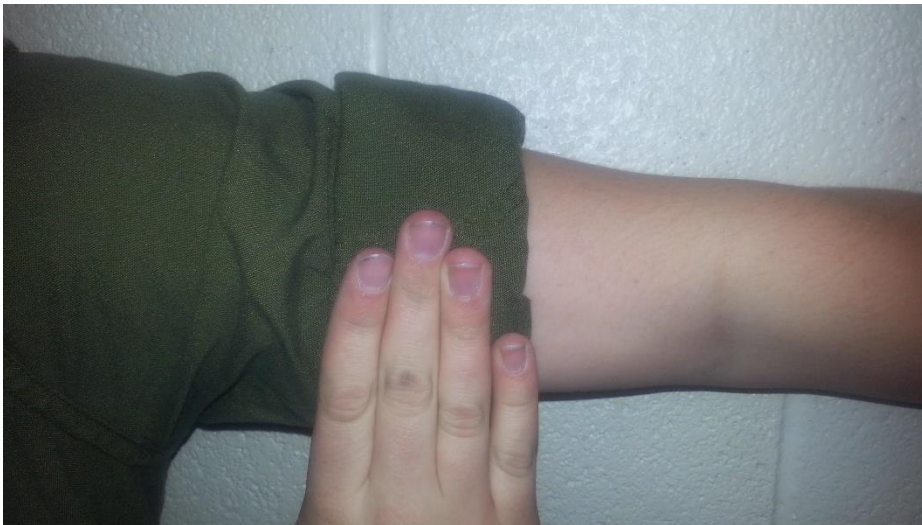
**Sleeves:** Your sleeves will be presented in either one of two ways depending on the command. There are Rolled Sleeves and Down Sleeves (Figure A).

**Rolled Sleeves:** The fold must be 4 fingers thick and must be above the bend in your elbow. (Figure B)

Figure A



Figure B





**Trousers:** The Trousers have fewer parts to them but they are just as important. The main parts are: Belt, Sand Traps, Socks, Boot Blouser, and Blousing Point.



Blue arrows are the Sand Traps

Red arrows are the blousing point

The ONLY types of belts that can be used are the issued Brass Belt or a Field Belt.



### **Blousing with Sand Traps:**

**Step 1:** With your wool socks on, slip your foot into your boot and tuck ONLY the Sand Traps into the boot.

**Step 2:** Lace the boot and have the Blousing part of the pants outside your boot.

**Step 3:** Grab your Boot Blouser and wrap it right above the top of the boot.

**Step 4:** Tuck the blousing part of the pants nice and tight under the Boot Blouser and back into your pants

**\*\*Note:** Notice how your pants look really good when your pants are bloused and not just dangling over your boot.

**Blousing without Sand Traps:** This process is the exact same except you don't tuck anything into your boot

**\*\*Note:** If you have hair on your legs this may hurt so always wear long wool socks with FTUs.

**Blousing without Boot Blousers:** You will find two strings at the bottom of your pant leg and these are used to blouse boots without the boot blouse. All you have to do is tie the two strings tightly together acting like an elastic band around your leg. Also if you do not have these strings or Boot Blousers then you can use Elastic Bands or Hair Ties as a substitute.



This is a Boot Blouser

The boot on the LEFT is a non-bloused boot and the one on the RIGHT is a properly Bloused boot.



# Headdress, Slip-ons, and Socks

**Headdress:** The only headdresses you can wear with FTUs are Beret, Balmorals, other regimental headdress, winter hats and plain ball caps. **\*\*Note: If you are wearing a Balmoral or other regimental headdress, please refer to your regiment's traditions and standards.**



**Rank Slip-ons:** You can use your cadet issued Slip-ons. These can be found on your light green Dress Uniform (DU) shirt. (Figure A)

**Socks:** The socks you have been issued will be the socks you should be wearing with boots. You may substitute for other thick wool socks or other thick socks that absorb sweat. **\*\*Note: NEVER use thin black or white tube socks because they will be soaked in sweat and could cause issues with blisters and other foot related injuries.**

Figure A



# Other Tips and Tricks

When it comes to your FTUs, don't rush. It takes time to master your perfection and make yourself look best as possible.

Every time you wear your boots, you **MUST** blacken them. If you do not blacken them you will look really bad and that's not the image that you want.

If you feel there is an easier way to do any of these steps, please check with a Sergeant first for further tips about it.

Underneath the Large Tunic and Trouser pockets, there is a drainage hole for water or sand or anything that may need to be drained out the bottom.

**PLEASE ASK QUESTIONS ABOUT YOUR FTUs!**

**IF YOU DON'T KNOW HOW TO DO SOMETHING, SERGENTS AND ABOVE WILL HELP YOU!**