



What to Wear Curling

- It's chilly on the ice, so we recommend warm, comfortable clothing:
 - Lots of layers, which you can remove as you get warm
 - Loose-fitting trousers, such as jogging bottoms – **and avoid jeans!**
 - Fabrics that don't shed fibres (so please no fluffy sweaters, for example)
 - Gloves are optional but warm socks are strongly recommended
- Bring warm, rubber soled shoes, such as trainers
 - If you plan to wear trainers, check that the soles are rubber, and not a synthetic composition, which can become very slippery on the ice
 - Check that the soles of your shoes are clean. Even small pieces of dirt can damage the ice surface, so don't wear them in the parking lot or on your walk here!
 - Don't borrow a friend's curling shoes....yet!
- We have the basic equipment, including stones, brushes, and sliders, so you do not need to borrow or bring your own to the rink.