



Before you play paintball for the first time you need to decide on what you're going to wear.

While some players tend to opt for the normal attire of a long sleeve t-shirt and jeans, others like to go all out and wear cool camouflage clothing. Whatever you decide to wear when you go paintballing is really up to you, but there are definitely some guidelines you'll want to follow in order to ensure you have the best time possible.

To make it simple, here's a brief overview of what kind of attire you'll want to consider wearing when playing paintball for the very first time:

- Long sleeve t-shirt and loose fitting pants
- Running shoes, hiking boots, trail runners or cleats
- Baseball hat, head wrap, headband, beanie, etc.
- Baggy clothing that promotes bounces and allows you to stay nimble
- Non-bulky gloves that offer protection

Clothing tips to consider before you go paintballing:

- Dress for the weather
- Wear old clothing if possible