

Boxing Equipment Recommendations

This is just a loose recommendation if you are first starting out. If you find something that you like that isn't mentioned here, by all means go for it! Doing your own research is important, but if you are too lazy for that then this doc is just for you :)

Beginners

If you are a beginner, all you really need is **16 oz Gloves and 180 inch Handwraps**.

Why 16 oz? The weight of the glove determines how much padding there is, so the heavier the glove, the more protective it's going to be. Your knuckles and your sparring/training partner will thank you for it. 14 oz is acceptable if you are <140 lbs/64kg.

For handwraps, 180 inches is generally the standard size. Shorter lengths don't quite work as well.

Gloves

Reputable Brands for <\$100: Title, Everlast, Venum, Fairtex, Rival, Fighting.

[RDX F4 \(\\$35.99\)](#)



Probably the best gloves under \$40. Generally wouldn't recommend going cheaper than this, because you might risk injuring your hands.

[Title Boxing Pro Style 3.0 \(\\$44.99\)](#)



Good beginner gloves. Lots of positive reviews as well.

[Everlast Elite 2 \(\\$54.99\)](#)



One of the most common brand's most common gloves.

[Venum Challenger 2.0 \(\\$59.99\)](#)



People seem generally happy with Venum, and these are definitely a solid pair of gloves.

[Fairtex BGV1 \(\\$89.99\)](#)



My personal favorite gloves under \$100. Definitely worth the investment.

Hand Wraps

(WARNING: 99% OF ALL BRANDS BLEED IN THE WASHING MACHINE SO BE CAREFUL)

[Ringside \(\\$9.99\)](#)

[Title \(\\$5.99\)](#)

How to wrap your hands Tutorials:

https://www.youtube.com/watch?v=RXdzEu_nY7k (Standard way)

https://www.youtube.com/watch?app=desktop&v=CMS_ni5IEs4&t=64s (Better way IMO)

Intermediate Boxers

For those who are thinking about sparring/competing, or those who are looking to upgrade their gear from beginner level, this is the section for you. However, doing your own research is greatly recommended.

Same rules apply: **16 oz Gloves and 180 inch Handwraps.**

Sparring Gloves vs Bag Gloves

You should have two pairs of gloves: one designated for sparring and one for hitting the bags. Bag gloves can be any gloves from the above section, but sparring gloves should take a little more investment. Sparring gloves should both protect you and your sparring partner to prevent unwanted injuries. Bag gloves and cheaper gloves tend to have denser padding to get a good pop against a hitting bag, but that is terrible for sparring. Also having two pairs prolongs wear and smelly gloves.

Sparring Gloves

Laces (rather than velcro) are preferred, but optional for now. Try to aim for gloves that have a price of \$80-\$300.

Reputable Brands: Venum, Hayabusa, Rival, Adidas, Cleto Reyes, Superare, Fly

Some of the club member favorites:

[Hayabusa T3 \(\\$159\)](#)



Great wrist support. But although some love Hayabusa's, others may say that it is a little overrated and overpriced.

[Adidas Adispeed 500 \(\\$200 but been on sale for \\$120 for a while\)](#)



A personal favorite. Adidas for boxing isn't well known, especially in the US. But I can vouch for the comfort and soft padding.

[Fly Superlace X \(\\$200\)](#)



All around amazing glove. Very popular in the UK. No break in period, feel amazing right out of the box.

[Rival RS100 \(\\$204\)](#)



Rival makes some great gloves, and these are among their bests. Designs are unique as well. A favorite among many of us.

[Cleto Reyes Traditional Training Gloves \(\\$245\)](#)



A Mexican Classic. Half of all serious boxers in LA will be wearing Cletos or have it in their Christmas wish list. However, the padding is a little hard.

Mouthguard

Don't have to go too crazy. As long as it says it's for boxing/martial arts and that it is moldable/fittable.

[Venum \(\\$13.84\)](#)

[Opro \(\\$14.99\)](#)

Headgear

HEADGEAR MUST BE USABOXING APPROVED! The headgear must have this patch:



List of eligible headgear can be found here. Unfortunately it's a small list.

[https://assets.contentstack.io/v3/assets/blteb7d012fc7ebef7f/bltf757dab281dec76b/67293cfb8b77ae083d47817d/CERTIFIED Equipment Memo 10.17.2024.pdf](https://assets.contentstack.io/v3/assets/blteb7d012fc7ebef7f/bltf757dab281dec76b/67293cfb8b77ae083d47817d/CERTIFIED_Equipment_Memo_10.17.2024.pdf)

Groin Protector

Honestly any groin protector will do.

[Title \(\\$15\)](#)

[Ringside \(\\$28\)](#)

Boxing Shoes

Research is recommended here. Wrestling shoes are also an alternative that some boxers actually prefer more. Prices vary a lot here depending on colors, size, and website.

[Adidas Box Hog](#)



[Everlast Elite](#)



[Nike HyperKO](#)



Additional Gear That You Should Consider

- Gear/duffle bag
- Jump rope
- Glove fresheners
- Mitts
- More pairs of handwraps (3+)