

First Class – Part One

Revision Sheet – Uniform Wear & Care

Footwear

Cadets are not generally issued with shoes so private purchase is necessary. They must be black, preferably laced and with a toecap (except for female cadets). RAF issue shoes are available from most Army & Navy stores as well as *Cadet Direct*. Boots and shoes are to be kept clean at all times. The first priority is that the main body of the shoe needs to be clean and polished. Following that the toecap can be buffed to a high shine. Laces should be straight across and neatly fastened.

How to Buff your Toe-Caps to a High Shine

What you will need:

1. Kiwi Parade Gloss
2. Cloth. (eg. old white t-shirt, a square of old sheet, an old duster etc) or cotton wool.
3. Water in a small, shallow tin.

Take your cloth and wrap it around your index finger. Then, dip your cloth into the water and add a small amount of shoe polish. Be careful not to soak the cloth. Rub the polish into the leather in a circular motion. Dip the cloth in water and adding another small amount of polish, rub the polish into the leather in a circular motion making sure that you cover the whole toecap. Continue rubbing until all the polish has gone into the shoe and a high shine is achieved. If this is the first time you have buffed your shoes it may take a few attempts until a really good shine appears.

After a period of time, the polish on your shoes may begin to crack and become dull. You should strip the polish from them by gently heating the toecap carefully using a lighter, and then using a cloth to wipe off the polish as it melts. Do this until you reach the leather; your shoes will now be in a good state to shine again.

Personal Effects

No trinkets, jewellery or unauthorised badges are to be worn. Female cadets may wear one pair of sleeper studs in their ears. Successive piercings are not allowed. Tiepins may not be worn. Items of religious jewellery may be worn, if the CO gives permission. Watches need not be worn until a cadet reaches NCO rank.

Hair

The hair of the head is to be well cut and trimmed. Hair must come above the collar at the back and above the top of the ears at the sides. Sideburns may not be worn. Female cadets' hair is to be arranged so as not to fall below the bottom edge of the back of the shirt collar or show below the front of the beret. It is to be retained by a plain, black hair tie and hairnet. Scrunchies are not appropriate.

Shaving

Male cadets are to be properly shaved. Beards or whiskers are not to be worn except on approved medical or religious grounds. If a moustache is worn, the upper lip is to be entirely unshaven and the moustache trimmed neatly for length. Exaggerated or "handlebar" whiskers are not to be permitted. Moustaches must be approved by the CO.

Cleanliness

The face, ears, neck, hands and fingernails are to be clean. Cadets should not wear make up, false nails or nail polish. No visible piercings or tattoos.