## LACROSSE CHECKLIST



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- □ HELMET WITH CAGE
- ☐ BALL

(WHITE OR COLOURED)

- ☐ SHOULDER PADS
- ☐ BICEP GUARD
- ☐ ARM GUARD

- GLOVES
- ☐ SLASH CUFF (OPTIONAL)
- ☐ JOCK/JILL
- ☐ KNEE PADS
- □ BASKETBALL OR COURT SHOES
- □ WATERBOTTLE
  - BAG