**Suggested Kit List (and APPROX prices):**

**‘Recurve:-**

* If you hold the riser (handle) in your left hand and pull the string with your left – you are RIGHT handed and all references here will be on that basis
* Riser (prices vary) – this ‘should’ be with you for a while so recommend spending as much as your budget will allow on a metal riser. 23/25 or 27” depending on your height (*I use a 25” riser – Colin Witton*). Simple rule of thumb might be – less than 5’8” – 23” riser, over 6’4” – 27” riser. Ask club members to see if you can find one you like the feel of if need be. Get one compatible with International Limb Fittings (ILF)
* Limbs (£35) – get International Limb Fitting limbs (ILF). Get entry level limbs to start with as you might need to change these once you start developing your form. DO NOT GET OVERPOWERED LIMBS! This will undermine your form and you will NEVER hit the middle. Speak to any of the club coaches for advice on poundage. Long, medium and short limbs are available – this again is driven by your height.
* String (£15) – check the combination of riser and limbs before buying your string (Dacron 16 or 18 fibre strings are fine). A 25” riser with long limbs results in a 70” string required for example. Some may come with brass knocks already on. These are ‘ok’ but recommend speaking to coaches who will help you with string knocks.
* Stringer (£5) – essential for SAFE stringing/unstringing of the bow – ask a coach for demonstration
* Rest (£5) – arrow sits on this – suggest a fairly cheap magnetic one, (get right handed)
* Button (£5) - this goes through your riser and positions the arrow on the rest. All do the same job and the cheaper ones are fine.
* Sight (prices vary) – a piece of kit that is likely more expensive that you would have expected. Entry level sights will do a job but are flimsy. I’d recommend getting as good a sight as your budget will allow. The DECUT recurve sight is around £50 and good value for money. Remember to get RECURVE sights as opposed to COMPOUND ones. (get right handed)
* Sight Pin (£15) – this is what you actually look through when aiming. Recommend the BEITER sight tunnel. This is the square one with a range of reticules you actually look through (orange ones are the most popular). Get the 12mm one as this supports a ‘sight bubble’ should you want one at a later stage.
* Finger Sling - £3 – or an old shoelace!
* Tab (prices vary) – most will be much better/more comfortable than the club ones but recommend the FIVICS SOMA tab (around £35). Remember to get a R/H one suitable for the size of your hand.
* Arrows (£5 each) – recommend getting entry level, aluminium, finished, full length arrows at the start as you will lose some (we all do) and these will be the cheapest. Get brightly coloured fletches and knocks to help you find your arrows in the target face (or elsewhere)
* Quiver (prices vary) – completely up to you – but remember to get right handed one. You will start to gather bits and pieces of kit so suggest one with at least some space but it’s entirely up to you.
* Bag (prices vary) – backpacks are popular. Cheaper bags are available but these tend not to last too long.
* Things to consider later on:-
  + Bow-stand (generally used indoors – all do the same job), stabilisers (slows down movement when at full draw), bubble (helps you hold the bow vertical), clicker (helps ensure a consistent draw length – best NOT to get this too early though), monocular or binoculars (for when you start nailing the 80 yarders), spare fletches and knocks, notepad and pen to start capturing your sight marks

**Where to get kit?**

There are no walk-in archery shops in Scotland. However, there are a number of fairly competitively priced online options available that you can shop around in.

Search online for – **ArcheryWorld, Bowsports, Alternative Sports, Merlin Archery, Quicks Archery, AimArchery**

In the short term, club kit can be hired with a £60 deposit and £5 per week hire cost. See the coach or any of the club committee if required. Whilst we want to support new archers continuing their shooting after the course, we highly recommend moving to your own kit at the earliest opportunity as this consistency will facilitate quicker improvements.

**Key Principles to remember (recurve)**

* Safety – never ‘dry-fire’ your bow, always check the target is clear, collect your arrows carefully, ensure arrows are long enough (if arrows are any closer than two inches to the rest at full draw – stop shooting immediately and seek advice)
* Stance – stand tall, feet shoulder width apart, 90 degrees to target, straight line from right elbow through both shoulders to bow-hand
* Anchor Points – top of first finger tight under the jaw and on jawline, string to nose/chin
* Bow-hand – light grip on bow
* String-hand – fingers one above and two below the arrow, with string sitting in first joint of fingers
* Release – smooth (drop the shopping bag) – don’t snatch, keep bow arm in place at least until the arrow lands
* Reflect & Self assess – what does a good/bad shot feel like? Learn from each shot and move on to the next one
* Resist temptation to adjust sight marks/windage too quickly – ensure your form is consistent first
* Remember a note-pad and make sight marks as you go
* If you have any questions about kit, form or shooting etiquette – ASK!
* Get round the course (even if shooting from shorter pegs) – this will help you improve much quicker
* Join the Facebook closed group for Forest Spirit Archers

SFAA Membership Application:  FSA Membership Application: 