



## Dressing Your Hockey Player



### Equipment Order

- Jock shorts and cup
- Shin guards
- Hockey Socks over shin guards (add tape if necessary to hold your socks on)
- Pants (and shell if necessary)
- Shoulder pads
- Elbow pads
- Skates
- Jersey
- Neck guard
- Helmet and mouth guard
- Gloves
- Don't forget your stick

### Tips

- Buy jock shorts that the cup fits into and socks velcro to (available for male and female)
- Start a new hockey player with a straight stick so they can naturally determine which way they shoot.
- Use Fabric softener sheets to keep gloves from smelling
- ALWAYS air out your equipment after use – it needs to dry out
- Don't forget to sharpen your skate blades regularly! Don't walk around in them too much without them covered, especially on the wooden bleachers!