

Clothing and Equipment for Orienteering

When starting out, you don't need to buy special clothes or equipment. Just wear whatever clothes and shoes you would normally wear if you were going for a walk in the countryside.

Once you become a bit more competitive and wish to jog or run around a course, then you'll need some all-terrain running shoes – what are often referred to as Trail Shoes. There are companies which specialise in O-shoes (Inov8, for example) – a good selection can be found at Sportsshoes.com

When you go to any event you will see other orienteers wearing all sorts of brightly-coloured O-tops and leggings. WSX has its own club top and we periodically place an order for either short or long-sleeved versions. Here's the design and our logo.



Regarding equipment: although you will eventually need a compass, your most important piece of equipment is the map itself! Getting to understand the map and orientating it is essential in order to become a good orienteer. But once you've decide to buy a compass you need to decide on which type to buy – either a base-plate or thumb compass. [Here's a link](#) to the Silva website showing both types.

All events these days use electronic technology and there are two main systems: [Sport Ident](#) (S.I.) and [EMIT](#) and both require a special unit in order to activate the control boxes during an event. S.I. offers the basic 'dibber' and more frequently being bought, the SIAC dibber – which is a touch-free version. But you can nearly always hire a unit – so don't rush out and buy one until you are sure.

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