



"The Toy Store for the Hockey Player"

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 (provided for summer hockey schools)
- Mouth guard
- Throat protector
- Underwear
- Tape (2 rolls)
- Water bottle

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



Helmet with face mask

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

Elbow pads

Bring them and wear them always.

Gloves

Make sure they're comfortable and still fit properly.

Shin guards

Need to have them.

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.

Shoulder pads

Required during all on-ice workouts.

Hockey pants

including belt or suspenders

Athletic cup

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

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.

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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