



A word, or two or three, from your JOAD Coordinator.

We hope to be able to start shooting outdoors again soon and compete in some tournaments this summer. Be prepared.

OUTDOOR ARCHERY EQUIPMENT SUGGESTIONS

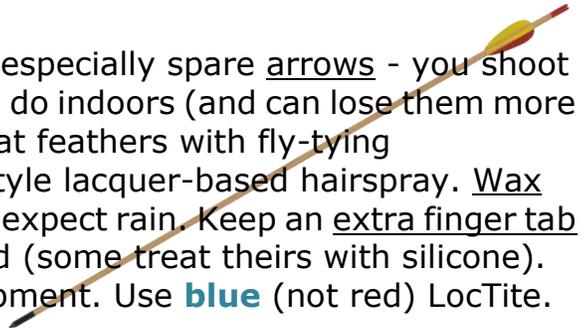
(gleaned from personal hard-won lessons or shamelessly lifted from X-Files JOAD Internet newsletter, suggestions etc.)

Mother Nature rules outdoors: be ready to deal with heat, cold, sun, wind, rain (sleet, snow) bugs...



Archery Tackle: Bring spares, especially spare arrows - you shoot 6-arrow ends instead of 3 as you do indoors (and can lose them more easily.) Use plastic vanes or treat feathers with fly-tying waterproofer or (I'm told) old-style lacquer-based hairspray. Wax your bowstring, especially if you expect rain. Keep an extra finger tab handy in case yours gets soaked (some treat theirs with silicone).

Tighten any screws that might come loose on equipment. Use **blue** (not red) Loctite.



Spotting scopes or binoculars help - you share targets ("is that my arrow?") at longer distances.



Dry your sight and other equipment after a wet shooting session to prevent corrosion.

Compounders: keep the sight lens dry and fog-free (put a cover on the lens between ends.)

I twang the string before I shoot when it's really wet so I don't get a shower on my glasses. Sometimes shake out the arrows to get the heavy water off. You can put a plastic bag over the arrows when you're not shooting.



Hydrate thyself! Have lots of water and/or electrolyte replacement drinks (diluted Gatorade etc.) - but not too much.

Avoid caffeinated or sugary drinks. (They can dehydrate you).

Some people freeze gallon milk jugs of water and drink it as it melts.

It keeps lunch cold, too. Drink water before you think you need it, a **few sips** after every end. Spray bottles and misters can be nice - (but keep it off your glasses). Bring easily-digestible snacks you can nibble to keep your strength up and constant. Bananas are good in hot weather.

Sun Protection/Shelter/Coolers: Use a **gazebo/tent or beach umbrella.**

Remember the tent pegs and hammer. Bring folding chairs - the fancy ones with the arms can be annoying since your quiver gets in the way. I also use a kerchief that evaporates and cools your neck.

Frozen damp wash cloths on the neck work well (ahhhh).





Use sunblock with a high SPF number - re-apply later since it wears off (another use for your towel - greasy hands are no fun).

Have bug repellent handy, too. It's hard to shoot when a mosquito lands on your nose at full draw. Be sure to use repellent just above your shoes and check for ticks after shooting. (Put bug stuff on the back of your hand, then spread it elsewhere - it can dissolve plastic and elastic, etc.)



Cool sunglasses are a must. Archers are sooo fashion conscious...



Clothes: Rain and/or windproof pants and jacket - if it is truly raining, officials will waive some clothing rules. To keep sleeves from fouling the string: use a chest protector, masking tape, binder clips or cycling/compression sleeve to keep the sleeve tight (thanks, Karen Scavotto) or take off the left sleeve (for righties) just before you shoot (courtesy of Jason McKittrick).



Bring waterproof shoes and/or an extra pair of shoes and socks. (Sandals are not legal for tournaments - closed-toe shoes are required.)



Have towels available to dry rain or sweat off yourself and your equipment - they're good portable shade, too.

For cold weather, polypropylene long sleeve shirts don't get clammy, but keep you warm.

Zip-off shorts are another way to layer or deal with changing weather. (Your shorts must reach the middle of your thigh.)

For hot weather, light colors are best (they reflect the heat and bugs don't like them as much). You need short sleeves - (not sleeveless or with spaghetti straps and no bare midriff, even when you raise the bow).

I use Coolmax or other wicking fabrics or cotton.

(A first aid kit: band-aids, antibiotic etc. is a good idea, too.)

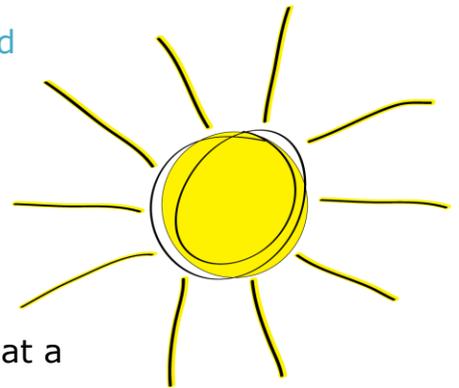
I wear a soft-brimmed light-colored safari hat (with a neck drape). Soft bucket hats are good, too.

Baseball caps or visors can work, but you may have to cock it at a fashionable angle so the brim doesn't foul the string.

Backwards hats are useless except to protect a bald spot.

One Korean shooter cut a notch in her visor to allow for the string.

You can waterproof hats with a spray or use a Goretex material.



Eyeglass wearers should be especially careful so they don't see four targets due to the water spots.



If you have long hair, tie it back - if it blows into the string as you release... ouch.

