

Equipment and Clothing

Footwear

Clean footwear is essential to avoid any dirt being transferred onto the ice. Dirt can affect the stone's running path, affect the sliding ability and ultimately affect the enjoyment of a game.

Clean trainers with an overshoe or a slider placed over one shoe to obtain a sliding foot is more than adequate when you begin curling. As you progress, you may wish to purchase shoes specifically made for curling. Shoes with sliders of varying speeds are available; it is important to select a slider with which you are comfortable. You may wish to seek advice from your local Curling Development Officer or Lead Coach with regard to the purchase of suitable shoes.

Clothing

Loose fitting, warm clothing is recommended. Tracksuit bottoms are ideal as the material is flexible and allows movement. Please note that jeans are not suitable as they restrict movement. Many clubs have fleeces or jumpers in club colours with a logo which you can purchase after joining.

Curling Equipment

Many curling rinks carry a range of equipment for sale and will be able to supply equipment for beginners. There are also a number of specialist curling equipment suppliers in Scotland which sell a range of curling shoes, trousers, brushes, gloves and accessories.

