

# EQUIPMENT CHECKLIST

## ON-ICE

- Sticks (2)
- 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

### Helmet with face mask

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



### Shoulder pads

Required during all on-ice workouts.



### Elbow pads

Bring them and wear them always.



### Hockey pants

including belt or suspenders



### Gloves

Make sure they're comfortable and still fit properly.



### Athletic cup

and supporter  
Don't leave home or step onto the ice without it.



### Shin guards

Need to have them.



### 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.

### 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.



### Hockey Sticks

Bring at least two sticks 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).



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