

WEAR OF THE BERET

Tips and Techniques

The way you wear your beret communicates volumes about your professionalism to those around you. Improper wear or neglect of your headgear is impossible to hide and immediately noticeable.

Whether you are a new beret wearer or a seasoned veteran, the blue SF beret poses some unique challenges. With the proper tools and a little patience you will be well on your way to the perfect beret.



Before you begin, assemble the following supplies:

- 1 beret
- 1 flash
- Stainguard
- Razor blade
- Scissors
- 6 disposable razors
- Seamstress
- Water/shower

Step 1:

Treat beret flash with Stainguard to prevent it from looking dirty and brown. If you treat it you will only need to replace your beret flash every 4 months.

Step 2:

Have your flash sewn on before proceeding. Bottom on flash should be $\frac{1}{4}$ " from bottom of headband. It should also be 1.5" from left edge of the cardboard as you look at the cardboard from *the inside of the beret*. (See diagram below)

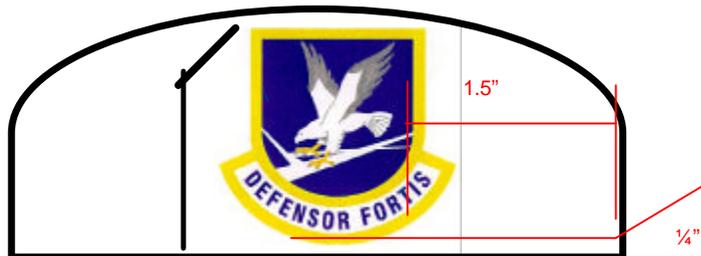
Caution: Occasionally a flash gets sewn on crooked.

Step 3:

Remove interior lining of the beret. A razor blade is best tool. Also, remove string from inside of beret. Tails will not be dangling during wear of the beret.

Step 4:

Cut cardboard like so. This allows for a proper fold/crease in the front of the beret.



Step 5:

Shave dry beret using 1-6 disposable razor blades. Remove peach fuzz.

Step 6:

Soak beret in water and form to head. Some choose to wear it in the shower, others prefer using a sink to soak the beret

Step 7:

Form wet beret to head.

Step 8:

Allow to dry on head sized object. A common technique is to let it dry on lampshade. Periodically form beret to head as it dries.

Common Mistakes:

The Tilted Beret:

Band not level. Exposes large portion of the back left of your head.



The Swiveled Beret:

Flash not over left eye, swiveled to the left side of your head. The opposite is the **Target Beret**; swiveled to the right, a flash in the middle of your forehead gives sniper a great place to put cross hairs.



The Pancake Beret:

Not pulled down over right ear. The most common problem with new berets.



The Giant Forehead:

Too high off bridge of nose. Most common with improperly sized beret. Should be $\frac{1}{2}$ to $\frac{3}{4}$ inches above your unibrow.



The Creaseless Beret:

No crease behind flash, gives rounded look to beret.



The Tough Guy:

Heart in the right place, but the beret isn't. Covering an eye is a safety hazard.



Parting Shots:

Wear your beret with pride; you are in good company. Since JFK designated the Green Beret as distinctive headgear for Army Special Forces, berets have been used by the American military to create a sense of pride for those of us with tough and demanding missions.

Army:

Special Forces: Green
Ranger Regiment: Black
82nd Airborne: Maroon

USAF:

Pararescue: Maroon
Combat Control: Red
Combat Weather: Pewter
TACP: Black