

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