

PAINTBALL “What should I wear?”

AJEC at Camp Cedar Crest

What to Wear to Play Paintball

Many first time paintball players often ask us two questions: The first is “Does it hurt to get shot?” and the second is usually “What should I wear?” Here is a list RECOMMENDED attire for paintball.

Not required, but highly recommended.

- Long sleeve shirt and long pants
- Sweatshirt, sweatpants, and multiple layers if weather permits
- Hoodies
- Dark or camouflage colors
- Loose fitting attire that allows activity and movement
- Clothing you don’t mind getting dirty
- Athletic sneakers or combat boots
- Bring a change of clothes
- Hat or beanie
- Gloves / gym gloves

PLEASE NOTE: Being shot at close range can often break skin if shot at bare skin!

Ideal attire for a paintball game offers full coverage of arms and legs. While it may be counterintuitive to wear long sleeves and pants when you will be running and staying very active all day, even a thin layer of clothing will act as a protective barrier between skin and paint. This barrier is needed to keep paint off of skin (although it is completely non-toxic and harmless, it can be annoying to wash off) as well as to prevent severe welts.

The intensity of welts will decrease with every layer of clothing between bare skin and paintball, as well as a range of other factors. It is recommended to wear as many layers of clothing as weather will permit. Sweatshirts and sweatpants are excellent choices if it is chilly enough outside.

Another good reason to wear thick layers of clothing is strategy. Soft materials will actually cause paintballs to break less often because it absorbs much of the impact of the shot. When paint does not easily break on a player, this decreases their chances of getting shot out and increases the chances of winning.

Also consider dark or camouflage colored clothing to avoid easy detection. Older clothing or clothes that can get dirty are recommended. Most paint is washable, but you may be crawling in the dirt or mud and risk of staining is high. Make sure you wear something that loose fitting and allows for free movement.

Shoes should be comfortable and easy to run in. Athletic sneakers or combat boots are a great choice. Make sure you don’t mind getting them dirty, just in case.

Always bring a change of clothes for the ride home. If you wear multiple layers, you can simply strip off the outer layer of clothing for a clean outfit. Don’t forget a trash bag to transport your dirty clothing home.