

Ice Hockey Equipment Checklist

Questions regarding equipment can be directed to Bob Moyer, Coaching Director,
610-908-5109 or bobmoyer27@gmail.com

***Notes:** Throat protector is optional.

Practice jerseys will be provided.

Hockey socks are listed but not pictured and are required. They go on top of shin guards. Socks are available for purchase for \$12 a pair.

Hockey Shell is not listed or pictured and is optional. It goes on top of hockey pants. Shells with PW logo are available for purchase for \$42.

EQUIPMENT CHECKLIST

ON-ICE

- Stick
- Skates
- Shin guards
- Garter belt and hockey socks
- Athletic cup and supporter
- Hockey Pants
- Elbow pads
- Shoulder pads
- Gloves
- Helmet with face mask
- Jersey

- Mouth guard
- Throat protector
- Underwear
- Tape (2 rolls)
- Water bottle

Always be prepared...
on and off the ice!

Helmet with face mask

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



Elbow pads

Bring them and wear them always



Gloves

Make sure they're comfortable and still fit properly.



Shin guards

Need to have them.



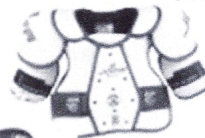
Skates

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.



Shoulder pads

Required during all on-ice workouts.



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 Stick

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).