CLOTHING AND GROOMING TIPS

1. Uniforms: Uniforms are required to fit properly, be kept clean and well, pressed, and worn according to regulations. The following tips will help you maintain your uniforms at a minimum cost.

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

 b. 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 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 no special creases required in NJROTC uniforms although the drill teams will require “military creases” in shirts worn during competition.

 c. 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 shirts to turn gray and should not be used.

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

 e. Special Uniform Instructions:

 (1) Black Trousers, Shirts, and Slacks: These uniform items are marked - DRY CLEAN ONLY. These items may not be washed!

 (2) Hat Covers: The only reliable way of getting a dirty hat cover clean is by washing by hand in warm or hot water using laundry soap and utilizing a stiff brush on the heavily soiled areas. For the 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) Service Dress Coat (Dress Coat With Metal Buttons): This item must be professionally dry cleaned. With care, this cleaning may be done only once each year since this uniform will not be worn regularly during the school year. 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.

 (4) Shoes: The black uniform shoes must be shinned to a high gloss, using black paste shoe wax. DO NOT USE LIQUID SHOE POLISH; 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. The polish normally comes in a small tin and is applied with an applicator, or better, with 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 a new pair of shoes. Special techniques must be used if you want to go farther and get a mirror or spit-shine. Experienced cadets can help you with this procedure. 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.

2. BOYS HAIRCUTS: There are specific requirements which must be met to ensure hair conforms to regulations when cut. The requirements are contained in the grooming instructions, but are not always met by barbers. Many UNISEX hair salons are not aware of these requirements and thus do not give a proper haircut. THE HAIR MUST BE TAPERED ON THE SIDES AND ON THE BACK. If blocked, it must also be tapered!

3. GIRLS HAIRCUTS: Girls hair must be styled to allow it to remain above the collar when in uniform. Ethnic styling is permitted as long as it remains tasteful and the uniform hat can be worn properly. Strange coloring and styling will not be

permitted. Hair must be combed up and away from the face when in uniform. Questions on styling should be discussed with your instructor before the fact to avoid expensive mistakes that need correction.