

RUGBY PLAYER'S EQUIPMENT GUIDE

I am often asked what players need to play rugby. What equipment should they have in their kit bag? Really, there is not much, but I will put some things out here, including must haves and where you can find the items.

MUST HAVES

1. Rugby shorts. You may think your baggy basketball shorts look cool. On a rugby field, you are wrong. All experienced players wear real rugby shorts all the time. If you don't, things can become painful and embarrassing. Basketball shorts get shredded in rugby. You can get these shorts at Godek's Rugby and Soccer supply at 2929 Eskridge Road Fairfax, VA 22031 (703) 560-1919. You can also order from him online at WWW.Rugbystore.com. You should order Navy Blue shorts—and I would order at least two pair, maybe three.
2. Rugby Socks. Just like soccer socks. They help to protect your lower legs. You can get them from any sporting goods store—and from Godek. The color should be navy blue, I would get at least two pair, maybe three.
3. Mouth Guards. Hopefully you did not need me to tell you this. You need at least two mouth guards. You must bring them to every practice. You must bring them to every practice. You must bring them to every practice. Do you get the picture? These are available in any sporting goods store.

SHOULD HAVES

1. Rugby cleats. Preferably with removable studs. Sometimes, we play in mud. You will need long cleats to get traction. Sometimes the fields are hard. You will need short cleats. Soccer cleats will do in a pinch—and can be necessary for artificial fields. You can get rugby boots at Godek's—or online at the World Rugby Shop. Football cleats which have a cleat or stud on the toe are not acceptable. The referees will not let you play with them on.
2. Leggings or tights. These will be worn under your shorts. They make a huge difference when the weather is cold. Any sporting goods store.
3. Gloves—go to Home Depot. They make work gloves with rubber grips and knit backs. They are like \$3.00 a pair. You can catch and pass with them. You can buy something fancier if you want—but these work.
4. Kit Bag. We sell them with the FPYC rugby logo. You need a place to store all of your gear all of the time, so when it is time for rugby you pick up your bag and go. Tie the laces of your boots together and put them through the kit bags

handles. We expect players to manage their kit and their bags—not their parents. A bag makes this much easier.

5. Other cold weather gear—whatever you like. There are no bad weather days. Just bad clothing choices. Any sporting goods store. I recommend a knit cap or “skullie”—you lose 70% of your body heat through your head, so a knit cap really helps to keep you warm.
6. Water proof jacket, preferably with a hood. Rugby is played and practiced in all types of weather. Any sporting goods store.
7. Water. Don’t count on anyone else. We have water for games—but not practice. Always bring your own. Anywhere.

NICE TO HAVE

1. Armor—you can wear it or not. There are soft padded shoulder pads and scrum caps (like a soft helmet) for rugby. Some of the more advanced pieces cover other areas of the upper body. Some players refuse to wear anything. Some wear anything that is legal. Godek or World Rugby Shop.
2. Vaseline—for your kit bag, helps protect and cure scrapes. Any drug or grocery store.
3. Athletic tape. For shoes, scrapes, equipment and clothing repairs etc. Any drug or grocery store and probably most sports stores.
4. Power bars or something similar. Grocery Stores.
5. Your own ball. Live with it, handle it, play with it, and never drop it. Godek or World Rugby Shop.