



## Hockey Equipment Check List



- Hockey Skates** – it is very important to ensure that hockey skates are properly fit to the player. Skates fit differently than street shoes – a player may wear a skate that is 1-2 sizes smaller than their street shoes. Ill fitting skates can make the first hockey experience very uncomfortable and unpleasant for the player.
- Shin Pads**
- Hockey Pants**
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- Hockey Pants**
- Shoulder Pads**
- Elbow Pads**
- Hockey Gloves**
- Hockey Bag**
- Jock/Cup/Jill**
- Neck Guard** – *must be CSA Approved*
- Hockey Helmet with full Cage** – *must be CSA approved. Helmets should always be purchased new - USED helmets are not recommended. Since they may be cracked, have loose fitting or missing liner pieces, or that have been subjected to a severe blow.*
- Mouthguard**
- Hockey Stick**
- Hockey Socks**
- Hockey Jerseys** – *players will be issued a team jersey once the teams are selected however they will require their own jersey to start the year.*
- Hockey Tape**
- Long Johns/under shirt or Under Armour** – *to be worn underneath the equipment*

Equipment can be purchased at a variety of sporting good stores such as Source for Sports and department stores such as Walmart and Canadian Tire. For younger players - some stores carry protective kits which often contain: Pants, Shin Pads, Elbow Pads, Shoulder Pads, Gloves and a Bag. Some Sports Stores take trade-ins on skates and offer excellent quality used skates, often in very good condition at a fraction of the price of new skates.

For more information on hockey equipment and safety visit [hockeycanada.ca](http://hockeycanada.ca)