

FENCING EQUIPMENT



Remember, if you have taken the step to buy your own gear, you are probably going to fence for a long time therefore buy good quality – and look after it!

You may not need to buy all of the equipment to start with, but you may wish to start with a mask and glove first.

Basics

Every fencer will need: Mask, Jacket, Glove, Breeches (ideally with knee high socks), Chest-protector (obligatory for women) and the Weapon (see below). Underarm protector or Plastron which goes under the main jacket is also advisable. If you fence only steam (non-electric) foil you might get away without having the breeches however they become obligatory once you switch to electric fencing. You'll probably also want a bag which would hold your tools of trade.

Weapons

For each discipline, there is a training sword (i.e. non-electric) and an electric form (usually used for competitions). Adults fence with size 5 weapons while children might require size 3 or less depending on the age. French and pistol grips are available in foil and epee - please check with your coach what's the best for you.

Electrics

If you fence using electric scoring you will also need the electric version of your weapon and the body wire. The club or competition site will provide the other electric parts (such as piste, score boxes and reels). As well as the weapon, you will also require a body wire, lame jacket for Foil and/or Sabre (a metal jacket work over the normal jacket – Foil and Sabre Jackets are different, whilst Epee does not require one), and also for Sabre an electric mask and electric glove.

Shoes

Although normal trainers or squash shoes can be used, dedicated fencing shoes offer extra protection to the heel and to the inside of the foot, and heel-stabiliser versions can also be purchased (one of the main injury to fencers from over-lunging).

If you compete...

You'll need at least two working weapons and body wires plus, if you're taking part in an official international tournament, your equipment should answer the standards of the FIE (Federation Internationale D'Escrime) and your name and country must be written in big impressive letters on your back!

Should you have any queries, please do not hesitate to contact us and we will try and help you.

Looking After your kit

Following are a few tips for keeping your kit in it's best condition.

- Every time you fence, it is best to remove your clothing from your bag and leave it out to dry for a day or two to prevent the cloth from rotting and/or smelling (nobody wants to fence someone who smells like they haven't washed in a long time!).

FENCING EQUIPMENT



- After fencing, turn your Lamé inside-out and roll it up to prevent sharp creases which could cause dead-spots - Do not wash your lamé!
- When washing your clothing, follow the instructions provided by the supplier. If you do not have these available or the supplier has not provided them:
 1. Check for any obvious signs of wear and repair if possible to do it safely or replace it (keep any irreplaceable kit suitably labelled for spare pieces).
 2. Ideally hand-wash your clothing, but if this is not possible, make sure that you use a gentle wash (40 or 30) and a gentle spin
 3. Use non-biological washing powder. Do not use any bleaching agents, as these can weaken the fabric.
 4. Rinse thoroughly. Do not use any fabric softeners.
 5. Drip-dry naturally, but do not leave the clothing in the sunlight for too long as the UV rays can damage the cloth.
 6. Once dry, take it inside and leave to air at normal room temperature until you are sure it is dry before hanging it up.
- Don't keep your clothing in the same bag as your weapons. The moisture from the clothing will cause your weapons to rust and in return, the rust can then stain the clothing, which is nearly impossible to remove without damaging the clothing.
- If you DO want to keep your clothing in the same bag as your weapons, purchase some plastic tubing from a local DIY store, cut it to size and put the blades of the weapons into the tubing before placing them in your bag.
- Use a rag with oil to wipe the BLADE of the weapon to help prevent rusting (IMPORTANT: use the oil sparingly and do not allow any oil to touch the tip of any electric weapon as it can cause grit and metal particles to collect and cause failures).
- Keep the tip of your blades safe – grit and other particles can damage the blade, and prolonged pressure on the point can compress the spring. Why not put the rubber bulb from a dropper (remove the glass part and make sure it is perfectly dry first) on the end of the blade when not in use – it makes an ideal tip protector?