

## What to Wear

- Bring a pair of running shoes, boots with rubber soles or rubber overshoes. In order to keep the ice clean you will not be permitted on the ice with shoes/boots worn outside.
- Sweatpants or any loose pants that you can easily stretch in.
- Sweater/turtleneck, light jacket. Try to dress in layers so you can take off your jacket if you heat up.
- Gloves if you want. It's not that cold while you're curling though.

\*\* NOTE \*\* Dressing rooms will be available with lockers, just bring your own locks.