

MANDATORY EQUIPMENT CHECKLIST



One of the first things you're going to have to purchase when starting hockey is all the gear. When purchasing hockey equipment, the most important aspect to consider is the fit. When equipment does not fit properly the player risks injury.

GEAR LIST

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| Skates | Do not buy oversized so that they can grow into them. Usually they fit ½ -1 ½ sizes smaller than shoe sizes, so that when standing up, with the skates fully tightened, the toes are almost or just touching the end of the boot. |
| Shin Pads | Should be long enough to cover from the top of the skate to two inches above the bottom of the shorts. |
| Hockey Pants | Should be long enough to overlap the shin pads by two inches and high enough for kidney protection, may be held up by a belt or suspenders. |
| Elbow Pads | Should be long enough to meet the shoulder pad and glove. |
| Shoulder Pads | When worn properly, the shoulder pad, elbow pad and glove form continuous protection. |
| Athletic Supporter | |
| Throat Protector | Must be BNQ certified (the logo will be visible). |
| Hockey Stick | Should come to your child's chin when wearing skates. |
| Hockey Gloves | |
| Helmet | With a full face mask and chin strap (CSA approved). |
| Hockey Socks | Must be BNQ certified (the logo will be visible). |
| Hockey Jersey | For Practice. |
| Mouth Guard | Recommended, not mandatory. |
| Hockey Bag | |
| Water bottle | Bring to the rink pre-filled. |
| Face covering | Must cover mouth and nose for entry into all arenas. |
| Skate Guards | Players who need parents to tie skates will need guards to walk into arena |