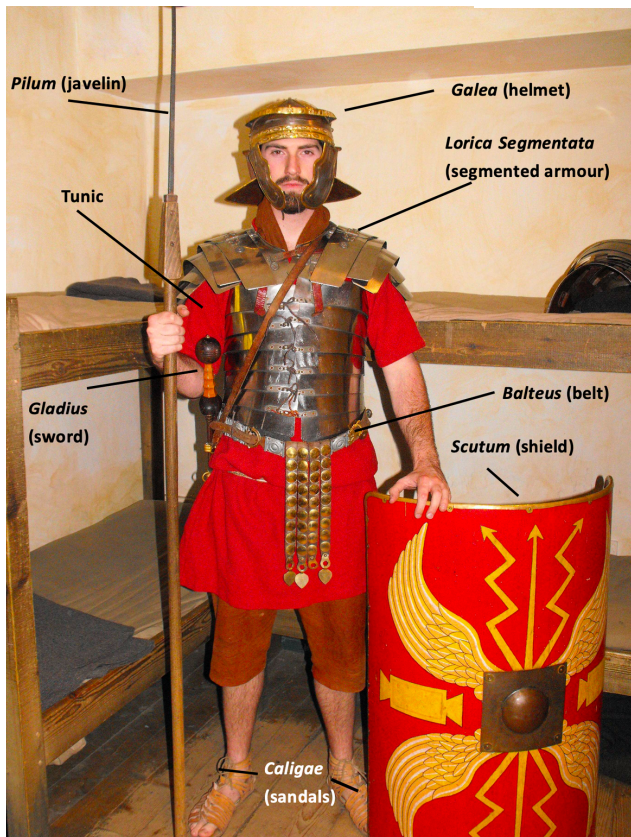


Roman Legionary Soldier

national
museum
wales
amgueddfa
cymru



A Soldier's Barrack Room

- Eight soldiers slept in a room.
- Soldiers slept on straw mattresses with a blanket but no pillows.
- They may have used a fire for warmth and candles or oil lamps for lighting.
- Soldiers stored their weapons and armour in the outer room.
- Soldiers would prepare some food in this room but most was cooked in large communal ovens.

A Roman Legionary Soldier's Kit:

- **Tunic** - made of wool and worn on top of a linen undershirt.
- **Balteus** (belt) - with studded leather strips.
- **Pugio** (dagger) - used as a multi purpose tool as well as a weapon.
- **Caligae** (boots) - made of leather with metal studs for gripping on the grass.
- **Lorica Segmentata** (segmented armour) - made from iron strips and leather. Protects the body but offers flexible movement in battle.
- **Galea** (helmet) - worn with a padded cap underneath. Protects whilst allowing the soldier good vision and the ability to listen for commands. Some helmets had fittings to attach crests or plumes.
- **Pila** (javelins) - soldiers carried two of these to throw at the enemy.
- **Gladius** (sword) - worn on the right hand side of the body. Even left handed soldiers had to learn to fight with their right hand.
- **Scutum** (shield) - curved to fit the body and held in the left hand. Decorated with paint.