

Lacrosse Checklist

ATTACK OR MIDDLE

- Helmets
- Mouth Guard
- Shoulder Pads
- Rib Pads
- Arm/Elbow Guards
- Gloves
- Athletic Supporter
- Cleats or Turf Shoes
- Stick

(includes head and handle, suggest cutting stick down to 37.5" if Under 11 yrs old; if over 11 keep at 40")

DEFENSE

- Helmets
- Mouth Guard
- Shoulder Pads
- Rib Pads
- Arm/Elbow Guards
- Gloves
- Athletic Supporter
- Cleats or Turf Shoes
- DEFENSE STICK

(includes head and handle, suggest cutting stick down to 50" if Under 11 yrs old; if over 11 keep between 50" and 70" (personal preference)

Notes _____

GOALIE

- Helmets
- Mouth Guard
- Goalie Chest Protector
- Goalie Gloves
- Athletic Supporter
- Cleats or Turf Shoes
- GOALIE STICK

(includes head and handle, suggest cutting stick down to 37.5" if Under 11 yrs old, if over 11 keep between 40" and 50" (personal preference)

SUGGESTED/OPTIONAL ITEMS FOR ALL POSITIONS:

- Wrist Guards
- Bag
- Longsleeve/Shortsleeve Shirt
- Compression Shorts
- Practice Shorts
- Team Shoes
- Game Day Jersey

- Medical Kit
- Knee Braces
- Ankle Braces
- Tape
- Medical Supplies
- Blood Spill Kit

- Water Caddy
- Headphones
- Goals
- Field Markers

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