

WHAT DO I NEED?

GET SUITED UP!

Once you have all of your equipment it's time to get dressed! Watch how:

youtu.be/tPi8aDZfDRM

- Equipment should have snug (not tight) fit and not shift when in motion
- Second-hand, lightly used gear is great way to save money

REQUIRED EQUIPMENT:

- Helmet
- Mouth guard
- Neck guard
- Shoulder pads
- Elbow pads
- Gloves
- Jock strap/Jill strap
- Pants
- Shin pads
- Skates
- Stick
- Jersey & Socks

