

Required Equipment List

Hockey Canada Equipment FAQ for Parents

Hockey Canada has developed a Frequently Asked Questions document to help parents better understand lots of hockey related questions including hockey equipment and fitting.

[Click Here](#) to read the FAQ.

Required Equipment (Players & Goalies)

Ensuring safety on the ice is priority, and proper fitting equipment plays a critical role in player safety. Three important factors should be stressed when evaluating hockey equipment:

- good working condition
- well maintained throughout its life span
- proper fit

'Hand-me-downs' are a great way to save money, but be sure to carefully inspect the items to ensure they are safe to wear and properly functioning. Be sure to note the helmet expiry date sticker on helmets. Plan a budget for purchasing equipment. The most expensive equipment is not always necessarily the best for your child. We recommend you consult a professional sporting goods retailer for advice before you purchase any product.

Required Player & Goalie Equipment	
Goalie Equipment	Player Equipment
Goalie Helmet	Player Helmet with a Cage
Mouth Guard (optional)	Mouth Guard (optional)
Neck Guard (both throat protector and bib/dangler)	Neck Guard
Chest Protector	Shoulder Pads

Elbow Pads (Usually attached to Chest Protector)	Elbow Pads
Goalie Catcher Glove	Player Gloves
Goalie Blocker Glove	
Jock / Jill Strap	Jock / Jill Strap
Goalie Hockey Pants	Player Hockey Pants
Goalie Pads	Hockey Player Shin Pads
Goalie Skates	Hockey Skates
Goalie Hockey Stick	Player Hockey Stick

Putting on Hockey Equipment

If you are new to hockey, YouTube has a wealth of how-to videos regarding equipment. Some great videos to check out are How To Hockey's Coach Jeremy (and his son Mason) 'CCM Welcome to Hockey' series.

[Click Here](#) for a video on selecting the right equipment for your child from Coach Jeremy.

[Click Here](#) for an instructional video on putting hockey equipment on from Coach Jeremy.