



WHAT

GEAR

SHOULD

I BUY?

WHERE CAN I BUY?

SKATE SHOPS

Medusa Skates
Austin, Texas

<https://medusaskates.com/>

Derby Warehouse

<https://www.derbywarehouse.com/>

Skates U.S.

<https://skatesus.com/>

Fritzy's Roller Skate
Shop (some items)

<https://fritzysrollerskateshop.com/>

Roller Derby Recyclables



A FEW NOTES

- Say **NO** to NYLON plates. If you can splurge a bit, go for the METAL plate.
- Say **NO** to BOLT ON toe stops; say **YES** to **ADJUSTABLE** toe stops.
- In regard to Shadow's favorite Roll Line plate & toe stops, ensure you are buying the correct thread. These come in US Thread or European Metric Thread. (Shadow can help!)

QUESTIONS?

ASK A VET!

WHAT DO I

NEED?

As a skater, there are items needed to keep you protected...

- Helmet
- Mouth Guard
- Elbow Pads
- Wrist Guards
- Kneepads

What other items do I need?

- Skates
- Toe Stoppers
- Wheels
- Skate Tools

OUR FAVORITE BRANDS

HELMETS

S1
Triple 8

MOUTH GUARDS

SISU

PADS

187 Killer Pads
Triple 8
Roller Derby Elite
TSG

For Knee Pads:
S1
187 Killer Pads

SKATES

Bont
Riedell
Chaya
Antiks

MORE

RECS

TOE STOPPERS

Bionic
Gumball Superball

For Blockers:
Ambra Hockey Small (Hockey and Derby)
Ambra Super Professional (Hockey and Derby)

For Jammers:
SUPER JUMP Toe Stops
SUPER PROFESSIONAL Toe Stops

WHEELS

Wheels come in different hardness ranging from 78A-103A. Wheels around 78A are softer and better for outdoor skating. As the number increases, so does the hardness.

If you are a heavier skater, look for wheels ranging in the 90's & above hardness range.

Wheels vary skater to skater since each skater has their own preferences.

SKATE TOOLS (TO CONSIDER)

Universal Skate Wrench
Powerdyne Y3/Y4 Skate Tool
Bones Bearing Press/Puller