**Tips, tricks and other things you need to know**

Dress in the following order

1. Under clothes - preferably something thin with long sleeves and full legs and long socks (old jammies work well, some players use Under Armor, etc.)
2. Jock straps or pelvic protectors
3. Shin pads
4. Socks (outer socks)
5. Pants
6. Skates
7. Neck guard
8. Shoulder pads
9. Elbow pads
10. Jersey
11. Helmet with mouth guard
12. Gloves
13. Stick

* Arrive at the rink at least 30 minutes before ice time
* Check all your gear before you leave home. If your child is missing any equipment he or she won’t be allowed on the ice
* Have your child go to the bathroom before you start getting dressed
* Tie a small knot at the end of skate laces so you don’t have to thread them each time you lace up
* Open the skate as wide as possible when taking them off and putting on
* Put on fresh, dry socks just before putting on skates
* Make a small tab on the end of the sock tape so it is easy to find when trying to take off the tape
* Hang gear out to dry when you get home. Don’t put gloves or skates over a heater vent or leave your gear in a cold car for more than 30 minutes.
* Febreze is a hockey parent’s best friend
* Put an identifying mark on every piece of equipment
* Put a piece of tape with your player’s name written clearly on it on the front of their helmet, especially for those first few practices.
* Take advantage of as much ice time as you can get
* Never let your player walk around the locker room without skates or shoes on
* Parents and siblings in the dressing room areas should not wear open toed shoes
* When in doubt on gear fitment, gear quality, taping techniques, etc. – ask a coach