




## Definitive Hockey Equipment Checklist



This checklist, while intended for youth players, can also be used for new players who are looking to suite up for the first time. Optional items are marked as “optional” and are not necessarily needed (but may be recommended) for players.

Youth Hockey Equipment Checklist			
Checklist Item	Yes	No	Description/Notes
<b>Protective Gear</b>			
Skates	✓	<input type="checkbox"/>	The most important piece of equipment that a player needs. Ensure that your <a href="#">blades are sharpened</a> according to your needs.
Skate Guards	✓	<input type="checkbox"/>	Especially important for younger players. Skate guards do two things: 1. Protect the player from cutting themselves. 2. Protect the skate blade from becoming dull (if a player steps on something they shouldn't).
Helmet	✓	<input type="checkbox"/>	Another core piece of equipment. Ensure that you invest in a good helmet as this is one of your most important pieces of protective equipment.
Helmet Cage	✓	<input type="checkbox"/>	All younger players must wear a cage as part of their hockey helmet. Cages can come in different colors and are most likely sanctioned by your hockey association or program.
Helmet Visor (optional)	✓	<input checked="" type="checkbox"/>	Older players may opt for a visor (or shield) as they are often referred to. Players can get full face shields or half visors that basically cover their eyes and nose.
Mouth Guard (optional but recommended)	✓	<input checked="" type="checkbox"/>	Mouth guards come in different styles and shapes and are recommended for all players to help reduce impact related injuries.
Neck Protector	✓	<input type="checkbox"/>	Another core (and mandatory) piece of equipment. Neck protectors come in various styles and are made of different materials such as Kevlar so that they are cut resistant. You can buy under gear shirts with a built-in neck protector.
Shoulder Pads	✓	<input type="checkbox"/>	Shoulder pads for skaters also provide protection for the players chest and upper back. There are a number of styles of shoulder pads and as players get older this piece of equipment often falls to personal preference as some shoulder pads can be big and bulky and harder to be mobile in.
Elbow Pads	✓	<input type="checkbox"/>	Elbow pads protect the elbow which is especially important for younger players just starting out as they tend to fall down more on the ice. As with the other pieces there are various makes and sizes and this piece of equipment does fall into the personal preference category.
Gloves	✓	<input type="checkbox"/>	Gloves are the obvious protection for a player's hands and wrists. For younger players, it is recommended to have gloves with a bit of a higher cuff that covers up the wrist leaving it less exposed.
Wrist Guards	✓	<input checked="" type="checkbox"/>	An optional piece of equipment that some players use. A wrist guard is typically made of a hard plastic or cut resistant material that is worn around the wrist and forearm.
Hockey Pants (Shell Pants)	✓	<input type="checkbox"/>	Hockey pants or pant shells are the exterior pants that a player wears. They typically have padding to protect a player's lower back, kidney area and buttocks. Modern pants are slightly adjustable and may have laces or straps to tighten around the waist.
Shin Pads (Knee Pads)	✓	<input type="checkbox"/>	Shin pads (also known as knee pads) are used to protect the leg from the knee down to the top of the ankle.
  			

Undergear / Apparel			
Undergear shirt	✓	<input type="checkbox"/>	Undergear shirts can be long or short sleeves and can come with a built-in neck guard. Some more expensive ones come with additional protection for the shoulders, forearms and wrists. Undershirts should breath well so that the player does no overheat or become too warm.
Undergear shorts	✓	<input type="checkbox"/>	Undergear shorts can include a jock or jill that is built into the shorts for mandatory protective for the mid-section of players. These shorts often have Velcro connections that are used to fasten the hockey sock to the bottom of the shorts (thereby holding the sock up).
Undergear pants (optional)	✓	<input checked="" type="checkbox"/>	A full undergear pant can also be used. Think of them as “long underwear” that a player wears under their pant shells. They can add more protective from cut-related injuries but they can make a player too warm. Most players tend to opt for undergear shorts.
Supportive Cup: Jock	✓	<input type="checkbox"/>	The hockey jock is a piece of supportive equipment that protects a player’s genitalia. Modern versions are usually built into a short or a long underwear style pant.
Supportive Cup: Jill	✓	<input type="checkbox"/>	A Jill is a piece of supportive equipment that protects a female player’s genitalia. Modern versions are usually built into a short or a long underwear style pant.
Jersey	✓	<input type="checkbox"/>	Youth players will require a practice jersey and if part of a team will be given a team jersey or multiple jerseys consisting of a dark and light variant. Today’s jerseys are often made of lightweight, breathable material such as polyester. You will want to select a jersey with a streamlined fit that is not too tight or not to large.
Hockey Socks	✓	<input type="checkbox"/>	These are the “exterior” socks that players wear that typically represent team colors with stripes or color. There are two types of hockey socks; knit socks (traditional) and performance socks. Knit socks tend to be a bit cheaper compared to the modern performance socks.
Accessories			
Hockey Stick	✓	<input type="checkbox"/>	Key piece of equipment. For youth players a single stick is all that is required both for Atom (U-13) it is recommended that players have two sticks (in case one breaks). <a href="#">Buying a hockey stick FAQ.</a>
Stick Tape	✓	<input type="checkbox"/>	For taping the blade of the stick and the “butt end” of the stick. Typical stick tape is white or black but it does come in various colors. <a href="#">How to tape a hockey stick.</a>
Sock Tape (optional)	✓	<input checked="" type="checkbox"/>	This is the clear tape players use to tape around their hockey socks around their shin pads.
Water Bottle	✓	<input type="checkbox"/>	Each player should have their own individual water bottle that is marked with their name and number (so that other do not drink from them). A typical water bottle is plastic with a spout (so players can squeeze the water into their mouth).
Hockey Bag	✓	<input type="checkbox"/>	You need something to put all of your gear in right? A hockey bag is used to haul all of your gear around. For younger players, you can get bags with rollers on them which makes it easier for the kids to transport.