

**BOWMEN OF MINCHINHAMPTON**

**WHAT DO I NEED TO BUY AFTER MY BEGINNERS’ COURSE?**

This is a suggested list of kit that a beginner archer will need after he/she has returned the hire kit to the Club. It is a suggestion – please talk to as many of the senior archers as you can before you buy – it will help you decide what YOU want – and may save you a lot of money!

This is a list for those shooting recurve bows. If you decide to shoot compound bow, then it is recommended that you go to a reputable specialist archery shop, tell them your stage of development, and take their advice. You will be spending a lot of money, so you need the best advice.

For your first set of recurve kit it is strongly recommended that you go to a good archery shop, such as Wales Archery Specialist at Crick, that has their own range and will supply you with kit to suit you and the stage of development you have reached. **Remember – buying off the internet is for experienced archers who know what they want**. Not everyone who sells over the internet is up front about any problems there may be with the kit they are selling, and it is easy to spend money on kit that later turns out to be useless to you.

The specialist shops have set thousands of archers on the road to enjoyment of their sport. Tell the shop staff whether you shoot left or right-handed, how long you have been shooting, what stage you have reached, the distance you are currently shooting, and the poundage of the bow you hired from the Club. They can then supply you with appropriate kit.

Aim to arrive quite early at the shop, and preferably on a weekday (they are VERY busy on Saturdays). You will be at the shop between two and three hours for a proper fitting of bow, arrows and choosing the extras – so allow plenty of time.

**The Kit you Need**

**Riser with International Limb Fittings**. Ask for a good make of riser that will last you for the next two or three years. At this stage you don’t need a £500 carbon fibre riser, and the shop will advise the best for you.

**Limbs** as recommended by the shop to fit you and your new riser. Don’t buy limbs more than about four (perhaps six) pounds heavier draw weight than you are using already.

**String** – I recommend 8125 or 8190 strings. The shop may suggest Dacron, but this will stretch in time. Buy a spare string as well.

**Arrow Rest**. A standard nylon fixed rest (and a spare) will do. Save the expensive magnetic rests for later.

**Pressure Button**. A good quality basic button will do – take the shop’s advice

**Sight.** You don’t need a £200 sight on day one. Take the shop’s advice, but something £30 - £50 is likely to suit you better. If there are any little grub screws on your sight, dab the screw heads with a spot of enamel varnish to lock them in place.

**Brace Height Gauge** – Essential!

**Bow stand** – another essential

**Brass Nocking Points**, plus a few spares

**Nocking Point Pliers**

**Stringer**

**Set of Arrows**. A good archery shop will fit you with arrows by setting up your new bow and getting you to shoot various trial arrows. Almost certainly they will recommend aluminium arrows, and they will sort out the right length of arrow, and the right size and weight of piles (points), nocks and fletches. Arrows come in matched sets of twelve, and I suggest you buy a set of twelve. Get the shop to fletch ten arrows and make the other two up as “bare shafts” (i.e. piles and nocks, but no fletches). You will need the bare shafts when you start bow tuning down the Club Field later on. You will need to choose the colours of the fletches and nocks, and the Shop may have to make up your arrows and post them to you separately. Ask the shop to write down for you the specification of your arrows, piles, nocks and fletches.

**Packet of spare fletches (both colours)**

**Packet of spare nocks**

**Two or three spare piles**

**Sets of Alphabet and Number decals** so you can number your arrows and put your initials on them

**Fletching Glue** for refixing fletches

**Fletching jig**. Opinions vary on these. I always buy the heaviest and most rigid I can find. Look at a few and pick a rigid one with click stops that suits you.

**Bag, Case or Knapsack** for all your kit – expensive, but important

**Finger Tab** – essential, and most important you get one you like. You can get tabs with a ledge: if you do buy one like this, ensure the ledge is easily removable.

**Arm Guard (Bracer)** to your preference

**Quiver** (and belt, if it has not got one) Suggest one with pockets to hold ArcheryGB card, bracer, finger tab, pens, perhaps your scorebook.

**Score book** – suggest one with a waterproof cover. Check it will hang from your belt, or go in a pocket of your quiver

**Arrow puller** - Check it will hang from your belt, or go in a pocket of your quiver

**Not essential on Day One, but you will need them soon**

**Hot melt glue** for refixing loose piles

**Bow Sling** – try both finger slings (including bootlaces!) and wrist slings to see which you prefer

**String Wax** to lubricate the string

**Chest Guard** – important as you move up to higher poundage bows

**Other items that you can get locally** (not necessarily from an archery shop)

Set of screwdrivers to fit every screw on your kit

Set of Allen keys to fit everything you own

Small snipe nose pliers

Lighter or candle to melt your hot melt glue

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