

ITEMS YOUR HOCKEY PLAYER WILL NEED

*****Listed in order of "First-to-Last" when putting on equipment*****

Items listed in **RED** are a **MUST HAVE** for "NEW TO HOCKEY" that have never skated
The rest are optional until your child is skating well enough to use a stick

The BASICS:

1. Long Underwear (Jock/Jill) or **warm clothing** for under hockey gear
2. **Shin Pads**
3. Hockey Socks or **Warm/Sweat Pants to put over shin pads**
4. Breezers (padded hip & thigh pads)
5. **Hockey Skates**
6. **Shoulder Pads**
7. **Elbow Pads**
8. Hockey Jersey (All youth players will receive one of these courtesy of MCYHA)
9. **Helmet with Cage** and a Mouth Guard
10. Hockey Gloves / **Thick Snow Gloves**
11. Hockey Stick (cut to size & taped)
12. Hockey or Duffle Bag large enough to carry all of your equipment

Optional Equipment for Hockey Players:

1. Neck Guard
2. Wrist Guards
3. Spare Hockey Tape
4. Stick Wax
5. Skate Guards
6. Spare Laces
7. Garter Belt to hold up Hockey Socks (Can also use Hockey tape)
8. Extra Jersey (different color than your house jersey)
9. Skate Towel (for drying off skate blades after practice)

Local Equipment Distributors:

- Waynes Ski & Cycle
- Fleet Farm (carry some inexpensive skates and sticks for new skaters)