








Street Hockey Equipment List

Welcome to Hamilton PAL Street Hockey! Here is a list of equipment needed.
 (You can find many of these items online. If you need to try on for fit you may want to check out stores like Dick's Sporting Goods, Modells, or Play It Again Sports.)

Equipment	Examples	Check
Helmet with Cage (many come with mouth guards that attach to the cage)		
Mouth Guard (if not with helmet)		
Elbow Pads		
Gloves		
Protective Cup		
Shin Guards		
Stick (Stick should be cut to stand from ground to under player's chin. Make sure to tape the grip area.)		
Regular Tennis Shoes		
Recommended: Water bottles (tip – the bottles with the straws make it easy to get a drink with the helmet still on)		
Recommended: Padded Shirt		

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