**Equipment check list**

 \*Helmet with face mask (full cage, can be a hockey helmet)

 \*mouthguard (except for mini-tyke)

 \*Shoulder pads

 \*Arm guards (attach to the should pad and go to wrist)

 \*Kidney pads

 \*Gloves (lacrosse gloves recommended but hockey gloves would work)

 \*Jock or Jill strap

 \*Knee pads (volley ball knee pads)

 \*Running Shoes

 \*Lacrosse Stick