

EQUIPMENT – GLOVES, BOOTS and RACE SUITS

The most cost-effective racewear to buy, are gloves and boots. Here's a bit of information about them.

Gloves

Karting gloves are often modelled on the gloves you see F1 drivers wearing. Importantly, they do not have to be fire resistant, so that gives us a bit of flexibility. Their function is to prevent you burning your hands if you happen to touch a hot engine, and to help stop blisters that you can get from intense driving.

The factors to consider when buying gloves are:

- **How do they fit?** – Your gloves should fit snugly, and not slip on your hands when you are driving.
- **Are they padded?** – Padding seems like a good idea, but can make the gloves uncomfortable. Minimal padding around the heel of the hand and thumb is best.
- **Grip** – Gloves can have rubber pads to improve grip or can be suede, which provides good grip. This is important as you do not want your hands sliding around the wheel

Boots

Boots are designed to be lightweight and comfortable. They have thin soles to improve pedal feel, and should cover the ankle. If you don't have boots, it's not a problem as a lot of drivers drive in trainers.

Race Suits

For Indoor karting, a set of racing overalls, as used by TeamSport are a good option, however if you want to buy your own, there are a few things to consider.

karting race suits are designed specifically for protection. You can buy them off the peg or get a suit custom made for you (depending on your budget).

Kart suits are designed to protect the driver in the event of an accident where they are ejected from the kart, so are abrasion resistant, in a similar way to motorcycle suits. This means that they are quite thick and can be hot in the summer.

Race suits are certified by the CIK-FIA and the most common certification is Level 2, which is used in all club karting. Suits will have their certification embroidered on the back of the collar. This will also have an expiry date on it, so be careful if buying second hand.

Getting the fit right is important. It is tempting to look at F1 drivers and go for a slim fit, however, these guys get their suits custom made for them. It's important that your suit allows you to have a good range of movement, especially across the shoulders, and that it is comfortable when you are sat in the kart. When you come to buy a suit, give yourself some room.