

Helmet with face mask

Helmets approved by CSA and HECC are required at all times a player is on the ice.



Shoulder pads

Required during all on-ice workouts.



Elbow pads

Bring them and wear them always.



Gloves

Make sure they're comfortable and still fit properly.



Shin guards

Need to have them.



Skates

Very important.

Make sure they fit correctly.

Get them sharpened and throw in an extra pair of laces just in case you break one when you tighten them up.

Bring a towel to dry off your blades after you get off the ice.



Hockey pants

including belt or suspenders



Athletic cup

and supporter
Don't leave home or step onto the ice without it.



Garter belt and hockey socks

Either the old style belt and fasteners, or the newer velcro tabs attached to a snug fitting short with a built-in cup.



Hockey Sticks

Bring at least one stick with you and write your name somewhere on the shaft. Cut the shaft of your stick so that it is "up to your mouth when standing on your tip toes" (as though you were on skates).

