

What To Bring

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Required

- Skates (duh!), with a back brake strongly recommended for our hilly routes
- [US CPSC approved helmet](#)
- Picture ID such as a driver's license
- Wrist protection such as a wrist guard, or at least gloves with plastic slide pads sewn in

Strongly recommended

- Knee pads
- Elbow pads
- Reflective vest or jogger's flashing light (night skates only)
- Health Insurance card