

# Guide to Wearing the Beret

Ensure the beret is the correct size. Soldiers should typically wear berets the same sizes as their BDU caps.

Don the beret so that the edge binding (headband) is one inch above the eyebrows and fits straight across the forehead. The beret should be form-fitting across the head.

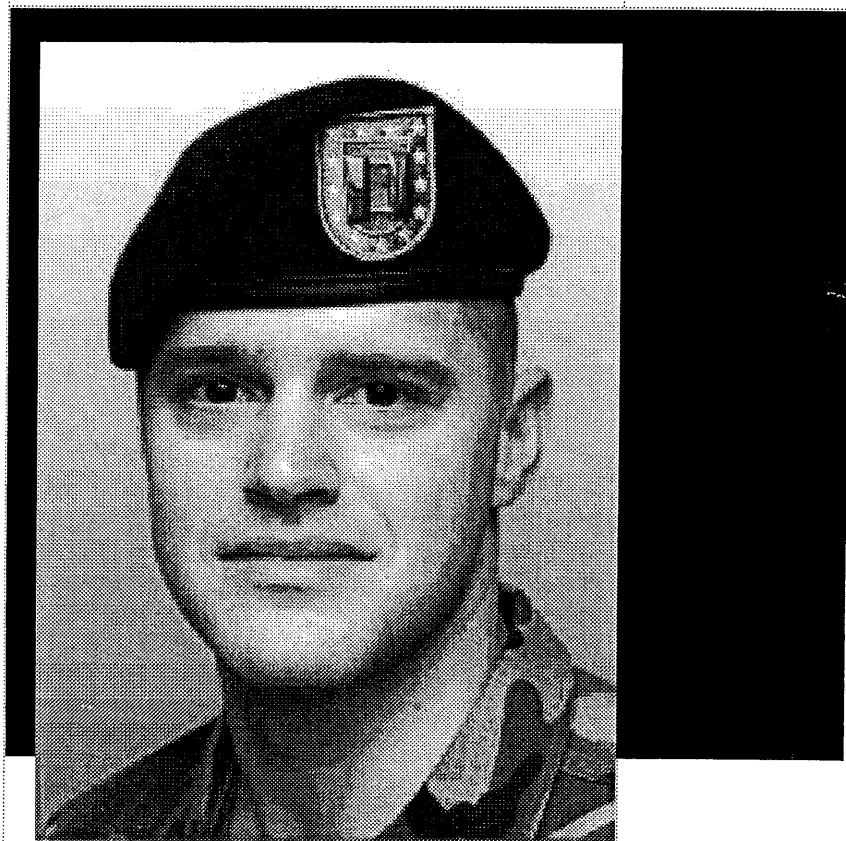
Center the flash and the stiffener above the left eye.

Pull the excess material down to the right side so that it touches the right ear but does not extend below the middle of the ear.

Tighten or loosen the adjusting ribbon for a secure fit.

Tie the adjusting ribbon into a non-slip knot and cut off the ends.

Tuck the ribbon knot inside the edge binding at the back of the beret.



**Hair** may not be packed into the beret, nor should it extend below the bottom edge of the front of the headgear or below the bottom edge of the back collar.

**All** headgear must be carried when not worn. It may not be hung from the belt or stored inside uniform pockets.

## CORRECT WEAR



Edge binding one inch above eyebrows and straight across forehead. Excess material pulled down between the top and middle of right ear.



Form-fitting across the head. Edge binding straight across. Adjusting ribbon knot tucked inside edge binding.



Excess material pulled down between the top and middle of right ear. Form-fitting across the head.

## INCORRECT WEAR



Edge binding not straight across. Excess material not pulled down between the top and middle of right ear.



Edge binding not straight across. Adjusting ribbon knot exposed.



Adjusting ribbon not tightened for secure fit. Not form fitting to head.

# " THE BERET "

1. It's not a lampshade. It's not a toupee or an earmuff. Nor is it a pizza hat. It's a beret. The beret should be worn with the band straight across your forehead, one inch above the eyebrows, with the insignia centered over the left eye. The beret should ALWAYS be worn with PRIDE.

2. See Diagram.

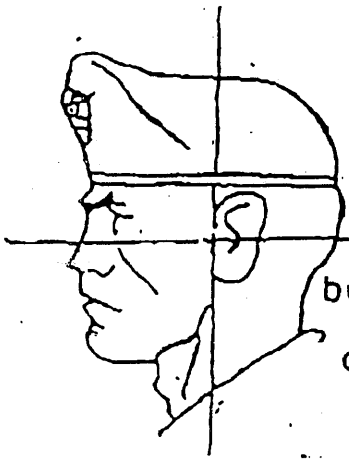
Flash with unit crest or rank is centered over the left eye.

Right side of beret may overlap right ear but is not to extend beyond middle of the right ear.

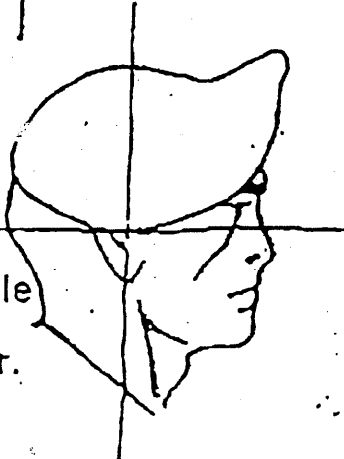
1 inch guide one finger spacing from the top of the eyebrow to the bottom of the beret.



Front View



Left Side View



Right Side View

Not to extend beyond the middle of the right ear.