

# ROMANS

It really does not matter whether you want to be slaves, citizens or soldiers. It all fits into the workshop format.



## DRESSING AS ROMAN SLAVES

All you need is an adult size “T” shirt of any colour with a piece of string tied around the middle and a pair of sandals.

## ROMAN LEGIONARY SOLDIER

You will need an Adult size red “T” Shirt for a Tunic and strip of cloth to be a scarf to go around your neck. To make **LORICA SEGMENTATA**, you will need the following -:

A TAPE MEASURE, THIN CARDBOARD SHEET  
LONG SPLIT PINS STICKY TAPE  
NARROW STRIPS OF CLOTH STRING SILVER/ GREY PAINT

You should be able to **move easily and sit down comfortably** in your segmentata.

Each segment should move freely with your body. Look at the photos carefully.

Measure from your shoulder to just above your waist very carefully. This is as long as your finished armour should be.

Measure your waist. Cut 3 or 4 bands of card to go all around your body, from just under your armpit to just above your waist. Cut these in half.



Lay these segments out in 2 groups and connect each group together, using the 3 strips of cloth for each side, for the 2 edges and middle as in the photo, long split pins are pushed through from the front of the armour. Put sticky tape over the end of the split pins. Each segment should move freely!



Connect at the two ends and in the middle. Make one hole in the end of each segment, through the cloth strip up the edge of the segments. Join the 2 halves of your armour together at the back with string. This will be the back of your Lorica Segmentata.

Measure over your shoulder from just below your armpit, to the bottom of your shoulder blades. Cut 2 pieces of card this length, one for over each shoulder. Cut 4 smaller pieces of card to cover the top of your arms, each side.



Connect with split pins and strips of cloth as before. Connect to the body of your armour to the top securely. Each segment should move separately. Stick tape over the sharp ends of the split pins. Paint your armour grey or silver.

Lace up the front of the armour with string, when you put it on for Roman Day.

## ROMAN SOLDIERS HELMET - CASSIS



You can design and make your **CASSIS** from thin cardboard, remember to measure around your head or get a baseball cap, wear it backwards, add the cheek guards and neck protector which you can make from cardboard, and spray with silver paint. Your Cassis should be comfortable to wear. To become a legionary officer, do some research and add crests to the top of your helmet.

Roman legionary helmets are available from English Heritage sites and the internet.



## ROMAN SOLDIER'S SHIELD - SCUTUM

You will need a large rectangle of cardboard.

These shields were curved. Paint your shield using the design on this legionaries shield. Use a yogurt pot for the shield boss, painted silver. Cut a hole slightly smaller than the yoghurt pot in the middle of your shield and push it through from the back. The handle goes across the shield boss; make sure it's strong and attached firmly.

## MAKE A GLADIUS and PUGIO

A ROMAN SOLDIERS SWORD AND DAGGER

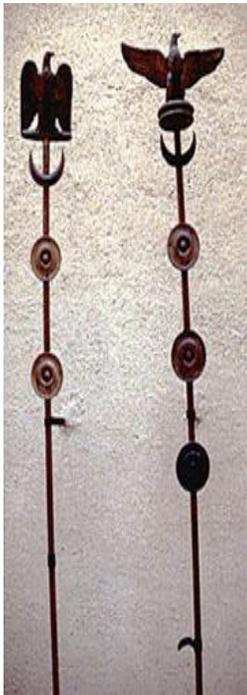
Your Gladius must not be longer than 40cms long

ALWAYS WEAR YOUR **GLADIUS** ON THE  
**RIGHT HAND SIDE OF YOUR BODY.**

ROMAN SOLDIERS WERE NOT ALLOWED  
TO BE LEFT HANDED.

Your Dagger is always worn on the left hand side.





### MAKE A STANDARD FOR YOUR LEGION

Show everybody how glorious your legion is.  
Make your Eagle and attach to a pole.  
Each disc on your standard shows  
how many battles your legion has won.

### DRESSING AS ROMAN CITIZENS

Be anything you want, Emperor, Empress, Senators, Posh Ladies,  
Cleopatra.....

### BE A RICH LADY OR EMPRESS.

You will need a long dress.

Wear large piece of cloth draped over the top of your dress as a **STOLLA**, pin to your dress on one shoulder. Another large piece of cloth, called a **PALLA**, was worn to cover your head when you went out. Rich Roman ladies wore lots of makeup, jewellery and had posh hair styles, sometimes braiding and plaits.



A rich citizen or senator would have a long tunic and a toga.  
A toga is a very long piece of cloth that you drape  
around your body over one shoulder



