

Clothing and Equipment

Clothing

You need warmth, and ease of movement, so we recommend:

- Layers of clothing, which you can remove as you warm up, e.g. a t-shirt, sweat-top and/or fleece.
- Loose fitting trousers e.g. jogging bottoms, and NOT jeans.
- Fabrics which won't shed fibres/fluff onto the ice surface.
- Gloves, if your hands get cold, and warm socks

Footwear

Ice is a very slippery surface. Choose warm, soft-rubber-soled shoes of any variety.

- If you plan to wear trainers, check that the soles ARE rubber, and not a synthetic composition, which is VERY slippery on ice.
- Check that the soles of your shoes are totally clean. Even tiny pieces of dirt can spoil the ice surface.
- Don't borrow a friend's curling shoes....yet!

Equipment

- Every ice Rink has its own stones, which you will use.
- The Ice Rink will lend you a brush. When you are playing club games, you can hire/borrow these brushes from the ice Rink, or you may wish to buy your own.

We look forward to meeting you on the day, and will answer any further questions you may have then.

Good Curling!