

## Equipment check list:

### For the Body

- Helmet with mask
- Mouth guard in a box or baggie
- Neck guard
- Moisture-wicking top with long sleeves (optional)
- Shoulder pads
- Elbow pads
- Gloves
- Moisture-wicking pants (optional)
- Hockey jock with Velcro and/or tape for socks
- Hockey pants
- Suspenders (optional)
- Shin guards
- Hockey socks (with tape if used)
- Skating socks
- Skates

### Player Extras

- Stick
- Backup stick - optional)
- Hockey bag
- Tape (for sticks and socks)
- Skate guards
- Skate towel
- **Optional:** extra mouth guard, extra skate laces, skate tool, stick wax, “emergency” snack

### Goalie Extras

Goalies need everything above except for the helmet, gloves, and shin guards—plus, they also need:

- Mask
- Throat protector
- Chest/arm protector
- Catcher
- Blocker
- Leg pads
- Goalie skates (for older goalies)
- Goalie stick