






### Challenge activity - Roman Equipment

A legionary typically carried around 27 kilograms of equipment. This kit consisted of his weapons and 15 days' food rations. There were also tools for digging and constructing a 'castra', the legions' fortified base camp.

	Name of Item	Why was this useful?
	<b><u>Helmet</u></b> <b>Extra info:</b> Centurions and other officers wore a crest on their helmet so their soldiers could identify them.	
	<b><u>Body Armour</u></b>	
	<b><u>Dagger</u></b> <b>THINK:</b> Why is it short rather than long like a medieval sword?	
	<b><u>Rucksack</u></b> <b>Extra info:</b> Contained necessary provisions - a cloak, some wine (mixed with water), a pot and some food. Each soldier carried his own.	
	<b><u>Apron</u></b>	



### Sandals

**THINK:** How did open footwear help them in battle?



### Woollen Tunic

**THINK:** Why would they have worn a tunic rather than trousers?



### Shield



### Spear or Pilum