

## Hockey Equipment Checklist

- Jock Cup and Supporter
- Garter Belt -OR-
- All in one Compression Pants or Jock shorts with cup and Velcro Tabs (replaces 1 & 2)
- Hockey Shin Guards
- Hockey Socks
- Hockey Pants (and suspenders if needed)
- Hockey Shoulder Pads
- Hockey Elbow Pads
- Jersey
- Neck Guard (goalies too)
- Hockey Skates
- Ice Hockey H.E.C.C. Approved Helmet with Protective Mask or Shield and Chin Strap
- Mouth Guard (goalies too)
- Hockey Gloves
- Ice Hockey Stick Cut to Proper Size and taped. Rule of thumb: Nose height in street shoes, Chin height in skates.
- Hockey Tape (to keep any loose equipment in place)
- A BIG BAG TO CARRY EVERYTHING IN (Roller bags are nice for younger players)
- Water bottle with players name on it.

All equipment above is Mandatory. An individual water bottle is highly recommended for health reasons.