



PLAYER EQUIPMENT LIST

Full Hockey Gear Required for practices/games

Helmet w/face mask (must be HECC certified)
Hockey Skates
Mouthguard
Neck Guard
Shoulder Pads
Elbow pads
Practice Jersey
Hockey Gloves
Shin Pads w/straps or tape
Hockey socks (over shin pads)
Hockey Pants
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.

Don't assume your child shoots right handed because they write handed or shoot left handed because they shoot left handed. 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.