

## Kids hockey equipment list

- Helmet (must be CSA-certified)
- Mouth guard
- Neck guard (must be BNQ-certified)
- Shoulder pads
- Elbow pads
- Gloves
- Groin guard (jock/jill/cup)
- Hockey pants
- Shin pads
- Hockey socks
- Kids hockey skates
- Hockey stick
- Practice jersey
- Equipment bag

## Goalie equipment list

- Goalie helmet
- Mouth guard
- Neck guard
- Goalie shoulder pads
- Elbow pads
- Glove
- Blocker
- Groin guard (jock/jill/cup)
- Goalie pants
- Goalie pads
- Socks
- Goalie skates
- Goalie stick
- Practice jersey
- Equipment bag

## Additional hockey accessories

- Skate guards
- Lace tightener
- Skate sharpener
- Water bottle
- Pucks
- Stick tape
- Sock tape/shin pad straps
- Spare stick
- Spare laces
- Stick wax
- Air freshener
- Sports drinks
- Snacks

## For parents

- Hat
- Mittens or gloves
- Extra jacket
- Blanket
- Cushion
- Travel mug
- Portable phone charger
- Noise makers
- Ear plugs or headphones for younger kids
- Snacks