REQUIRED GEAR CHECKLIST

Every player must wear full protective equipment on the ice at every practice and game. Check off each item as you get it.

PLAYER NAME _____ AGE _____

HEAD & NECK

- [ ] HECC-certified hockey helmet with a full cage or full face shield
- [ ] HECC-certified neck laceration protector
- [ ] Mouth guard

UPPER BODY

- [ ] Shoulder pads
- [ ] Elbow pads
- [ ] Hockey gloves

LOWER BODY

- [ ] Padded hockey pants
- [ ] Shin guards
- [ ] Protective cup or pelvic protector

SKATES & STICK

- [ ] Ice hockey skates
- [ ] Hockey stick

PROVIDED BY THE LEAGUE: uniform and hockey socks

Need gear? Equipment can be rented for an additional $100 when you sign up.

HOW TO DRESS A HOCKEY PLAYER

Scan the code to watch a step-by-step video on putting on each piece of gear, in order.

youtu.be/TxN9d__QnPc