

## What is pickleball: What to wear when playing

Pickleball apparel is like any other sport when it comes to traditional attire. Check out our pickleball wear selection for the very best.



**Anaheim, California Feb 10, 2023 ([IssueWire.com](https://www.issuewire.com))** - Pickleball is a popular sport that combines elements of tennis, badminton, and table tennis. It is played on a smaller court with a net that is lower than a tennis net, and players use a paddle and a plastic ball with holes in it. The game is typically played by two or four players, and the objective is to hit the ball over the net and into the opponent's side of the court, making it difficult for them to return the shot.

When it comes to what to wear when playing pickleball, there are a few key things to keep in mind. First and foremost, it's important to wear comfortable, breathable clothing that allows for a full range of motion. This means avoiding tight-fitting or restrictive clothing that can impede your ability to move freely on the court. Athletic shorts or pants, a t-shirt or tank top, and athletic shoes are all great options.

Another important consideration when choosing a [pickleball outfit](#) for pickleball is the weather. If you're playing outdoors on a sunny day, it's essential to protect your skin from the sun's harmful rays. Wearing a hat or visor and applying sunscreen are both good ways to keep your skin safe. Additionally, if you're playing in hot weather, it's a good idea to wear lightweight, moisture-wicking clothing that will help keep you cool and dry.

When it comes to shoes, it's crucial to choose a pair that provides good traction and support. Athletic shoes with a non-marking sole are ideal for pickleball, as they allow you to move quickly and change direction easily without leaving marks on the court. Additionally, a good pair of shoes will provide support for your ankles, knees, and other joints, which can help prevent injuries.

It's also essential to keep in mind that pickleball can be quite a demanding sport, so it's important to wear clothing that will help keep you dry and comfortable throughout the game. Moisture-wicking fabrics are a great option as they help to wick away sweat and keep you feeling dry and comfortable even during intense play.

In summary, when it comes to [what to wear when playing pickleball](#), it's important to choose comfortable, breathable clothing that allows for a full range of motion. Athletic shorts or pants, a t-shirt or tank top, and athletic shoes with a non-marking sole are all great options.

Additionally, it's important to protect your skin from the sun, choose lightweight, moisture-wicking clothing for hot weather and choose shoes that provide good traction and support. With the right attire, you'll be able to enjoy the game to the fullest and keep your body protected from injuries.

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