



EQUIPMENT

For anything other than solo drills or theoretical instruction, we require participants to wear protective equipment to mitigate the risk of injuries. The exact equipment depends on the level of activity.

Light protective equipment. For structured exercises such as simple and complex paired drills, we require light protective equipment. This consists of, at minimum, a fencing mask, light protective gloves, and a gorget. We have a large number of these items available to borrow.

- **Fencing masks** protect the face, the top and the sides of the head and give modest protection to the throat.
- **A gorget** or throat protector is worn under the mask and other protective equipment and provides an additional layer of solid protection in case thrusts slide up under the mask.
- **Light gloves** are fabric gloves with padding that typically cover and protect the wrist, the outside of the hand, the fingers and the thumb.

Medium protective equipment. For unstructured or higher speed paired exercises we require participants to wear further protective equipment. When using synthetic weapons, this consists of (at a minimum):

- A fencing mask, gorget, and light gloves as above
- **A padded jacket** designed for use in HEMA, preferably by a reputable manufacturer such as SPES or Red Dragon. The club has two jackets available for borrowing.
- We additionally encourage:
 - Upper leg protection
 - Hard joint protection (elbow and knee protectors)
 - Groin protection

Heavy protective equipment. For unstructured or higher speed paired exercises using metal weapons, or full sparring with any weapons, we require the following at a minimum:

- A gorget and padded jacket as above
- **A fencing mask with mask overlay** for top and back of head protection
- **Hard joint protection** (elbow and knee protectors)
- **Upper leg protection**
- **Groin protection** (required for men/others who need similar protection, but recommended for everyone)
- **Heavy gloves**, with a hard shell or equivalent protection that covers the whole hand and fingers – for example, SPES Heavy gauntlets or Sparring Gloves
- **Shin protection**
- We additionally encourage:
 - Additional hard underarm protection, to be worn over the jacket. (Some models of jacket have this built in).
 - Hard (plastron) chest protector, to be worn under the jacket