

■ Hockey Equipment Checklist

Protective Equipment

- CSA-approved helmet with full face mask (cage or visor)
- Neck guard (BNQ-certified)
- Shoulder pads
- Elbow pads
- Gloves
- Hockey pants (breezers)
- Shin guards
- Jock/jill strap (athletic support with cup or pelvic protector)
- Mouthguard (recommended)

Skates & Sticks

- Hockey skates (properly sharpened)
- Hockey stick (correct length and curve for player's age/position)

Additional Gear

- Hockey socks (worn over shin pads)
- Jersey (team-issued; practice jerseys as needed)
- Equipment bag
- Water bottle (with long straw for cage helmet)
- Towel & personal hygiene items

Optional but recommended

- Base layer clothing (compression shirt/shorts, long underwear)
- Skate guards
- Tape & wax (for shin pads and sticks)

■ Goalie Equipment

- Goalie mask (CSA-approved)
- Chest & arm protector
- Blocker & catcher glove
- Goalie leg pads
- Reinforced goalie pants
- Reinforced goalie jock/jill
- Goalie stick
- Additional throat protector (danglers recommended)
- Goalie skates