



HOCKEY EQUIPMENT CHECKLIST



- Hockey Skates & Skate Guards** – It is very important to ensure that hockey skates are properly fit to the player. Skates fit very differently than street shoes - a player may wear a skate that is 1 – 2 sizes smaller than their street shoes. **Ill-fitting skates can make the first hockey experience very uncomfortable and unpleasant for the player.**
- Shin Pads** **
- Hockey Pants** **
- Shoulder Pads** **
- Elbow Pads** **
- Hockey Gloves** **
- Hockey Bag** **
- Hockey Jersey** ** & **Hockey Socks** (Players will be issued a Hockey Jersey & Socks once teams are selected, however they will require their own jersey and socks to start the year)
- Jock / Cup or Jill**
- Neckguard** – must be BNQ certified
- Helmet with full cage** – must be CSA approved
- Mouthguard** – optional (mandatory for Travel players)
- Hockey Stick**
- Hockey tape** – for stick and for taping Hockey Socks/Shin Pads
- Optional** – Long Johns and Shirt to wear under equipment; Elastic/Velcro Shin Pad straps to use instead of tape

** For younger players, there are starter kits available at Canadian Tire and Wal-Mart, which contain Shoulder Pads, Elbow Pads, Hockey Gloves, Hockey Pants, Shin Pads, usually a Hockey Bag and occasionally a Hockey Jersey for around \$80 to \$130, depending on what's included in the kit and the brand name. These kits can be very convenient and economical.

Comparison-shopping can help with keeping costs lower. You can compare prices at department stores, such as Canadian Tire, Wal-Mart or Zellers with sports stores such as Front Row Sports, Family Sports, Sport Chek or Buckner's Source for Sports. Some sports stores take trade-ins on skates and offer excellent quality used skates, often in very good condition at a fraction of the price of new skates. There are also used sporting equipment stores (check yellow pages for listings) which offer used hockey equipment.

We would like to thank Tim Hortons for donating the Timbits Hockey Jerseys and Socks for our Pre-Novice players!