**Paintball Helpful Info**

We recommend that paintball participants wear:

* Long pants and a long-sleeved shirt. (Dark or camo, baggy clothes are better.)
* Sturdy boots or shoes—you will be playing in the woods.
* Cheap pair of gloves if it’s cold.

DO NOT wear any good jewelry of any type. If you choose to wear them, they could become lost or damaged. Do not wear nice clothes, you will get DIRTY!! Paint is water soluble and should wash out.

Q. Does it hurt when you get shot?
A. The paint pellets break open upon impact, and generally cause very little pain. What pain is experienced is more of a stinging sensation from the pellet's impact against the skin or through clothing--that is why baggier clothes and layers are better. If you get hit by a paintball fired from close range (about 20 feet or less) it does sting a bit. Most people will tell you that after the first time you’ve been hit, the sting is rarely an issue.

Q: What should I expect?
A: There are many different types of games played including “capture the flag”, “elimination,” “El Presidente,” “the Alamo” etc. Games usually last between 15 to 20 minutes. Sometimes they last only 5-10 minutes!