

Uniform and Grooming Tips



Silver Creek High School NJROTC
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UNIFORMS: Uniforms are required to fit properly, be kept clean and well pressed, and worn according to regulations (i.e. Orange Cadet Field Manuel). The following will help you maintain your uniform's at a minimum cost.

General: Different uniforms require different care. Listed below are the uniforms and the things you should do to keep them in good shape. Some uniforms may be home washed while others require commercial dry cleaning all or some of the time. Paying close attention to the care requirements of each uniform item can save you money and ensure a sharp looking uniform.

Pressing: Uniform items should be pressed with an ordinary iron at a setting that is proper for the material (usually low heat). The black coats, shirts, skirts and pants must be pressed with a PRESS CLOTH in order to avoid a permanent shine. A press cloth is a lint-free cloth that is placed between the garment and the iron. Brown paper, such as from a grocery sack can be used in place of the cloth if it is sprinkled lightly with water. There are special creases required in NJROTC uniforms known as the "military crease" in shirts, which can be obtained from the local dry cleaners.

Washing: In general, follow the instructions on the label when washing uniform items. Khaki uniforms and white shirts can be washed with normal clothing of the same type. White shirts should be bleached with non-chlorine bleach such as Clorox-II. Chlorine bleaches will cause the shirts to turn gray and should not be used. Black uniform items, if washable (see below), must be washed on gentle cycle (or by hand) in cool or cold water, and in mild detergent. These dark items may be dried on low heat and perma-press setting but should be removed before the end of the cycle. Press as above.

Dry Cleaning: Any commercial dry cleaner may be used for NJROTC uniforms. Even though some uniform items do not need to be dry cleaned regularly, all service dress and other black uniform items (except the raincoat) being turned in or exchanged must be professionally cleaned before they will be accepted.

Special Uniform Instructions:

- 1. Black Trousers/Skirts/Slacks/Garrison Covers:** These items must be professionally dry cleaned
- 2. Hat Covers:** The only reliable way of getting a dirty white cover cleaned is washing by hand in warm or hot water using laundry soap and bleach and utilizing a stiff brush on the heavily soiled areas. For very lightly soiled covers, you can try the automatic washer with other white items. The cover should be spread out flat to dry and may need to be ironed. Girl's white covers can be ironed more easily if placed over a full toilet tissue roll to fill out their shape.
- 3. All Weather Coat:** Do not wash or dry clean the outside shell of the coat – wipe it with a damp cloth to remove any dirt. The liner may be dry cleaned after it has been removed from the coat.

4. **Service Dress Coat:** (Dress coat with metal buttons): This item must be professionally dry cleaned. With care, this cleaning may need to be done only once per year or so as this uniform is seldom worn to school. Proper spot cleaning and pressing will reduce the need to take it to the cleaners. Do not attempt to wash this uniform coat in the washer or by hand – it will ruin the uniform at a cost of about \$100.00.
5. **Shoes:** The black uniform shoes must be shined to a high gloss, using black paste shoe wax. DO NOT USE LIQUID SHOE POLISH as it will eventually crack and you will then be required to remove it completely, a very difficult job. Several companies make acceptable shoe polish, Kiwi, Johnson, Esquire to name a few. The polish normally comes in a small tin and is applied with an applicator or, better, a soft cloth such as an old t-shirt. A small amount of polish is rubbed into the leather and then buffed lightly. This must be repeated many times on new shoes. Special techniques must be followed if you want to go farther and get a mirror or spit shine. Other cadets can help with this. After the upper part of the shoe is polished, you should take an old tooth brush dipped lightly in shoe polish and go around the exposed part of the shoe sole to blacken it and get rid of dust in the indentations.
6. **Shirt Stays** - are to help keep your uniform shirt looking OUTSTANDING, they can be bought from Military Exchanges, and from time to time Training Officer or a member of cadet staff may be selling them, keep your ears open.

Hygiene

1. **Boys Haircuts:** There are specific requirements which must be met if boys are to be considered to have a proper cut. The requirements are contained in the grooming instructions but are not always met by local barbers. Many unisex hair salons are not aware of these requirements and thus do not give a proper hair cut. The biggest problem is that the hair must be tapered on the sides and back. It can not be blocked or chopped.
2. **Female Hair:** Female's hair that is below the collar is required to be in a bun type style. The bun will have no loose hairs straying away from the bun. Females whose hair is above the collar can be worn down. Also, females with bangs must have their hair away from the face.
3. **Fingernails:** Must be trim and cut to where their finger stops no length longer. Females are permitted to wearing nail polish, but it must compliment the skin tone of the female. Males are not allowed to have nail polish.
4. **Earrings:** Males are not permitted to wearing earrings. Females are permitted to wearing one stud on each ear.