



If you're going to play the game - you'll want to make sure you have all the gear you need this year. Our checklist below details the items you need before hitting the field this season.

### Lacrosse Checklist

- Balls
- Sticks / Shafts (2 minimum)
- String Kits
- Helmets
- Mouth Guard
- Goggles
- Shoulder Pads
- Rib pads
- Gloves
- Moisture Control Tops and Bottoms
- Cup & Supporter
- Cleats
- Socks
- Equipment Bag
- Tape
- Water Bottle
- Practice Net
- Training Aids