

## Game Day Equipment

To ensure the safety of all *Road Hockey* participants, please bring the equipment listed below on Game Day. Optional/Suggested items are up to each participant to bring, while **mandatory** equipment is required to participate

### PLAYERS

#### **Mandatory:**

- Hockey stick
- Running shoes
- Government issued ID

#### **Strongly Suggested:**

- Helmet
- Back-up hockey stick
- Gloves

#### **Optional:**

- Elbow Pads
- Shin Pads

### GOALTENDERS

#### **Mandatory:**

- Goalie mask (or helmet with cage)
- Player/Goalie stick
- Running shoes
- Government Issued ID

#### **Strongly Suggested:**

- Blocker & Trapper
- Goalie Pads
- Jock/Jill

#### **Optional:**

- Chest Pad
- Neck protector