

Lacrosse Checklist

“Success always comes when preparation meets opportunity”

Mandatory

- Stick
- Both** Gloves
- Shoulder pads
- BOTH** arm pads
- Helmet
- Mouthpiece
- Cleats/socks
- Cup for Goalies Mandatory, for Defenders cup recommended, and compression shorts for anyone else
- (For games) Reversible & Uniform Shorts, for practices just reversible
- Water and/or sports drink
- A rested, hydrated, fueled and healthy body!

Recommended

- Back-up stick
- Extra sports tape, stick repair kit
- Under gear apparel, shirts & compression shorts and/or jocks
- Any injury support you may need, knee, wrist, thumb, etc wrap if you have to support a new or old injury
- Weather appropriate gear, ie: sweatpants, long sleeve cold gear, sweatshirt, etc.