

Hockey Equipment Checklist

Playing your best season begins with the right equipment

Tip: Equipment should not be purchased for your child to “grow into” – ensure it fits properly *now!*

- Helmet with face protector* →
- Mouth guard* →
- Throat protector/neck guard* →
- Shoulder pads* →
- Elbow pads* →
- Gloves* →
- Sticks (2) →
- Pants* →
- Athletic cup and supporter* →
- Shin pads* →
- Skates* →

Also available:

- Practice jersey
- Socks and suspenders
- Skate guards
- Moisture-wicking under-apparel
- Equipment bag
- Tape (2 rolls)
- Water bottle
- Repair kit
- Pucks

* League required equipment (check with your league for exact requirements)



See reverse side for more tips on proper fit.

Equipment Sizing Guide

Proper fit ensures proper protection

Skates

- To find the right fit, try on one size smaller than street shoes
- Player should be able to place one finger between heel and back of skate when laces are loosened and toes are pushed forward to touch front of skate
- When skates are laced up, ensure there is 1½ to 2" between eyelets
- Walk around in skates to check comfort
- Check feet for red areas or pressure points – indicators of improperly fitted skates

Note: Most skates require time to be broken in. Baking in a skate oven speeds up this time.

Note: All skates must be sharpened before use.

Helmet

- Must be CSA approved and CSA sticker must remain visible during play
- Use adjusting mechanism to ensure snug fit and eliminate discomfort
- Front of helmet should fall just above eyebrows
- Ensure chin strap is fastened snug and does not hang down

Note: Use a mouth guard for added protection. Mouth guards not only reduce the incidence and severity of injuries to the teeth and mouth, but they may also help reduce more serious injuries like jaw fractures and concussions.

Elbow pads

- Should protect beyond the elbow so that no part of the arm is exposed above the glove or below the shoulder pad

Shoulder pads

- Must completely cover shoulders, upper back, chest and upper arms down to the elbow pads
- Back section of shoulder pads should slightly overlap pants
- Lift arms slightly above shoulder level and check that pads do not dig into neck

Pants

- Should overlap top flair padding of shin pads by 2"
- Padding around waist must cover kidney area
- Rear padding must cover tail bone

Shin pads

- Top flair padding should underlap pants by 2"
- Should rest 1" above foot when foot is flexed upward



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