



Ancient Rome - A day in the life of a soldier



Introduction

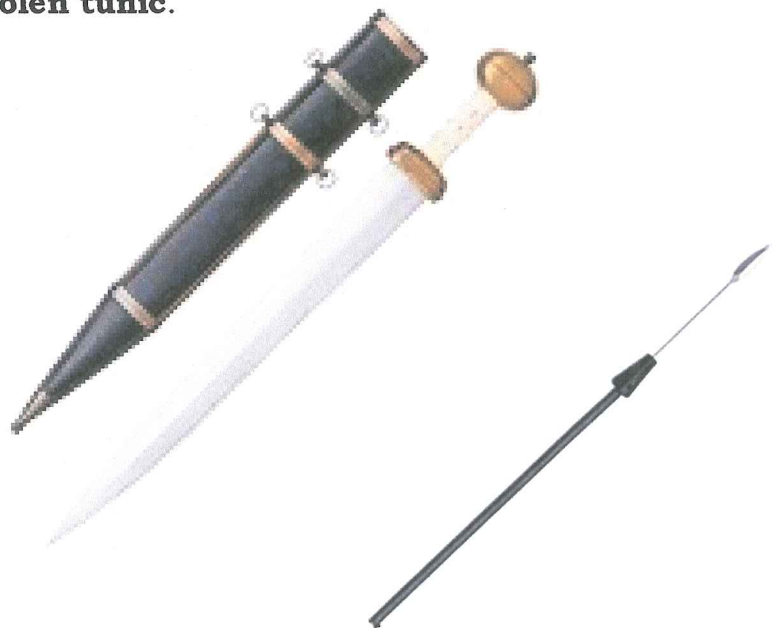
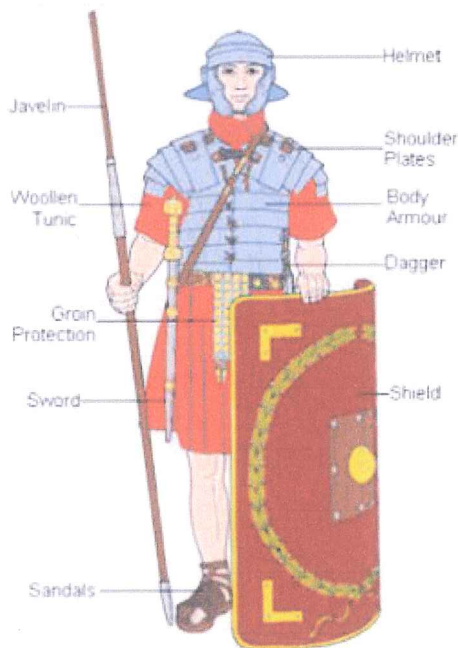


Have you ever marched over 15 miles a day with a heavy pack? I bet not, but Roman soldiers had to, as it was part of their job. The soldiers had to carry all of their equipment which was usually over 50 pounds and very awkward to carry. They had to carry all of it for more than 20 miles per day. Only the fittest survived out in the field, and the rest, they all were goners.

(A marching pack)

Weapons, armor, and food

The romans had 4 main weapons, the **gladius**, the **pilum**, the **pugio** (which was only used in emergency's) and the shield which could also be used as a weapon. They also had armor, the **chest plate**, **greaves**, **braces** and a **woolen tunic**.



(A Roman soldier, his armour and weapons)

They ate traditional meals such as bacon, stew and porridge, but only if they were from the provinces otherwise they were vegetarian. A Roman would become eligible for the army when he became 25 and stay until the age of 60. The Romans were the most disciplined of the all the army's. Each soldier could fight 3-4 men at once. The Romans also had intense training to be in peak body condition. Unfortunately the soldiers only got paid 250 **denarii** a year which is only about 5000 dollars in Canadian today. The soldiers would travel in groups of 8 and were responsible for carrying their cooking utensils, equipment, tent and digging gear. The soldiers were discouraged or even forbidden from marriage, although that rule was lifted later on. Every free man was allowed to choose whether or not they wanted to join the military.

Grouping of soldiers

There are different words to describe ways that the soldiers are grouped. Such as 1 contubernium has 8 soldiers and they would be led by a Decanus. 1 centuria would have 10 contubernium and would be commanded by a centurion. 1 cohort would have 6 centuria and it would be commanded by a senior centurion. 1 legion would have 10 cohorts and it would be commanded by the legatus. The legatus would be the leader of the legion.



(A cohort. Actually old guys role-playing)

Roman Wars

Some of Rome's main wars:

(They had hundreds because some of the Romans weren't very nice)

Early Wars:

- Battle at Lake Regillus, Rome vs. Etruscans, 496 B.C, Romans won
- Mt. Algidus , Rome vs. Aequians and Volscians, 431 B.C., Romans won
- Siege of Veii, Rome vs. Veii, 396 B.C., Romans won
- Allia, Rome vs. Gauls, 390 B.C., Gauls won
- Mount Gaurus, Rome vs. Samnites, 342 B.C., Romans won
- Vesuvius, Rome vs. Latins, 339 B.C., Latins won
- Trifanum, Rome vs. Latins, 338 B.C., Romans won
- Caudine Forks, Rome vs. Samnites, 321 B.C., Samnites won
- Latulae, Rome vs. Samnites, 316 B.C., Samnites won
- Ciuna, Rome vs. Samnites, 315 B.C, Romans won
- Lake Vadimo, Rome vs. Etruscans, 310 B.C., Romans won
- Bovianum, Rome vs. Samnites, 305 B.C., Romans won

Late Wars:

- Sack of Rome, Rome vs. Visigoths, 410 A.D., Visigoths won
- Italy, Rome vs. Visigoths, 425 A.D., Romans won
- Ravenna, Rome (Aetius) vs. Rome (Boniface), 432 A.D., Aetius won
- Narbonne, Rome vs. Visigoths, 436 A.D., Romans won
- Utus, Rome vs. The Huns, 447 A.D., Romans won
- Campi Catalaunii, Romans vs. The Huns, 451 A.D., Romans won
- Sack of Rome, Romans vs. Vandals, 455 A.D., Vandals won
- Carthage, Romans vs. Vandals, 468 A.D., Vandals won
- Rome, Romans (Ricimer) vs. Romans, 472 A.D., Rome (Ricimer) won
- **Fall of Rome**, Rome vs. Germans, 476 A.D., Germans Won



In these few pages you should have learned a few things. They are, roman soldiers life and weapons, food and armor. The important battles and wars in the roman history that Were (A important or (B interesting.

Extra facts

- Romans had to wake up at 6 am every morning unless they were on watch in which case they were already awake.
- Some things Romans did for exercise is swimming gymnastics, and marching.
- Legionary carried 15 days' worth of food and sometimes went days without eating.

Short Quiz

- 1) Roman soldiers used a sword called ____.
- 2) Roman soldiers would wake up at ____ am unless they were on watch.
- 3) The Roman's dagger called____, was only used as a last resort.
- 4) How many cohorts were in 1 legion?

KEY WORDS

Gladius is a short sword that every roman soldier carries.

Pilum the spear or javelin.

Greaves are the shin guards.

Woolen tunic is the undershirt.

Chestplate is torso armor.

Braces are the arm, guards

Denarii is the ancient Roman currency.

Fall of rome was the Roman Republic's final war.

Pugio is a short Dagger



(A Denarii)

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