



# HOCKEY EQUIPMENT CHECKLIST

Proper hockey equipment is essential to maximize your safety and performance on the ice. Want to make sure you have everything you need? We've compiled an extensive ice hockey equipment list that covers all the must-haves and more.

## ESSENTIALS

- STICK** The type of stick you use depends on whether you're playing defense or offense, but most players want at least one stick made from durable material like carbon fiber composite or wood laminate. You may also want different lengths depending on your height.
- SKATES** Quality skates are critical to staying agile on the ice. Look for skates that fit comfortably without being too tight or loose – you should be able to wiggle your toes inside them while standing up straight. Skate laces should be tied tightly enough so they don't come undone during play but not so tight as to cut off circulation in your feet.
- HELMET** A helmet with a faceguard is one of the most important pieces of hockey equipment for protecting yourself from serious injury. Helmets should be securely fitted to your head so they don't shift when you make abrupt movements. Make sure your helmet is approved by the Hockey Equipment Certification Council (HECC) for optimal safety.
- GLOVES** Gloves must fit snugly to protect your hands from falls and pucks flying at high speeds without restricting movement. Look for reinforced palms, as these areas bear the brunt of contact with surfaces like boards and rink walls during games. You want the padding to be ample along knuckles and fingers, where the impact could occur in gameplay. Investing in quality gloves that can withstand wear and tear is well worth the money you spend on them.
- SHOULDER PADS** Shoulder pads help protect the upper body. Pads should fit comfortably without slipping or moving, even during fast-paced skating or when being checked.
- ELBOW PADS** Elbow pads provide additional cushioning to protect against impacts during falls onto hard surfaces or collisions into opponents during physical plays.
- MOUTHGUARD** Wearing a mouthguard helps reduce the risk of mouth and teeth injuries. A good mouthguard will have a shock-absorbent nature to disperse energy away from teeth upon contact.
- SHIN GUARDS** Shin guards act as shields against puck strikes targeting lower leg areas close to ankles, which can cause severe bruises if unprotected. Make sure guards have a proper, snug fit, since models that are too big won't offer adequate coverage even though they look comfortable visually.
- JOCK/JILL STRAP** Jock/Jill straps protect the groin area region from potential injuries caused by errant pucks, sticks, and collisions.
- PRACTICE JERSEY** Practice jerseys can help keep your game jerseys in great shape every time the puck drops.
- GAME JERSEY** You'll want both home and away jerseys.
- HOCKEY SOCKS** Keep game socks (both home and away that match the jerseys) in your bag. You also might want to invest in socks that you only wear during practices.
- HOCKEY PANTS** Hockey pants are more than just pants – they're actually protective, offering you a good range of motion while adding another layer to protect your trunk area.
- HOCKEY SHELL** Shells are lightweight nylon outer layer shorts that players wear over girdles or pants.



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## OPTIONAL

- NECK GUARD** While not technically "required," neck guards are advised. They protect the vulnerable and exposed area between your pads and your helmet and have become more popular in recent years.
- SKATE GUARDS** Skate guards are designed to protect the blade of your skates when you're off the ice. Skate guards are available in various hues and designs, so you can pick something that complements your squad or individual style. Skate guards also make carrying around skates much easier, providing extra cushioning for added protection.
- HOCKEY BAG** No hockey player equipment list would be complete without having hockey bags on it. The right bag provides a convenient way to store and transport your gear from one place to another, with adjustable compartments for optimal organization. Most hockey bags have multiple pockets and spaces with adjustable straps that allow you to customize how much space each piece takes up within the bag itself. This makes packing and unpacking easy.
- WAX** Wax helps keep moisture out of wooden sticks by providing an additional layer between them and any water or snow on the playing surface. It also offers more grip on both ends, which increases control during games and practices when passing, shooting, etc. Stick wax comes in various forms, including liquid spray-on formulas and traditional rub-on bars that require heat application before use.



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