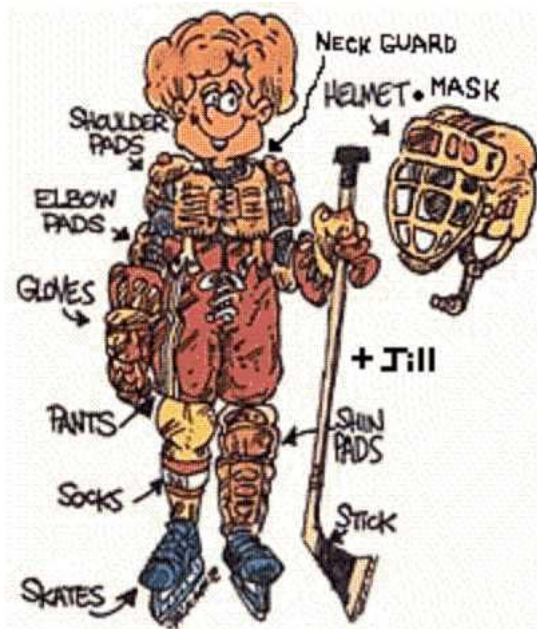


WHAT EQUIPMENT DO I NEED TO PLAY HOCKEY?



Remember to give yourself ½ hour to get ready! If your game is at 8 pm, you will probably want to be at the arena by 7:30.

Equipment is NOT to be altered (ie. no stickers added to helmets)

Required equipment:

- properly fitted CSA approved helmet (check expiry date)
 - all straps must be present and done up
- full face mask
 - cage or plexi – if using plexi, check out defoggers
- mouth guard
 - although not required, it is recommended and **MUST** be worn to be eligible for insurance coverage through CARHA for head injuries
- neck guard
- shoulder pads
 - available in “women’s”
- elbow pads
- gloves

Equipment continued...

- Jill
 - women's equivalent to the "Jock"
- pants
 - available in "women's"
- shin guards
- hockey socks
 - colour preference is your choice
- skates
 - NO figure skates
- hockey stick
 - NOTE – you do not necessarily shoot based on right or left handedness; pick up a stick and see which feels most comfortable
 - stick must be taped at the top (handle) and the blade
 - if the blade is cracked, your stick cannot be used
- hockey bag
- water bottle
- clear hockey tape for taping socks
- hockey tape
 - keep stick blade freshly taped
- helmet repair kit
 - not required but you'll be glad you had it if you need it!!
- spare skate laces (just in case)
 - if tying skates tight enough is difficult – look for waxed laces

What you wear under your equipment depends on your preference – some prefer long sleeves and leggings, others just a t-shirt!

Please remember to air your gear out between games (an equipment "tree" works well). Nobody likes sitting next to someone smelling like stinky cheese!

Please keep equipment away from pets and do not wear perfume as some teammates may be allergic.