

# Lafayette Roller Derby

## Gear Recommendations

Here it is, the Lafayette Roller Derby extensive gear recommendations list! Here you can find everything that will be required for you to skate with LRD, and even some extras that you might want to get along the way. LRD does have a small stock of used equipment that you may try on or borrow before investing in full gear of your own, but sizes and styles are limited.

These recommendations are largely based on our skaters' personal experiences, so there may be other good options as well. If you find something that is not on the list, please check with us to be sure it is suitable for derby! If you don't follow our recommendations and show up with the wrong gear, for the sake of everyone's safety, you will not be permitted to skate until you get the proper equipment.

Please note that the prices are for each individual item as listed and prices sometimes vary slightly based upon where you buy them. You can usually save money overall by buying a "Fresh Meat Package" from a derby-focused website, but it just depends on what you want because not all packages are customizable.

## Where do I buy My Gear??

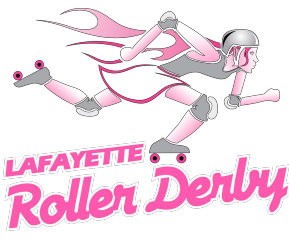
There are lots of places available to purchase gear, new and used. Here are some great ones!

### New Gear

- **Lombard Roller Rink** - This is the closest bricks-and-mortar store we know of, in Chicago's West suburbs. Call ahead and ask for "Steve," who really knows his stuff.
- **Rollergirl.ca** – Canadian skate shop located in Vancouver, BC. GREAT customer service and they have tested every item that they sell to ensure quality merchandise.
- **Bruisedboutique.com** – Great Fresh Meat skate packages and lots of cute accessories
- **Amazon.com** – You can find a surprising number of items on amazon at great prices, just make sure you double check to make sure you are ordering the right item, since there is not always detailed item specifications.

### Used Gear (NO USED HELMETS. YOU MUST PURCHASE A NEW HELMET.)

- **Roller Derby Recyclables on Facebook** – A great place to watch for used gear at (usually) reasonable prices! However, make sure to check online prices first and you are clear on what's included to ensure you are getting a good deal.
- **Other LRD Skaters** – A lot of us have upgraded our gear many times and might have something to sell. Don't forget to check with us if you are looking for something!



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## Gear Recommendations

### REQUIRED TO START

#### Quad Roller Skates

There is a very wide range of derby skates available, some good, some bad. Please do your research to find the boots and plates that are right for you in both build and price. Keep in mind that you will get what you pay for. You can get a cheap pair of skates, but it is likely that you will need to upgrade them within a year or so. Sizing is extremely important to the safety of skating in roller derby. Your skates should fit very snugly against your feet. You can get try on skates owned by LRD members, or consult the online sizing guide for each brand. If your feet are more than a half a size different you should custom order skates to fit you properly.

#### Basic

- Riedell R3 – Basic starter skate ~ \$120

#### Better

- Riedell 265 – very good starter skate ~ \$325-\$450
- Bonts – a lightweight low ankle boot ~ \$250-\$600
- Antiks – higher Ankle boot, known for their comfort ~ \$250-\$500 (Spyders are the cheapest, but still decent)
- Crazy Skates – Higher end skate ~ \$300-\$400
- Luigino Vertigo – Another good option ~\$200-\$330

#### Not Allowed

- Roller Derby Brand (their name is misleading, almost none of their products are actually suitable for derby)
- Sonic Skates (made for recreational use, not for the amount of abuse that derby skates get)



#### Wheels

\*The price on wheels doesn't really vary between sellers, so just try to find somewhere with free or cheap shipping\*  
Wheels come in different durometers (how hard or grippy the wheel is), heights, thicknesses, and hub types, and you will find that everyone has a different preference on what they like the best. Most basic skates will come with some sort of stock wheels included, and they will be just fine while you are starting out. When you are ready to upgrade, try a teammate's or talk to someone with a similar weight/body type.

#### Basic

- Radar Flat Out (88A) – A basic, wider wheel good for beginners, but you will likely want to upgrade them. Bonus: These are one of very few wheels where you can pick your color! ~ \$60

#### Better

- Radar Bullets (Pink 91A or Purple 93A) – Higher performance wheel ~ \$80
- Reckless Morph Wheels (Blue core 95/91) – Two harnesses in one wheel ~ \$70
- Sure Grip Fugitive Mids (Black or Blue 92A) – A slimmer basic wheel ~ \$70
- Radar Villians (White 84A) – another softer wheel option ~ \$60



#### Mouthguard

You can get a standard boil & bite mouthguard at any sporting goods store for about \$5, but for most people these are really bulky and it's difficult to talk or drink from a water bottle with them in.

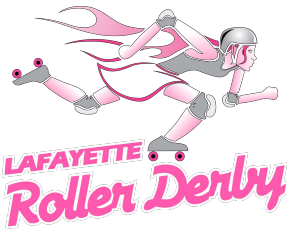


#### Basic

- Basic Boil & Bite Mouthguard ~\$5
- Shock Doctor Gel Max Mouthguard – these are a little on the large side (this is what most fresh meat packages come with) ~ \$13

#### Better

- SISU 1.6 or 2.4 (Protech Dent) –The number (1.6 or 2.4) is the mm thickness of the mouthguard (it's TINY), but it protects your teeth just as well as any other mouthguard and you can still talk and drink with it in! ~ \$25



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### Bearings

If your skates come with stock wheels, they will also come with bearings. When you are ready to upgrade, you can find bearings at most skateboard shops, including Amused on campus and Zumiez in the mall.

- Bones Reds (8mm) ~\$25-\$35 for a 16 pack (Amazon tends to be the cheapest)
- Kwik Zenith ~ \$35



### Helmet

Your helmet is your most important piece of safety equipment; you want to make sure you are getting a good one. You only get one brain. Helmets must be purchased new because with even one fall the integrity of the helmet could be compromised, and you never know what history a used helmet could have. Make sure you get a helmet that is multi impact rated for best protection. Please note that even with a nice multi-impact helmet, if you take a big fall and hit your head hard you will need to replace the helmet to ensure that you continue to stay protected.

#### Basic

- S-One Lifer or Premium ~\$55-\$70

#### Better

- Bauer Hockey Helmets ~ \$40-\$100

#### Not Allowed

- Skiing Helmets
- Motorcycle Helmets



### Knee Pads

Good kneepads are ESSENTIAL to safe derby skating. There will be A LOT of falling on your knees, so you want to make sure you have plenty of padding and a good fit. You may begin bruising through simpler knee pads after less than a year, while higher quality pads can last 3+ years.

#### Basic

- Triple 8 – KP 22 – Basic knee pads ~\$35
- 187 – Fly – suitable padding, and less bulky ~\$35

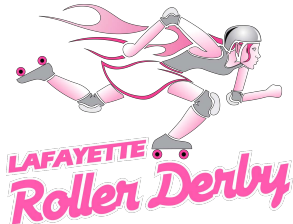
#### Better

- Smith Scabs Elite – Nice padding and comes down onto the calf for additional protection. You can get them in cool designs too. ~ \$70
- TSG Force III – A little bulkier, but they have great padding. The plastic knee cap are replaceable ~ \$70
- 187 Derby Pro – Designed specifically for derby, available in a few colors ~ \$75

### Elbow Pads

It's not likely that you'll be taking any serious falls onto your elbows, so really thick foam isn't necessary, but you really want the elbow pads for skid protection because rink rash hurts (and scars).

- Triple 8 EP55 – large plastic cap to protect elbow, thin lycra sleeve for easy movement ~ \$30
- 187 Elbow Pad – contoured design to bend with your arm – thicker material so less mobility ~ \$30
- Atom Elite Elbow 2.0 – heavy duty neoprene sleeve, even has non slip strips to keep them in place ~ \$35



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### Wrist Guards

A good fit on a wrist guard is important because you may be falling on your hands a lot in the beginning and you can bruise yourself up good with ill-fitting wrist guards. Triple 8s are nicer than the 187s, and both significantly better than the pro-techs.

#### Basic

- Pro-Tech Wrist Guards – bulky but functional ~ \$20
- 187 Wrist Guards – also bulky, but better fit and quality than the Pro-Techs ~ \$25

#### Better

- Triple 8 Wrist Savers – comfortable mesh sides are breathable and stretch to fit ~ \$20
- Atom Wrist Guard – unique full palm protection, but open back design doesn't prevent your wrist from bending backwards which could result in injury ~ \$15

## OPTIONAL

### Knee Gaskets

If you need some extra support and padding for your knees then these might be just the thing.

- Smith Scabs Knee Gasket – fits perfectly with Scabs knee pads, Velcro sticks them into place ~ \$30
- Triple 8 Knee gasket – Velcro for attaching to your knee pads ~\$30
- 187 Knee Gaskets – curved design ~\$30

### Outdoor Wheels

Come summer we will be doing a lot of outdoor skating, so you'll definitely want some of these. Softer than indoor wheels so you don't feel bumps quite as much

- Radar Pure (78A) – great outdoor wheel and it comes in many different colors! ~ \$70

### Toe Stops

All skates will come with toe stops, but many starter skates come with a smaller black rubber stop that is somewhat hard to use properly and tends to wear out quickly. We recommend large grippy toe stops, they'll make your life way easier.

- Bionic Super Stopper ~ \$20
- Moonwalker – Comes in many colors ~\$20

### Padded Shorts

If you are especially bony in the rear or otherwise nervous about contact with your hips or tailbone, you might want to invest in crash pads. There are a number of derby-specific options with prices ranging from about \$50 - \$90/pair.

- McDavid Hex -- low profile protection ~ \$50
- Triple 8 Bumsavers -- shorts with removable pads for easy washing ~ \$50

