

What You Need for the First Day of the Range Exercises

Before your first range exercise, be sure to:

- Get a good night's rest
- Know the range location
- Be on time (or early)

Come prepared and dressed appropriately with:

- DOT-compliant helmet
- Eye Protection
- Long sleeve shirt or jacket
- Full-fingered gloves
- Sunglasses
- Long pants
- Over-the-ankle boots or shoes
- Rain gear (in case of rain)
- Drinking water and snacks

Check with your training site to see if a loaner helmet is available and to verify what you need.