

What clothing should I wear

Written by Administrator

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You will be provided with camouflage overalls on the day so you should bring loose fitting comfortable clothes that you can wear underneath the overalls. We suggest you wear good running shoes or hiking boots which have a good grip and ankle support. Do not wear thongs or other open toed shoes. If it is raining we still play paintball so we recommend that you bring a change of clothes for after the game.

It is also advisable not to wear heavy jumpers as these will trap your body heat and cause you to heat up very quickly. A baseball cap or beanie is also a good idea to protect the top of your head. Light gloves can also be worn to protect your fingers. All female players are provided with chest protectors.