



Hockey Equipment Check List

- Hockey Helmet with Full Face Cage**
This is the most important safety equipment. Make sure it is CSA, UL or HECC certified, fits properly, and all straps and screws are in place
- Mouth Guard** Optional, but highly recommended. A good, fitted mouthguard can help protect against concussion.
- Neck Guard**
- Shoulder Pads**
- Elbow Pads**
- Gloves**
- Jock or Jill** Preferably all-in-one with shorts and Velcro to hold up socks.
- Hockey Pants**
 - Suspenders or belt to hold up pants
- Shin Pads**
- Hockey Skates** There is nothing wrong with a good pair of used skates for younger players who will likely outgrow their skates each year and barely break in a pair of new skates in a season. Make sure the uppers and blades are in good condition and get sharpened at a reputable pro shop.
- Hockey Stick** Don't spend a fortune. Most players, particularly in younger age groups, are not going to notice a big difference between a good wood stick and a high-end composite stick until their strength and skill level develop. Stay within your budget.
- Hockey Equipment Bag**
- Hockey Tape**
 - Cloth Stick Tape
 - Clear Equipment Tape
- Water Bottle**

