For the lowdown on what it’s like to be in the Infantry, there’s no one better to ask than the people doing the job right now.

THE ARMY GAVE ME AN OPPORTUNITY TO FUTURE MY BOXING, BUT I’LL NEVER FORGET THAT BEING A SOLDIER COMES FIRST!
The Parachute Regiment, colloquially known as the 'Paras', is an airborne infantry regiment of the British Army. The 1st Battalion is permanently under the command of the Director Special Forces in the Special Forces Support Group (SFSG). The other battalions are the parachute infantry component of the British Army's rapid response formation, 16 Air Assault Brigade.

The 'Paras' are the only infantry regiment of the British Army that has not been amalgamated with another unit since the end of the Second World War. It provides the capability to deploy an infantry force at short notice, in the most demanding circumstances. As such, it is trained and ready to form the spearhead for the Army's rapid intervention capability.

Watchwords are professionalism, resilience, discipline, versatility, courage and self-reliance. It is light by design, because this confers speed of reaction, and is expert at air-land deployments, by helicopter, aeroplane or parachute.

Paratroopers are trained to conduct a range of missions, from prevention and pre-emption tasks, to complex, high intensity war fighting. They are also trained to provide direct support to United Kingdom Special Forces, with whom it maintains close links and to whom it contributes a very significant proportion of manpower.
Formed in the dark days of World War II by Winston Churchill, The Parachute Regiment quickly developed a reputation for daring and valour against overwhelming odds. Their German counterparts nicknamed them the Red Devils for their aggression and determination in combat. Engaged in heavy fighting in North Africa and Europe the Regiment was involved in many famous operations including D-Day, Arnhem and the Rhine crossing.

In recent years, The Parachute Regiment has been at the cutting edge of operations in Sierra Leone, Kosovo, Iraq and Afghanistan. The Paras have won numerous awards for gallantry in the face of fierce fighting. Key to their success is their self belief and outstanding camaraderie, developed in an intense training and operating environment.

Today’s Parachute Regiment is mindful of its proud history as it forges ahead to meet and defeat tommorows’ threats.
### GET PREPARED FOR THE PARACHUTE REGIMENT

- **OUR SUGGESTED PLAN**

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
<th>DAY 6</th>
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<tr>
<td><strong>DAY 1</strong></td>
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<tr>
<td>RUN Comfortable pace for 20-30 minutes</td>
<td>SWIM Swim for 15 mins and tread water for 2 mins</td>
<td>REST DAY</td>
<td>RUN Comfortable pace for 30-40 minutes</td>
<td>CIRCUIT TRAINING Maximum amount of press-ups and sit-ups</td>
</tr>
<tr>
<td>RUN Comfortable pace for 20-30 mins; 100-metre sprint and 100-metre jog for 5 mins and repeat</td>
<td>SWIM Swim for 15 mins using various strokes. Tread water for 2 mins</td>
<td>REST DAY</td>
<td>RUN Steady state for 30 mins (try to incorporate some hills)</td>
<td>CIRCUIT TRAINING Improve on your press-ups and sit-ups and include pull-ups</td>
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<td>RUN 1.5 mile run on best effort. Ensure you do a 10 mins warm-up</td>
<td>SWIM Swim for 20 mins using various strokes. Incorporate some fast lengths</td>
<td>REST DAY</td>
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**TIPS FOR GETTING FIT ENOUGH...**
- Warm up before exercising, warm down after...
- Make time for training... Eat a well-balanced diet... Drink extra fluids...
- But less alcohol... Cut out smoking... Remember to rest and recover...

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I've always been into fitness and in the parachute regiment I've had the chance to get instructor qualifications in my favourite sport.
The steps you’ll take to becoming one of the best and toughest infantry soldiers in the world
BASIC TRAINING

The Infantry Training Centre (in Catterick, North Yorkshire) is where the 28-week-long Combat Infantryman’s Course – CIC (PARA) – is held. It will put you on the first step to an exciting and varied career.

The first 12 weeks is deemed to be Basic Training which consists of character development, drill, first aid, map reading, fieldcraft, weapon handling, military education and Nuclear, Biological and Chemical Defence. The core of the course will be careful physical development.

Weeks 12-28 concentrate on training you as a Paratrooper and you will develop advanced skills, particularly in the areas of weapon handling, fieldcraft, map reading and physical training – and eventually selection for military parachuting. Your training will prepare you for the Pre-Parachute selection tests, conducted during weeks 20-21.

PRE-PARACHUTE SELECTION TESTS

The aim of P Company is to test your physical fitness, determination and mental strength under stressful conditions to determine if you have the self-discipline and motivation required to wear the maroon beret.

1. TEN-MILE MARCH
Conducted as a squad over hilly terrain carrying a rucksack weighing 35lbs and a rifle.
Must be completed in 1hr 50mins.

2. TRAINASIUM
A test of confidence and the ability to carry out simple activities at a height above ground level.

3. LOG RACE
A team event, carrying a 60kg log for 1.9 miles over hilly terrain.

4. TWO-MILE MARCH
Must be completed in 18 minutes.

5. STEEPLECHASE
A 1.8-mile cross country course followed by an assault course.

6. MILLING
Sixty seconds of controlled aggression in a boxing ring.

7. ENDURANCE MARCH
Team march over 20 miles of rough terrain which must be completed in less than five hours.

8. STRETCHER RACE
The final test. Teams carry a 175lb stretcher a distance of five miles.

PARACHUTE TRAINING

On successful completion of CIC (PARA) you will proceed to No.1 Parachute Training School RAF Brize Norton for a four-week military parachutist course. Once you’ve completed five jumps, you’ll get your parachute wings. Next, you’ll be sent to one of the Parachute Battalions, where life is active and varied. You’ll usually spend your first two years as a rifleman in an infantry platoon in either The 2nd or The 3rd Battalion Parachute Regiment. This enhances your skills on exercises and operations before you start to specialise in areas such as Communications, Reconnaissance, Special Weapons and Assault Engineering. You will be given the chance to move to the Special Forces Support Group, supporting UK Special Forces on operations around the world.
SPECIAL FORCES SUPPORT GROUP (SFSG)
1st Battalion Parachute Regiment has recently been given the specialist role of Special Forces Support Group, working directly with UK Special Forces wherever they are deployed in the world.

MORTAR CREWMAN
The 81mm mortar is the Infantry’s own artillery piece, firing explosive rounds up to 5.6km. Mortar Crewmen are robust and intelligent soldiers, capable of manhandling the rounds and weapon as well as lasers and computers to ensure the rounds land in the right place at the right time.

SNIPER
Snipers can operate deep in enemy territory to report details of enemy movements and kill vital personnel while remaining undetected. They are respected by comrades and feared by the enemy. Snipers must be patient, cunning, very fit and experts in fieldcraft and shooting.

ASSAULT PIONEERS
The Infantry’s battlefield engineers are trained to create obstacles and defences, to destroy enemy obstacles and carry out demolition tasks. They are responsible for purifying water supplies and can gain qualifications in carpentry and joinery.

DRIVER
Every Infantry Battalion requires Drivers to operate a full range of vehicles, including 4x4 off-road vehicles, motorbikes, quad bikes, Light and Heavy goods vehicles.

MACHINE GUNNER
The General Purpose Machine Gun .50 and Browning Heavy Machine Gun are excellent weapons for keeping the enemy’s heads down. They can be mounted on tripods and fired from distance. Their high rate of fire, accuracy and durability make them a favourite in the Battalions. Machine Gunners must be reliable, very robust and have a high standard of shooting.

OTHER JOB ROLES

COMBAT MEDIC
You’re first on the scene when soldiers are hurt or injured. Using your first aid and medical knowledge you provide fast and effective care, and help get the seriously injured back to medical bases quickly. It’s a challenging but rewarding role.

PHYSICAL TRAINING INSTRUCTOR
Selected from within a Para Battalion. You deliver safe and effective physical development training, including physical training, sport and adventurous training for your mates. There are plenty of opportunities for career development, which includes vocational and educational qualifications.

SIGNALLER
You’re one of the most skilled soldiers in your unit, operating at the heart of operations on the front line. You use sophisticated signals equipment to enable Paratroops to communicate with each other, and battlefield commanders rely on you to ensure they can deliver orders quickly and clearly.
I joined at 17 and went to the Infantry Training Centre (ITC), Catterick to do my basic training. The chance to travel was one of the main things that attracted me to The Parachute Regiment. I’ve already been skiing in France, on overseas exercises to Kenya, Falkland Islands, USA and on an operational tour of Afghanistan. Being in the The Parachute has taught me leadership and confidence. Part of my job involves being responsible for a group of 4 soldiers. Before I joined, there’s no way I could have had the confidence to command a group of soldiers. If you’re thinking about joining I’d say just go for it – The Parachute Regiment is a fantastic career.
4 Para is the Reserve Battalion of the Parachute Regiment

As a Territorial soldier in the Parachute Regiment, you can test yourself, achieve your ambitions and earn the same daily rate of pay as Regular soldiers - all alongside your civilian career.

After basic training you will earn the right to wear the coveted maroon beret and then carry out your Parachuting course to earn your set of Parachute wings. Then your military career will really take off!

We conduct adventurous training, such as skiing and diving, all over the world and both officers and soldiers in our 4th Battalion learn a raft of new skills and improve on old ones.

We have units in London 0208 7495694, Leeds 01904 664566, Scotland 01904 665631 and Liverpool 01744 22255.

For further information log on to www.4PARA.co.uk
As a Parachute Regiment Soldier, you can go on numerous adventurous training expeditions in the UK and all over the world, from Africa to South America. You can try rock climbing, scuba diving, skiing, freefall parachuting and much more.

You’re also encouraged to play sports such as rugby, football, boxing, canoeing, snowboarding, hang gliding and extreme sports. You can even join The Red Devils, the Army’s parachute display team. The Parachute Regiment has many recent sporting achievements: holders of the Trafalgar Cup (a rugby league tournament against the Royal Marines), 3rd Battalion Parachute Regiment were Army Boxing Champions in 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011 and 2012.
Consider the options open to you within the Parachute Regiment, we are recruiting now for soldiers and officers in either the Reserves or the Regular Army. You can find out more for all routes into the Regiment either online, by phone or face to face at an Army Careers Centre. Our recruiting team is active all over the country and will understand your questions and be able to answer them. In the meantime these are the routes to becoming a serving member of the Parachute Regiment. Remember, once you have made your decision to join, this isn’t a conveyor belt from which there is no escape. If you want to return to your studies and join later, or simply need more time to make a decision, there are opportunities before your training begins to take time out and restart the process later or pull out altogether.

1
CONSIDER YOUR OPTIONS
Once you decided to join the Parachute regiment you can register online, by phone or face-to-face at a recruiting event. This lets us check that you meet the Army’s entry conditions, such as age, nationality and residency. If you want to join the Reserves you may wish to visit 4 PARA, to meet the soldiers and learn more.

2
INITIAL TESTS
You will take some basic tests including an interview at your local Army Careers Centre. Your careers advisor will then discuss the options available to you. For those wishing to join the Reserves, your interview could take place at your local Reserve Unit.

3
FINAL TESTS
Next you will attend a two-day course at an Assessment centre, where you will undergo fitness, health and team tests to determine your suitability for a career in the Parachute Regiment. If you decide to join the Reserves, it’s exactly the same selection process as the Regulars.

4
CONGRATULATIONS
You will now be offered a place on Phase 1 Training – a course designed to give you all the skills a soldier needs. On the first day of training you will formally enlist in the British Army. Phase 2 of your training is specifically designed for Paratroopers, this is where you will gain the specific skills needed in the Parachute Regiment. If you join the Reserves you will receive modular training either in separate Units or if you have the time, a single consolidated package.

NEED MORE TIME?
If you haven’t decided whether to join the Parachute Regiment, or want to return to full time education with possible financial sponsorship, tell your Candidate Support Manager (recruiter) and they will stay in touch. In the meantime, why not try an insight course to experience Army life first hand?
TAKING ON THE WAY TO A CAREER IN THE BRITISH ARMY

JOIN AS AN OFFICER

1 CONSIDER YOUR OPTIONS
Once you decide to join the Parachute Regiment you can register online, by phone or face-to-face at a recruiting event. This lets us check that you meet the Army’s entry conditions, such as age, nationality and residency. If you want to join the Reserves you may wish to visit 4 PARA, to meet the officers and learn more.

2 INITIAL TESTS
To assess your suitability for a role as an Army officer you will be required to take some basic tests online. You will also be interviewed by a senior Careers Adviser, before attending a medical and an Army Officer Selection Board (AOSB) Briefing, which will help prepare you for the AOSB Main Board.

3 ARMY OFFICER SELECTION
If you are successful at the AOSB Briefing, you will be put forward to attend the AOSB Main Board. Here you will undertake a series of physical and mental tests over a three day period to see if you are Army Officer material. If you decide to join our Reserve Battalion, it’s exactly the same selection process.

4 CONGRATULATIONS
You have passed the AOSB Main Board and are invited to join the Army for officer training. You will be assigned a place on a Commissioning Course at Royal Military Academy Sandhurst and will formally enlist in the British Army. A few weeks before starting at Sandhurst you will have the chance to attend our Potential Officers Insight Course where you will do physical tests and meet future colleagues. The Regimental Selection Board takes place in the second term at Sandhurst, confirming. Success at the Regimental selection Board leads to the next phase of your career with us, P Company.

I’D HATE TO BE COOPED IN A 9-5 JOB! THE ARMY IS PERFECT FOR ME
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army.mod.uk/para
@TheParachuteReg / PARA THEPARACHUTEREGIMENT