**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