

15TH OF APRIL

UNIFORM AT WORK DAY

Home Guard soldiers are allowed to wear uniform at their civilian jobs or during other suitable activities on 15 April 2026. Participation is voluntary and requires approval from the employer. The purpose is to generate an interest in and raise awareness of the Swedish Home Guard.

forsvarsmakten.se/uniformpajobbetdagen

THE SWEDISH HOME GUARD

The Swedish Home Guard, with its 40 battalions, maintains a military presence throughout the country. In this way, the Home Guard forms a national and territorial foundation for the defence of Sweden – from operations in peacetime to armed combat in wartime – and creates the conditions for other units to operate.

In the Home Guard, you may hold either a combat role as your primary duty or a specialist role, such as signals operator, dog handler, or field cook. Engaging in the Home Guard offers personal development, individual responsibility, and a unique community. The engagement in the Home Guard is voluntary, but when heightened state of readiness is activated the home guard soldiers are obligated to serve. The Home Guard soldiers serve between 4 and 15 days per year alongside their civilian jobs.

More about the Home Guard: forsvarsmakten.se/hemvarnet

WHAT IS REQUIRED TO JOIN THE HOME GUARD?

To join the Home Guard, you must be a Swedish citizen between the ages of 18 and 70. Before acceptance, applicants go through a security clearance process. Being a Home Guard soldier involves many physical activities, including march training, weapons handling, and field exercises. Therefore, it's important to be in good health and maintain good physical condition. Young people between the ages of 15 and 20 may participate in youth activities.

A NEW WAY FOR VOLUNTEERS WITHOUT MILITARY BACKGROUND

Voluntary Military Basic Training is a new way to join the Home Guard for volunteers who have not completed conscription. During several consecutive weeks, participants learn basic military skills, such as fieldcraft and combat duties, medical care, weapons handling, and the laws of armed conflict. The goal is to become a soldier in the Home Guard. After completing the education, training continues within the individual's Home Guard unit through participation in exercises and further skills development.

More about Voluntary Military Basic Training: forsvarsmakten.se/fmu

APPLY TO THE HOME GUARD

Applications to the Home Guard are submitted via "Mitt Försvarsmakten":
mitt.forsvarsmakten.se/homeguard-info



**HEMVÄRNET
FÖRSVARSMAKTEN**

SWEDISH HOME GUARD