



Ask a Coldstreamer!

got a question any question?

FREE
PRIZE
DRAW!

Ask the Commanding Officer



Ask the Quartermaster

How do I join?

Ask the Regimental Sergeant Major

What's the Pay like?

What's the food like in Afghanistan?

Ask the Masterchef

How fit do you have to be?

What do you ...



Who's Jacob?

The 1st Battalion Coldstream Guards are the oldest Regiment in Continuous Service in the British Army and pride themselves on being one of the elite and being able to rise to any challenge set before them.

They have served in many theatres including Afghanistan, Iraq, Bosnia and Northern Ireland, and they are normally seen on parade in June for the Queens Birthday Parade.

Now, for the first time in over 350 years, the doors are open for YOU, (absolutely anyone) to ask us anything you want!

More details can be found by logging onto www.ShinyCapstar.Com (look for the question mark)
Or by popping into this Recruiting Office and asking for a question submission form