

Long Spear or Javelin (pilum)

The spear had a sharp, iron point and a thin, bendy shaft. This made it difficult to pull out of a shield, meaning that the enemy had to throw their shield away.

Sword (gladius)

Roman soldiers carried a short sword. This was small and light, and was ideal for stabbing and slashing the enemy during close battle.

Belt (cingulum)

The belt worn by a Roman soldier had long leather strips attached to it. These helped to protect the groin during battle. Soldiers also attached metal to the belts so that they jangled as they walked. This helped to scare the enemy as the army approached.

Helmet (galea)

The helmet was made of metal. It had special guards to protect the cheeks and neck.

Sandals (caligae)

Even in cold weather, the Roman soldier wore sandals made of leather. These were well ventilated. On the soles, iron studs were hammered in to make the shoes more hard-wearing. This helped them to last longer but also made them very slippery when running on wet ground

Backpack

Each soldier carried a wooden frame (a *furca*) to which they strapped essential items to carry. They carried a cloak (to sleep under and for use in bad weather), a cooking pot, a net bag containing food rations for about 3 days, a canteen of fresh water and sometimes an axe or shovel. The pack weighed about 30kg.

Shield (*scutum*)

The shield was made of wood and leather and was carried on the soldier's left-hand side. It was decorated in red, brown and beige, and featured the Roman eagle.

The metal boss in the middle of the shield could be used for punching the enemy.

The shield was curved to protect the body. It was also rectangular in shape so that a number of shields could be joined together side-by-side during battle, to protect a group of soldiers. This manoeuvre was called the 'tortoise.'

Body Armour (*lorica segmentata*)

Armour was made from strips of iron or leather. Plates on the shoulders protected the upper arms.

The segments meant that the armour was very strong and flexible. It was also easy to store because it could be taken apart.