



## PLAYER EQUIPMENT LIST

**\*\*\*Full Hockey Gear Required for All Learn To Skate Sessions\*\*\***

- ☐ **Helmet w/face mask (must be HECC certified)**
- ☐ **Hockey Skates**
- ☐ **Mouthguard**
- ☐ **Shoulder Pads**
- ☐ **Elbow pads**
- ☐ **Hockey Gloves**
- ☐ **Shin Pads w/straps or tape**
- ☐ **Hockey socks (over shin pads)**
- ☐ **Practice Jersey**
- ☐ **Hockey Pants w/belt or suspenders**
- ☐ **Boys: Athletic Supporter & Cup**
- ☐ **Girls: Pelvic Protector**
- ☐ **Garter Belt for Hockey Socks (or “Hockey Jock” with/Velcro)**
- ☐ **Hockey Stick with tape**
- ☐ **Equipment Bag**

Parents who aren't familiar with hockey equipment are encouraged to consult with knowledgeable staff at a hockey equipment dealer before purchasing. Fit is very important – gear that is too large will hinder a skaters' development and may compromise safety. Gear that is too small will be uncomfortable and may not provide the protection needed.

Most helmets are adjustable – ask to have the helmet sized for your player at the time of purchase. Mouthguards are required for all ages – be sure to follow the instructions in the package for fitting. Younger players often need to have excess material trimmed from the mouthguard as this item only comes in two sizes – youth & adult.

For most brands (CCM, Bauer, and others), hockey skates should generally be 1 to 2 sizes smaller than the player's shoe size. PLEASE don't buy skates that are too large – as they won't provide the needed support on the ice.

For younger skaters, it's often best to start with a “straight” stick without a curve to allow the player to shoot either left- or right-handed. (Many kids who write righthanded are lefthanded shooters in hockey and vice-versa.) Ask the staff at your hockey retailer to cut the stick to the proper length and to show you how to apply tape to the handle and blade.

If you have equipment-related questions, please feel free to contact  
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