

746 LIGHTNING HAWK RCACS



Uniform Guide

Document credit to 655 and 704 RCACS.

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Welcome to 746 Lightning Hawk!

Wear your uniform with pride.



Here is a cadet in full uniform (C-1A). This is what you will wear on CO's parades and other important parades and events.

On regular training nights when we are in winter dress you will wear the same thing, but cadets with medals will only wear ribbons (C-3).



During summer dress periods you will not wear your tunic or tie. (C-3B).

What should I have?

Your basic issued kit:



Blue Dress Shirt



Wedge



Sew-On



Tunic



Tie



Slip-on Rank



Boots



Pants



Belt

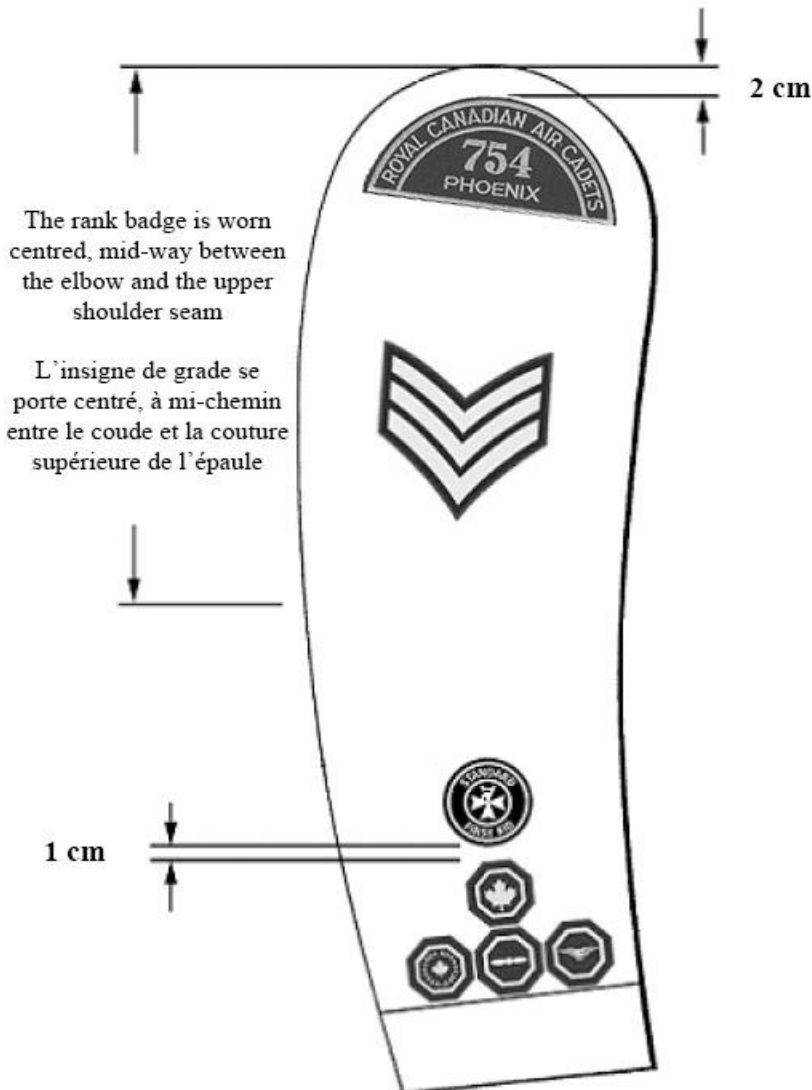


Grey Wool Socks

There are also other items you may be issued later, such as gloves, toque, and parka for the winter and special kit for summer camp.

What are all those badges?

...and where do they go?



Your shoulder flash, which says “Royal Canadian Air Cadets, 746 Lightning Hawk” is sewn on 2cm from the top seam of the sleeve on both sleeves.

The first promotion will be to Leading Air Cadet and you will receive a rank badge that looks like this:



It is worn half-way between the shoulder and elbow on both sleeves.

Also on the right sleeve are the camp badges, which are the small octagonal badges given to you when you complete a summer training camp. They are worn directly above the cuff

Right Sleeve

Badge placement



Your first camp will probably be the two week General Training Course (GT). This is the badge for GT.



Basic Aviation Course
(3 weeks)

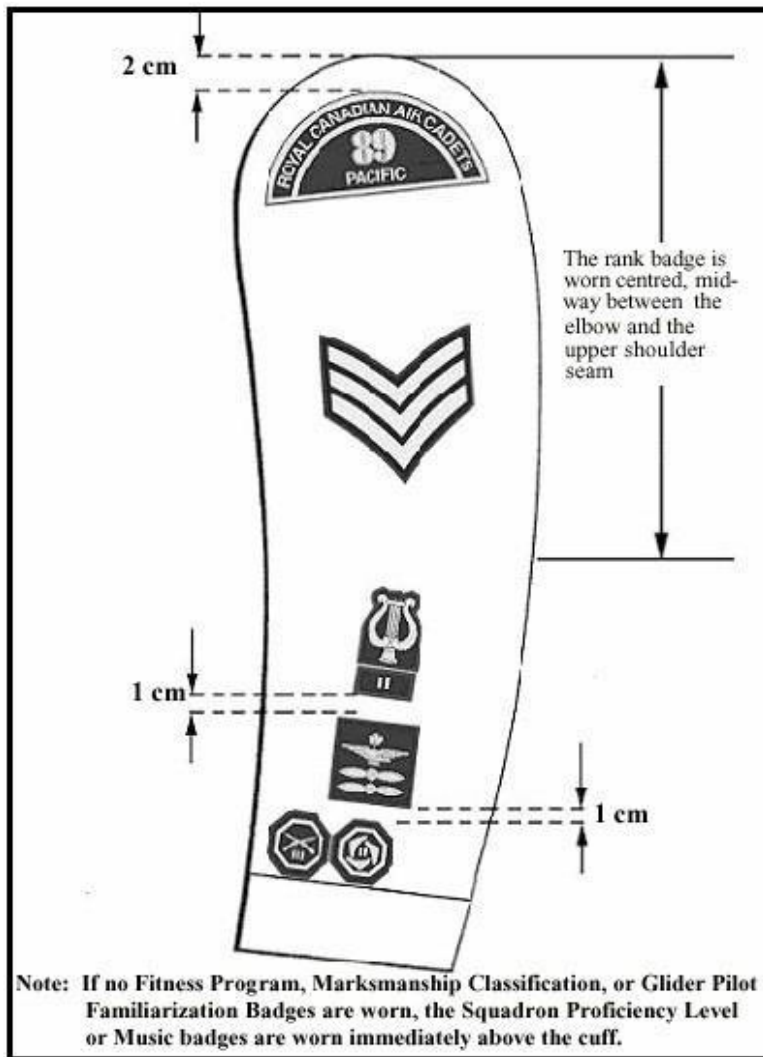


Intermediate Musician Course
(6 weeks)



Sports and Fitness Instructor Course
(6 weeks)

These are examples of some other courses you might take during your cadet career.



The left sleeve has the shoulder flash and rank badge as well.

If you are a musician, attend marksmanship practices, take a first aid course or do a fitness assessment with the squadron, you may earn some of these proficiency badges.

Marksmanship and fitness badges are the octagonal badges which go right above the cuff.

If you do not have a level badge but earn a musician badge, it will go 1cm above the octagonal proficiency badges. If you do not have any proficiency badges, then the musician badge goes right above the cuff.

The image shows the former training level badge with the eagle and propellers. It has been replaced with a badge that looks like this.



Left Sleeve

Badge placement



Marksman Badge
Levels I, II, III, IV



Fitness Badge
I=bronze
II=silver
III=gold
Maple leaf=excellence



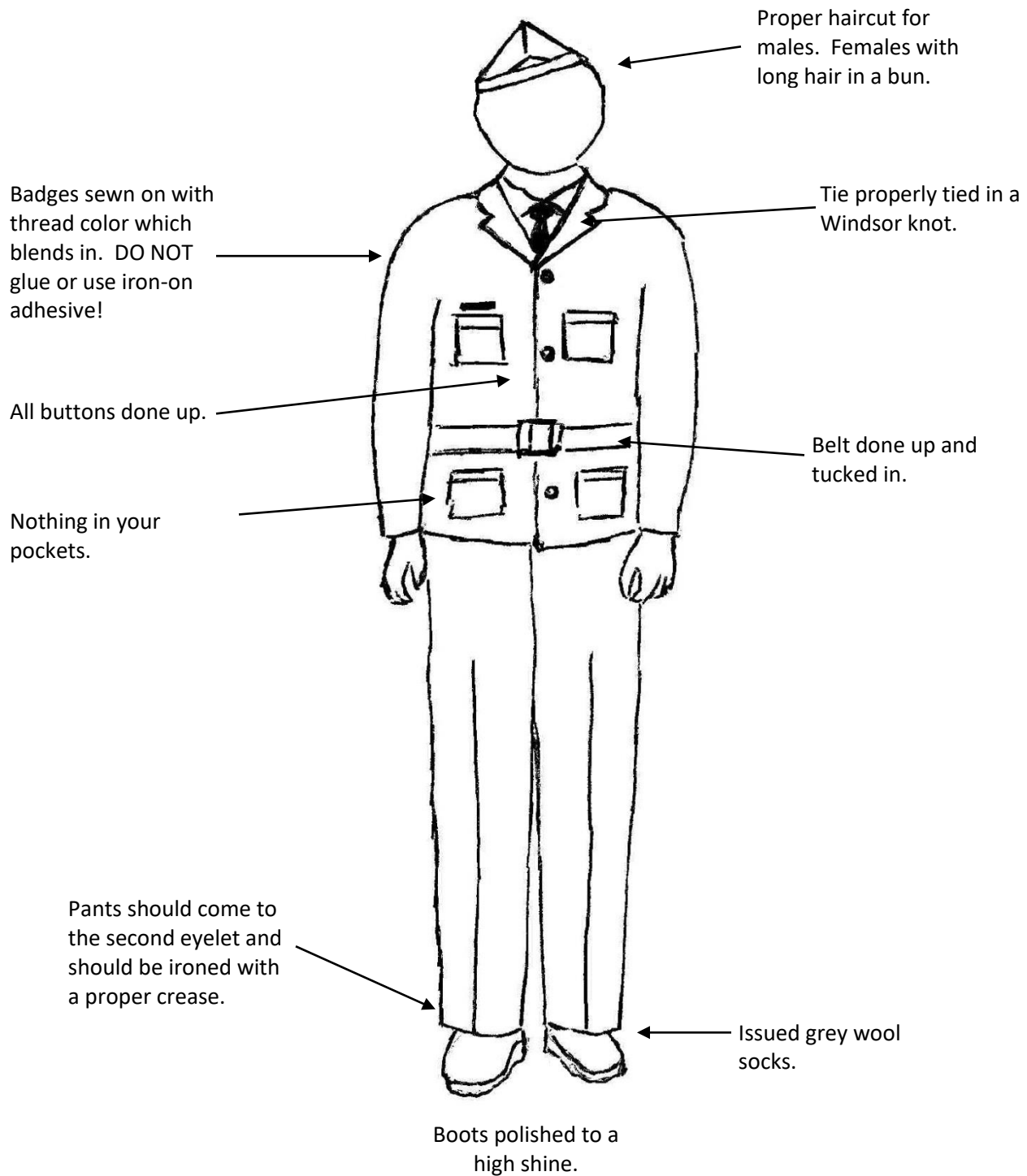
First Aid
I=emergency
II=standard



Musician
Level numbers I-IV are worn underneath.

Pipers and Pipe band drummers wear a different badge. There is also a bugler badge. Cadets who hold more than one of these must choose one to wear.

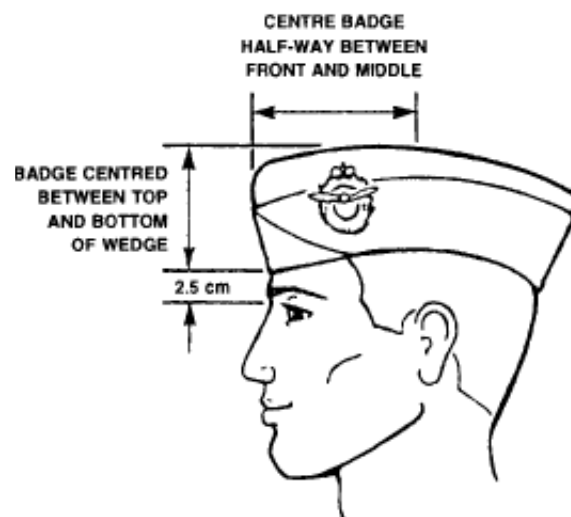
Wearing your uniform



YOU ARE NOW READY FOR YOUR PARADE NIGHT IN UNIFORM!

Wedge Cap

The wedge is to be centered between your eyebrows. The front of the wedge is to be 2.5 cm (1 in.) above the bridge of your nose; use two fingers to do this. The wedge should be slightly tilted to the right. You can use 3 fingers (with your right hand) and 4 fingers (with your left hand) just above each ear to tilt it correctly. If your hair hangs down on your forehead, be sure to tuck it under your wedge.



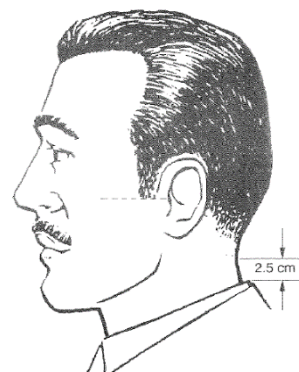
Hair

Hair on the head shall be neatly groomed and conservatively styled. (Bulk is the distance that the mass of hair extends from the skin, when groomed, as opposed to the length of hair). In particular, style and colour shall not be bizarre, exaggerated or unusual appearance. Unusual colours such as green, bright red, orange, purple, etc are not permitted. Hair must be secured or styled back to reveal the face and any accessories used to secure or control hairstyles shall be as unobtrusive as possible.

Males:

Hair will be groomed so that when the headdress is removed, it shall not touch the ears, eyebrows or collar. Furthermore:

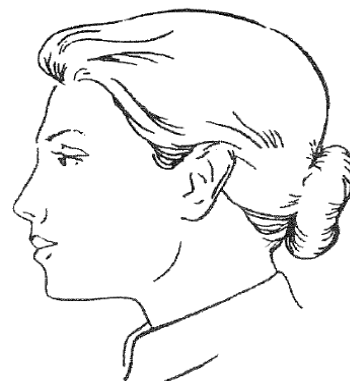
- Sideburns - shall not extend below a line horizontally bisecting the ear,
- Beards - only cadet's adherent of the Sikh religion or cadets experiencing recognized medical problems preventing them from shaving may wear the beard.
- Facial Hair – other than beards or regulation moustaches, any facial hair will be removed before wearing the uniform.



Females:

Exaggerated styles, including those with excessive fullness or extreme height, are not authorized. Hair will be gelled back to prevent 'wisps' from touching the ears and collar. Furthermore:

- Makeup - Female cadets are authorized to wear a minimal amount of make-up. When wearing uniform, make-up shall be applied conservatively. This precludes the use of false eyelashes, heavy eyeliner, brightly coloured eye shadow or lipstick, coloured nail polish, and excessive facial make-up.



Necktie

Your necktie should be ironed and tidy. The necktie shall be tied with the Windsor knot (and done up to the collar when worn). You should not be able to see your top button on your dress shirt when wearing your tie.

Jewellery

The only jewellery that may be worn in uniform shall be a wristwatch, a medical alert bracelet and a maximum of two rings, which are not of a costume jewellery nature. In addition, female cadets in uniform may wear a single pair of plain gold, silver stud or white pearl earrings in pierced ears. The single stud earring, worn in the centre of each earlobe, shall be spherical in shape and not exceed 0.6 cm in diameter. No other type of earring shall be worn except for a gold or silver-healing device of similar shape and size, which may be worn while ears are healing after piercing. Male cadets are not authorized to wear an earring or earrings.



WINDSOR KNOT

Tunic

When wearing the tunic you shall always keep all pockets buttoned. The sleeves of the jacket shall be roll-pressed with no creases. The buckle of your tunic belt is to be centered. The pockets of your tunic should be empty. The tunic should be free of wrinkles and stains. All badges shall be tightly sewn down with like-coloured thread (the thread shall not be visible). A nametag shall be centered over the right breast pocket. All extra fabric should be pulled to the back and to form a "dove tail" with the fabric.

Dress Shirt

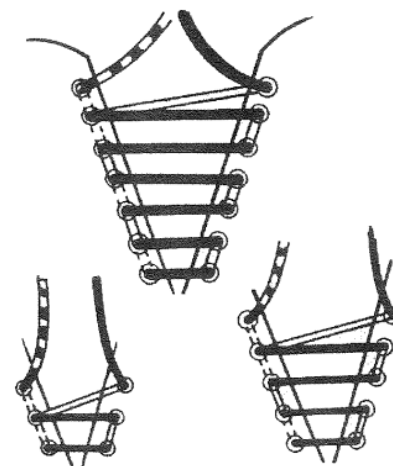
The only crease in the shirt should be down the centre of each arm beginning at the centre of each epaulette. The shirt should be free from stains and wrinkles.

Pants

A sharp crease shall extend up the front centre of each leg to the waist, to the first belt-loops. Rear creases extend up the centre of the pant leg and meet in the back at the waistband, forming a "V." Pant legs shall be hemmed to the second (Bottom-up) eyelet of the ankle boot.

Boots

Your black issued boots are laced straight across, as illustrated. Continue applying coats of polish in this way until the boots have a high gloss. Considerable patience is required with new or previously unpolished boots.



STRAIGHT ACROSS METHOD
LAÇAGE TRANSVERSAL

Socks

You will wear the grey wool socks that are issued to you by your squadron. If you are allergic to the material in the socks, you may wear sports socks under your issue grey socks or other material socks.

NOTE

No visible underlaces except at the top.

Responsibility for the Uniform

Your uniform is government property. As a cadet, you are always responsible for all parts of your uniform. You should follow these rules:

- Do not leave your uniform pieces lying around.
- Mark your name in every piece of your uniform.
- Return damaged or poorly fitting parts of your uniform to your squadron supply and get new parts.
- Be sure that any parts of your uniform that you return are signed off when you return them.
- You must return your uniform promptly if you leave the squadron.

Deportment while in Uniform

When you are in uniform you shall present a good appearance. Chewing gum, slouching, hands in pockets, walking arm in arm, and similar actions do not look good for a cadet in uniform. The way you behave in uniform will affect what people think of all cadets. The pride you show in your uniform is a reflection of the pride you have in yourself and your squadron.

Basic uniform care

	Cleaning	Drying	Wrinkles	Creases	Storage
Parka	Dry Clean Only	Air Dry Only	Use Steam, Hang Dry	None	Hanging
Tunic	Machine Washable	Dryer	Iron	None	Hanging
Pants	Machine Washable	Dryer	Iron	Front: front center of cuff straight up to belt loop. Back: back center of cuff up to center belt loop.	Hanging
Dress shirt	Machine Washable	Dryer	Iron	Top Center of Sleeves	Hanging
Tie	Dry Clean Only	Air Dry Only	Use Steam, Hang Dry		Hanging
Wedge	Dry Clean Only	Air Dry Only	Use Steam, Hang Dry		
Boots	Warm Water Only	Air Dry Only	Highly Polished		Covered
Toque	Machine Washable	Dryer			
Pant Belt	Warm Water Only	Air Dry Only			
Socks	Machine Washable	Dryer			
Gloves	Machine Washable	Air Dry Only			
Slip-ons	Machine Washable	Air Dry Only	Iron		

How to work on your uniform

Essential Tools:

Lint Roller: The lint roller will help you get rid of all unwanted pieces of lint. Use before ironing, leaving the house or before going on parade.



Kiwi Polish: This is the polish you should use for your boots. The "parade gloss" version is not recommended.



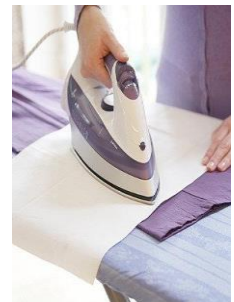
Kiwi Polishing Brush and cloth: The small brush can be used to blacken your welts and rubber sole of your boots. An old toothbrush works even better if you have one. The large brush is extremely useful for blackening your combat boots for FTXs. The polishing cloth is used for polishing the parade boots.



Pant Hangar: A pant hangar is recommended for dress pants. It keeps your pants in good condition, after ironing, and prevents unwanted creases and wrinkles from forming.



Ironing Cloth: The ironing cloth helps prevent accidental burns and iron stains. Use thin clothed-fabrics such as an old t-shirt or a pillowcase.



Spray Bottle: A spray bottle with water will come in handy when you're ironing (to create steam) and when you're polishing.



Wedge:

1. Stain-free: Before every parade, check to make sure that there are no stains on your wedge.
2. Lint-free: Examine it to make sure that there are no loose hairs or lint on your wedge. Use a lint brush to make sure your wedge is clean before you wear it.

Tip #1:

Sew down the flaps of your wedge to prevent them from sticking out when you wear it.

Tunic

These are simple steps you can take to make it look even sharper:

1. De-lint often.
2. De-thread: check over your tunic to make sure that there are no loose threads sticking out. Usually found around buttons, pockets and around sewn-on badges
3. Dove Tailing: Dove tailing refers to tucking in the excess fabric around the waist into a neat fold. This should always be done when wearing the tunic.

How to achieve a Dove Tail:

1. Pinch the fabric by your waist and firmly pull all the excess fabric toward the center of your back.
2. Tuck the excess fabric in, making a "tail" with your tunic.



Dress Shirt

Apply even pressure with the iron. Make sure to use an ironing cloth to prevent burns. Ironing a dress shirt can be done in 3 steps:

Tip #2:

Take off all pins and slip-ons to make it easier to iron the dress shirt.

Step 1: Sleeve Creases

1. Creases must be sharp and go all the way up the sleeve.
2. Creases should be centered (line up with the centre of the epaulette).

Tip #3:

Always do the sleeves FIRST. The ironing process of sleeves will wrinkle the rest of the shirt.

Step 2: Front of Shirt

1. The front of the shirt should be completely wrinkle-free.
2. Pocket flaps are flat against shirt.
3. Wrinkle free between buttons.

Step 3: Back of Shirt

1. Back of shirt should be completely wrinkle-free.
2. Slit should NOT be creased. Iron around it, not directly on it.

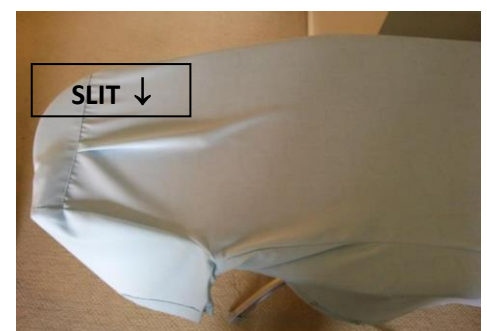
Step 1: Sleeve Creases



Step 2: Front of Shirt



Step 3: Back of Shirt



Nametag

1. Nametag should be centered above your right pocket. Find the center letter of your name and line it up with the button.
2. Nametag should be tight against your dress shirt. No wrinkles around the nametag.

Tip #4:

Place a small piece of cardboard behind nametag to help it stay tight against your dress shirt.



How to:

1. Cut a small piece of cardboard into a small rectangle.
2. Position it on the backside of your nametag (inside of your dress shirt).
3. Place nametag backings tightly over piece of cardboard.



Tip #5:

To keep the shirt wrinkle-free for parade nights, DO NOT wear it in the car. Wear a conservative T-Shirt instead and bring the dress shirt on a hangar. Change once you're at the squadron.

Dress Pants

Dress pants are all about sharp, distinct creases. Your pant crease should extend from the bottom cuff all the way to your belt loop. Ironing the dress pants can be done 3 easy steps.

Step 1: Position and De-lint

1. Place pants on ironing board (as shown in bottom left picture).
2. De-lint completely before ironing.

**Tip #6:**

Pull the pocket out from under the crease when ironing (as shown in top right picture). This makes it much easier to achieve a sharp crease.

Step 2: Ironing pants

1. Iron one pant leg at a time and at a side at a time.
 - a. Ex: Front right leg, front left leg, back right leg, and then back left leg.
2. Be patient! Make sure the crease is flat against ironing board. Check often to make sure the crease hasn't shifted and that you're still ironing the SAME crease! Failure to do so will result in multiple creases along the same pant leg.
3. Place ironing cloth over your crease (Not doing this will result in shiny/discoled pants).

**Step 3: Hanging pants**

1. Hang pants using a pant hangar. NEVER have your pants folded over a regular hangar, it will ruin all your hardwork.

**Boots**

Achieving a very good shine on your boots will take time and persistence. Here are the steps in what order the boot should be polished:

Step 1: Welts/Bottom Arch

1. Always do welts first! Use an old toothbrush or a small Kiwi brush to blacken the welts (leather rim around edge of shoe).
2. Anything that does not touch the ground should be blackened. This includes the arch on the bottom of the boot.



Step 2: Tongue of boot

1. The tongue (part under the laces) should be polished with the polishing cloth.

Step 3: Sides of boot

1. Polish the inside, outside and heel of boot with the polishing cloth.

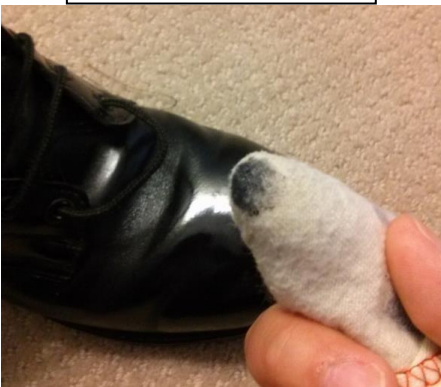
Step 4: Toe

1. The toe should be the last part of the boot to polish. This part will shine the most when polished nicely.
2. A high standard boot will have a good gloss around the ENTIRE boot.

Here are the steps on achieving the best shine:

1. Wrap the polishing cloth around your pointer finger.
2. Dab a moderate amount of polish onto your pointer finger. Now dab some water with the cloth.
3. Apply polish to boots in a circular motion. Start with large circles to cover the area with polish. Use smaller circles as the polish works into the boot.
 - a. You should see tiny polish circles on your boots.
4. As your polish there should be no resistance. When your cloth begins to feel resistance or scratch it means to add a little bit of water.
5. Continue to polish until all circles are gone and you can see a reflection in your boot.
6. Once done polishing, place cloth overtop to prevent dust build up.

Step 2



Step 3



Step 5

**Tip #7:**

Gently exhale onto the boot while polishing. This extra moisture will reduce resistance and help contribute to a deep shine.