



ICE HOCKEY EQUIPMENT HEAD-TO-TOE CHECKLIST

- **Helmet, Cage/Shield**
- **Throat Protector**
- **Mouthguard**
- **Shoulder Pads**
- **Practice Jersey**
- **Elbow Pads**
- **Gloves**
- **Hockey Pants**
- **Garter Belt, Suspenders**
- **Protective Cup/Jock Plus**
- **Shin Guards**
- **Hockey Socks**
- **Skates**
- **Skate Guards**
- **Lace Tightener, Spare Laces**
- **Tape, Pucks**
- **Stick**
- **Equipment Bag**

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