

# **A Parent's Equipment Buying Guide for Beginning Lacrosse Players**

Below are the items we require or recommend for our programs at ISD Lacrosse. Please check with your local lacrosse clubs on their specific requirements, but this can serve as a guide of what your daughter will likely need for her first lacrosse practice or camp.

## **Girls Equipment List**

### Required Items

- Girl's lacrosse stick — please select a beginner stick, but not a mini-stick or fiddlestick
- Mouthguard
- Goggles
- Sneakers or cleats
- Water bottle