

# STUNT PADDING & HARNESSSES

Building a stunt bag is a never-ending process. You should always be on the lookout for new, low profile, effective padding for stunts. When starting to build your bag, talk to other stunt performers and find brands that work for you. Begin with basics and build from there. Keep your eyes open in used sporting good stores for deals and unique padding and look for pads from a multitude of sports.

Below, you'll find lists of tried and true gear.

## Stunt Bag

- Waterproof or water resistant that can be worn like a backpack or have a shoulder strap.
- Your bag will end up on the ground, in the wet, in the dirt and you will sometimes have to carry it a long time or over unusual terrain.
- Dark coloured bags hide better on set.



• Have a  
find



flashlight inside your dark bag, on the dark set, so you can  
things quickly.



## Foundation Stunt Pads

- 1) **Soft elbows & knees** – “G-Form” pads (mt. bike), “Stunt Bumpers”
- 2) **Soft elbow & knees for your actor** – CLEAN!
- 3) **Hard elbows & knees** – “G-Form - E-Line”, inline skate pads, BMX, motocross, anything hard you can hide under wardrobe. Women may consider ‘child size ’ pads in some cases.
- 4) **Hips** -“Stunt bumpers”, mountain bike pads, “AMSPEC” (hards), padded girdles (football, ringette, etc.)
- 5) **Back/Spinal pad(s)** – one small, one longer/larger – check motorcycle stores
- 6) **Mouthguards** – clear/non coloured – consider getting a custom fitted mouthguard for best protection from your dentist.
- 7) **Helmet** – skateboard , snowboard, white water paddling helmets, etc. Any helmet that is light that is designed to take impacts and absorb shock from all sides (*not climbing helmets as they are designed to protect from falling debris only*) – Try to find ‘MIPs ’ technology helmets which claim to reduce some force transference to the brain.
- 8) **Tailbone piece** – Stunt bumpers (soft), AMSPEC in LA (hard)
- 9) **Shin & forearm padding** – soft and hard sets – soccer, motocross and martial arts padding
- 10) **Heel cups/shock absorbing insoles** – for jumps, landings in bad footwear!
- 11) **Bits and Pieces** – athletic tape, scissors, moleskin, flesh coloured tape or wrap, work gloves (for rope work), random foam pieces, ankle protection (ankle part of soccer shin pads), etc.



Back Pad



“Stunt Bumpers”



Skate Helmet



“Action Factory”



“G Form”

## Stunt Pad Resources:

- 1) Xion Protective Gear - <https://xionpg.com>
- 2) Action Factory - <http://store.afstunts.com>
- 3) Stunt Bumpers - <https://stuntbumpers.com>
- 4) Bunga Pads - <https://www.bungapads.com/en>
- 5) G-Form - <https://g-form.com>
- 6) AMSPEC - <http://www.amspecinc.com>
- 7) Donjoy Performance - <https://www.donjoyperformance.com>

## Stunt & Flying Harnesses:

The UBCP & ACTRA Stunt Committees **recommend** that members **purchase stunt or flying harnesses directly from either Climbing Sutra or AMSPEC.**

Both companies are in the USA and our stunt community have a long, successful and safe history with using all kinds of harnesses from both manufacturers. You can order online or by phone.

### Types of Harnesses

- 1) Jerk vest (most commonly used)
- 2) Hong Kong flying harness
- 3) Corset harness
- 4) Safety belt (Rappel belt, 'swami belt', etc.)
- 5) Specialty harnesses as needed: swivel, full body, different attachments, ankle, wrist, etc.



AMSPEC - Hong Kong, Corset & Jerk Vests

CLIMBING SUTRA -Hong Kong, Corset & Jerk Vests