

<https://www.hockeycanada.ca/en-ca/hockey-programs/parents/faq#46>

Q: What equipment does my child need? How much does it cost and where can I find it?

All hockey players are required to have a full set of equipment in order to play. For your convenience, Hockey Canada has prepared a full and exhaustive list of every piece of equipment your child will need.

Hockey Canada's equipment fitting guide states that in order to ensure player safety, all hockey players must have the following equipment:

1. Helmet (must be CSA-certified)
2. Mouthguard
3. Neck guard (must be BNQ-certified)
4. Shoulder pads
5. Elbow pads
6. Gloves
7. Groin guard (jock/jill/cup)
8. Hockey pants
9. Shin pads
10. Hockey socks
11. Skates
12. Hockey stick
13. Practice jersey
14. Equipment bag

You can find a full guide on how all of this equipment should fit your child starting on **page 66** of Hockey Canada's official [Safety & Teamwork Guide](#).

There are also several optional pieces of equipment that make your child's hockey experience even better:

1. Skate guards – Skate guards protect your child's skates from accidental damage, keeping them sharper for longer.
2. Water bottle – Hockey is a fast and demanding sport, and hydration is essential. It is recommended that players have their own dedicated personal water bottle.
3. Pucks – While pucks will be provided at all official league games, you'll also want to ensure your child's team has a healthy supply of spare pucks on hand for practices, warm-ups prior to games and gaps between tournament games.
4. Stick tape – Your child's stick should be taped at the top and the blade. Taping the top will ensure that your child can keep a firm hold on the stick, while taping the blade will improve the stick's grip and allow for better puck control.
5. Sock tape/Shin pad straps – This clear tape holds your child's socks and shin pads in place. Some shin pads come with velcro straps, making sock tape unnecessary. Alternatively, you can purchase velcro shin pad straps that you can affix to strapless shin pads.
6. Spare stick – You never know when a stick is going to break. That's why it's always a good idea to carry a spare stick to games and tournaments. Your child should have his or her own spare stick to ensure the best possible hockey experience.
7. Spare laces – Loose skates are uncomfortable and can make it difficult for your child to skate properly. If your child's laces fray or break on the ice, you'll want to ensure you have spare laces behind the bench so your child's coach can quickly replace the damaged laces.
8. Stick wax – Stick wax prevents the buildup of snow and ice on the blade of a hockey stick, allowing for better puck control and extending the life of the stick.