

# FIELD UNIFORM

A properly packed and comfortable vest and Bergen are essential to a successful fieldcraft training event

**K** NOWING HOW to pack the cadet training vest and Bergen rucksack is a basic skill that can make life in the field easier for you and your cadets. They'll have everything they need when they need it, and if their kit is properly adjusted, they'll be able to carry it comfortably and safely.

Here we illustrate what needs to be packed in the complete equipment fieldcraft order (CEFO) – which requires the vest only – and the complete equipment marching order (CEMO) – a combination of CEFO and a Bergen. The type of training will dictate what is packed but here we've shown the basic requirement.

## TRAINING VEST Complete Equipment Fieldcraft Order



4. Place **magazines** in the ammunition pouch and secure



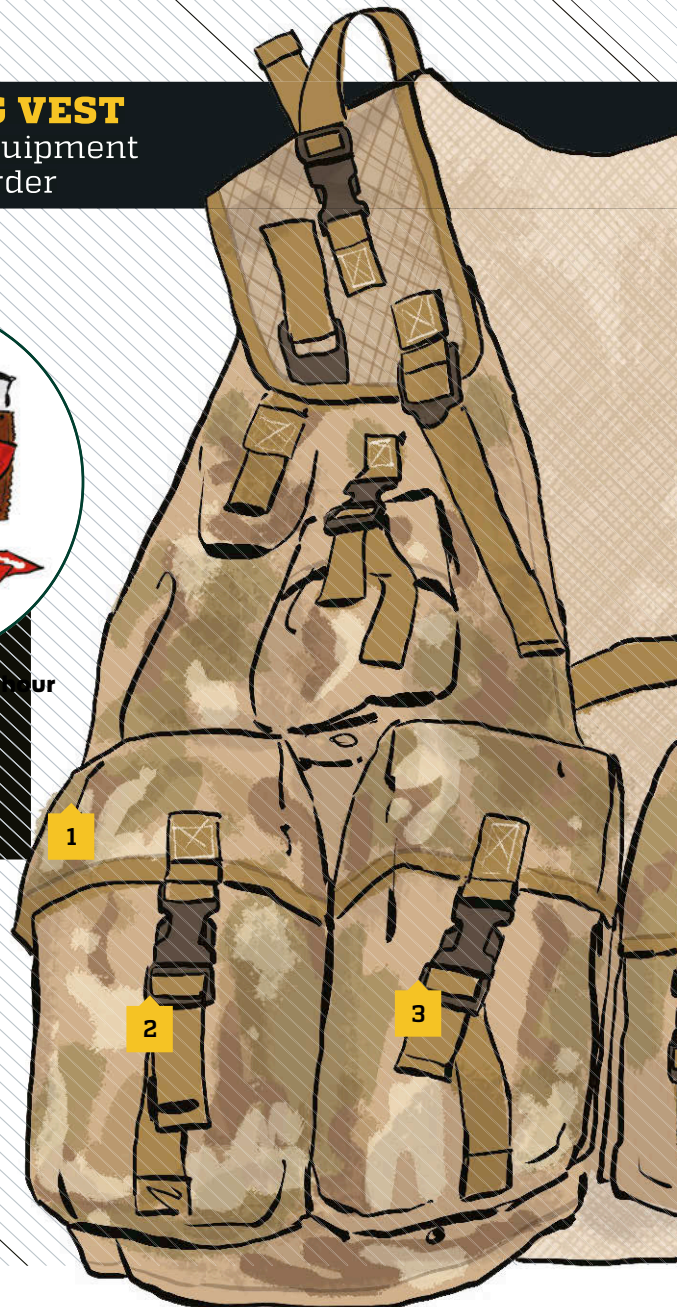
1. Ration pack (minimum 24 hour supply)



2. **Water bottle** in **water bottle carrier**



3. **Gloves** (if not worn)



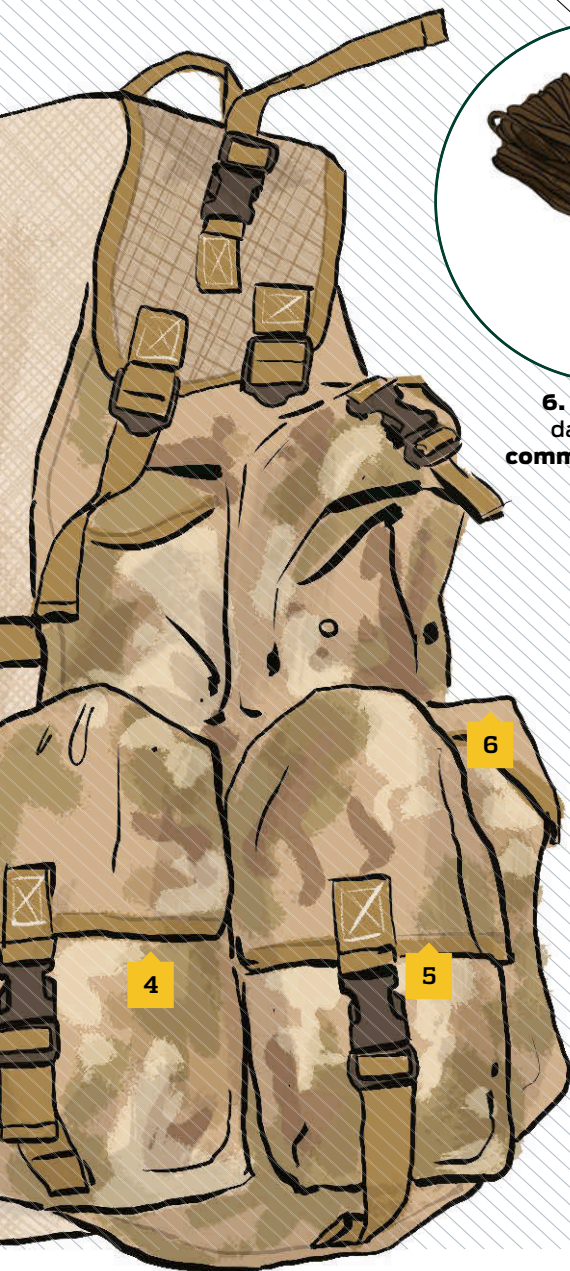




5. Rifle cleaning kit



6. 30 metres of dark coloured communication cord



## BERGEN Complete Equipment Marching Order

- » Waterproofs
- » Towel
- » Sandbag for rubbish
- » Socks and foot powder
- » Spare shirt
- » Ground sheet/poncho with tent pegs, hammer and bungees
- » Sleeping mat (on top of rucksack and rolled)
- » Sleeping bag
- » Cover sleeping bag
- » Fleece
- » Two pairs of spare pants
- » Knife, fork, spoon and mess tin
- » Remainder of rations
- » Hexamine cooker
- » Boot cleaning kit and spare laces
- » Washing kit



## » TOP TIPS FOR CADETS

**1** Equipment must be comfortable. The straps on the vest and Bergen should be adjusted so the equipment is close to the body: too loose and it can cause friction burns; too tight and it can cause discomfort and injury.

**2** Wrap communication cord, rations and gloves in something waterproof before packing to keep them dry and help prevent rattling.

**3** Place a waterproof bag inside the Bergen as a liner for waterproof equipment.

**4** Secure pouches so items don't fall out.

**5** Think ahead when packing pouches: what will you need access to?

**6** Pack soft items against your back for comfort.