

# How to wear a Poppy

## Wear a Poppy to Remember

Throughout the Remembrance period, we see Poppies worn with pride in every corner of our lives to honour our Veterans. The Royal Canadian Legion provides a Poppy Protocol to guide Canadians on appropriate and respectful wearing of the lapel Poppy. However, wearing a Poppy is a personal expression of Remembrance, and how someone chooses to wear a Poppy is always an individual choice.

### How to wear a Poppy

The Poppy should be worn with respect on the left side, over the heart. The Legion's lapel Poppy is a sacred symbol of Remembrance and should not be affixed with any pin that obstructs the Poppy. Also available through some Branches is the Legion's reusable black centre Poppy pin to affix your lapel Poppy.



### When to wear a Poppy

The lapel Poppy should be worn during the Remembrance period, from the last Friday in October until November 11. The Legion encourages the wearing of Poppies at funerals of Veterans, and for any commemorative event such as a memorial service, or the anniversary of the Battle of Vimy Ridge. As well, it is not inappropriate to wear a Poppy during other times to commemorate Fallen Veterans and it is an individual choice to do so.

### How to remove a Poppy

Poppies may be worn throughout the Remembrance period, including in the evening after Remembrance Day Ceremony. Some choose to remove their Poppy at the end of the day on November 11. Some choose to remove their Poppy at the conclusion of the ceremony and place their Poppy on the cenotaph or on a wreath as a sign of respect. This has become a poignant tradition each year at the National

Remembrance Day Ceremony in Ottawa as thousands of Poppies are placed on the Tomb of the Unknown Soldier.

When a Poppy is removed, it should be stored appropriately or it may be disposed of respectfully. We encourage anyone who finds a Poppy that has fallen to the ground to pick it up and brush it off so that it can be kept or disposed of respectfully.

While Poppies are always free, The Royal Canadian Legion gratefully accepts donations to the Poppy Fund, which directly [supports Canada's Veterans and their families](#) in need.

Canadians outside of the country can get a Poppy from Royal Canadian Legion Branches in the U.S., Mexico, Germany and the Netherlands, or through their Canadian Embassy or Consulate.

The Legion's lapel Poppy is the Poppy you will see most during the Remembrance period, and the one the Legion distributes during the Poppy Campaign to help raise Poppy Funds for Veterans and their families. For Canadians who want to show their pride and support year-round, the Legion's [Poppy Store](#) sells Poppy broaches and other products to show you remember. Proceeds from the sale of these products help support the Legion's mission to care for Veterans and promote Remembrance.

We invite everyone across the country to honour and remember Canada's Veterans by proudly wearing this symbol of Remembrance and taking a moment to reflect.